

Chemid

FIBER

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	9400	94000	-0.4498972510420309	USDA's Ag Handbook 8 and sequelae)
Abelmoschus esculentus	Seed	--	210200	0.5955384973174893	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Abelmoschus moschatus	Seed	314600	370000	1.8573465898447123	Wealth of India.
Abrus precatorius	Leaf	37000	176000	0.17887729815176595	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Acacia catechu	Leaf	226000	226000	0.7971846346343733	--
Acacia decurrens	Plant	--	--		--
Acacia farnesiana	Leaf	57000	306000	1.786476373006545	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Acacia nilotica	Seed	25000	166000	0.24652774832059782	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Acacia senegal	Fruit	390000	390000	2.3433010352664825	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Acacia senegal	Leaf	112000	112000	-0.6125560925459714	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Acacia senegal	Seed	137000	137000	0.01753879535883646	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Acacia tortilis	Fruit	201000	248000	1.0033207762941552	--
Acacia tortilis	Leaf	116000	116000	-0.5630915056273628	--
Acacia tortilis	Seed	109000	109000	-0.20355398681114004	--
Acalypha indica	Leaf	23000	117950	-0.5389775195045411	Wealth of India.
Achillea millefolium	Plant	69000	201000	-0.16122268403058113	--
Acrocomia totai	Fruit	88200	88200	-0.5046288390845626	--
Acrocomia totai	Seed	86000	86000	-0.38516591502219216	--
Actaea racemosa	Root	--	119000	0.6859731853584935	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Actinidia chinensis	Fruit	11000	64900	-0.7244988393243881	--
Aegle marmelos	Fruit	29000	75325	-0.6261235280582859	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Aframomum melegueta	Fruit	--	242000	0.9467018921122258	Wealth of India.
Aframomum melegueta	Seed	110000	170000	0.27811243148773734	Wealth of India.
Agave americana	Plant	156000	156000	-0.4939241286237356	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Albizia lebeck	Leaf	176000	190000	0.352003352366896	Wealth of India.
Albizia lebeck	Seed	--	42000	-0.7325974298607266	Wealth of India.
Allium ampeloprasum	Flower	11000	65000	-0.8143354323077572	--
Allium ampeloprasum	Leaf	10000	94000	-0.83514673367971	--
Allium cepa	Bulb	4400	126000	1	--
Allium cepa	Leaf	11000	141000	-0.2539378373860592	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Allium sativum var. sativum	Bulb	7000	39000	-1	--
Allium sativum var. sativum	Flower	8000	69000	-0.7654204298509104	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Allium sativum var. sativum	Leaf	18000	132000	-0.3652331579529285	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Allium sativum var. sativum	Shoot	17000	76000	-1.1365447435760112	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Allium schoenoprasum	Leaf	7000	137500	-0.2972193509398417	--
Alocasia macrorrhiza	Leaf	10000	125700	-0.443139882349737	--
Alocasia macrorrhiza	Root	18500	62290	-0.5734616348741189	--
Aloe vera	Leaf	177000	177000	0.1912434448814181	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Alpinia galanga	Rhizome	31000	220000	0.4658566512295148	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
<i>Althaea officinalis</i>	Root	83000	83000	-0.11352696502722416	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Amaranthus</i> sp.	Leaf	8830	135000	-0.328134717763972	--
<i>Amaranthus spinosus</i>	Leaf	13000	104000	-0.7114852663831885	--
<i>Amorphophallus campanulatus</i>	Root	7000	65315	-0.506281413904208	--
<i>Amorphophallus campanulatus</i>	Shoot	142000	142000	-0.40234098814458413	--
<i>Amorphophallus konjac</i>	Leaf	1000	38000	-1.52765095054023	--
<i>Amorphophallus konjac</i>	Root	88000	88000	-0.0024852774736522673	--
<i>Anacardium occidentale</i>	Fruit	6000	42000	-0.9405942472854183	--
<i>Anacardium occidentale</i>	Seed	7120	29000	-0.83524765015393	--
<i>Ananas comosus</i>	Fruit	3000	45000	-0.9122848051944537	--
<i>Anethum graveolens</i>	Fruit	177230	264869	1.1625047691716495	--
<i>Anethum graveolens</i>	Leaf	119300	128000	-0.41469774487153704	--
<i>Anethum graveolens</i>	Seed	177230	264869	1.0272142583335766	--
<i>Angelica sinensis</i>	Root	172000	172000	1.8630150734263555	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Annona cherimola</i>	Fruit	15000	83000	-0.5536985387089013	--
<i>Annona cherimola</i>	Seed	256000	330300	1.5438686094108527	--
<i>Annona diversifolia</i>	Fruit	13000	45615	-0.9064813695658059	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
Annona glabra	Fruit	38000	288000	1.380780004173684	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Annona muricata	Fruit	6000	65000	-0.7235551912546893	--
Annona reticulata	Fruit	8000	119000	-0.21398523361732535	--
Annona squamosa	Fruit	12000	71000	-0.66693630707276	--
Anogeissus latifolia	Leaf	242000	242000	0.9950429823088076	--
Anredera baselloides	Tuber	4000	26665	-0.887334644579712	Wealth of India.
Anthriscus cerefolium	Leaf	113000	121815	-0.4911823623944356	--
Apium graveolens	Pt	6900	158000	-0.42530368144617087	--
Apium graveolens	Seed	106750	138586	0.03006212223460727	USDA's Ag Handbook 8 and sequelae)
Arachis hypogaea	Leaf	46000	214000	0.6487908738785475	--
Arachis hypogaea	Plant	201000	279000	0.41545981993088654	--
Arachis hypogaea	Seed	11900	52383	-0.6506114885296242	--
Aralia cordata	Leaf	5000	106380	-0.6820538371666165	--
Arctium lappa	Leaf	20000	94700	-0.8264904309689535	Wealth of India.
Arctium lappa	Root	19400	97000	0.19738976012277715	--
Arctostaphylos uva-ursi	Leaf	121000	121000	-0.5012607719791021	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Areca catechu	Seed	159000	181000	0.3649703101973709	--
Armoracia rusticana	Root	14000	94000	0.130764747590634	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses

Plant	Part	Low PPM	High PPM	StdDev	Reference
Arracacia xanthorrhiza	Root	6000	20760	-1.495773891694087	--
Artemisia dracunculus	Plant	74000	80000	-1.0558199017143965	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Artemisia vulgaris	Leaf	34000	267700	1.3128529532608677	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Artocarpus altilis	Fruit	10600	64725	-0.726150223446361	--
Artocarpus altilis	Seed	13400	38700	-0.7586547934736168	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Artocarpus heterophyllus	Fruit	10000	48245	-0.8816634253327269	--
Artocarpus heterophyllus	Seed	15000	30990	-0.8195342702782781	--
Arundo donax	Plant	285000	375000	1.125222901729616	--
Asimina triloba	Fruit	14000	150000	0.07854566798930948	--
Asparagus officinalis	Shoot	7000	141000	-0.4134652874693027	--
Avena sativa	Plant	122000	417000	1.43574425001656	Jim Duke's personal files.*
Avena sativa	Seed	10000	289000	1.2177567557101374	--
Averrhoa bilimbi	Fruit	6000	103450	-0.3607225084554922	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Averrhoa carambola	Fruit	6000	130000	-0.11018394595045493	--
Azadirachta indica	Leaf	127000	127000	-0.4270638916011892	--
Bacopa monnieri	Shoot	--	10500	-1.8651863493450789	Wealth of India.
Balanites aegyptiacus	Fruit	102000	102000	-0.3744054054661251	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Balanites aegyptiacus	Leaf	136000	136000	-0.3157685710343199	--
Balanites aegyptiacus	Shoot	233000	233000	0.6099702504048076	--
Basella alba	Leaf	7000	101450	-0.7430189405438016	--
Benincasa hispida	Fruit	5000	200000	0.5503697028387206	--
Berberis vulgaris	Root	134000	134000	1.0190982480192092	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Bertholletia excelsa	Seed	21160	25492	-0.8629474172915114	USDA's Ag Handbook 8 and sequelae)
Beta vulgaris	Leaf	4000	279000	1.452590411305937	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Beta vulgaris	Root	8000	90000	0.04193139754777649	--
Betula lenta	Leaf	169000	169000	0.09231427104420094	Jim Duke's personal files.*
Bixa orellana	Fruit	5000	32000	-1.0349590542553007	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Bixa orellana	Seed	158000	163000	0.2228392359452432	--
Blighia sapida	Aril	16000	81000	1.4065128148514796	--
Blighia sapida	Seed	3000	153000	0.14387752802739445	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Boehmeria nivea	Leaf	24000	184615	0.2854116522277192	--
Boehmeria nivea	Shoot	119000	259000	0.8992020328474909	--
Borago officinalis	Leaf	9200	131560	-0.3706742625139754	USDA's Ag Handbook 8 and sequelae)
Brassica chinensis	Leaf	6000	128220	-0.41197719259101356	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Brassica juncea	Seed	80000	85300	-0.39069323457644156	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Brassica napus var. napobrassica	Root	11000	106370	0.40548188259817086	USDA's Ag Handbook 8 and sequelae)
Brassica nigra	Leaf	8000	117820	-0.540585118579396	USDA's Ag Handbook 8 and sequelae)
Brassica nigra	Seed	110000	119048	-0.12421326269528561	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Brassica oleracea	Stem	1000	11110	-1.296031725728545	--
Brassica oleracea var. botrytis l.	Leaf	10760	122866	-0.47818554218157117	--
Brassica oleracea var. botrytis l.	Flower	8000	132000	0.00499085884442514	--
Brassica oleracea var. capitata l.	Leaf	6000	106960	-0.6748814720634182	USDA's Ag Handbook 8 and sequelae)
Brassica oleracea var. gemmifera	Leaf	15100	107814	-0.6643207827562952	USDA's Ag Handbook 8 and sequelae)
Brassica oleracea var. italica	Leaf	10760	122866	-0.47818554218157117	USDA's Ag Handbook 8 and sequelae)
Brassica oleracea var. sabellica l.	Leaf	15000	96500	-0.8042313668555796	--
Brassica oleracea var. viridis l.	Leaf	5700	93423	-0.8422820003427193	--
Brassica rapa	Root	9000	110700	0.5016439840195641	--
Brassica rapa	Leaf	6000	128220	-0.41197719259101356	USDA's Ag Handbook 8 and sequelae)
Bromelia pinguin	Shoot	4000	90000	-0.9808045530299508	--
Brosimum alicastrum	Fruit	12000	75000	-0.6291903842848071	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses

Plant	Part	Low PPM	High PPM	StdDev	Reference
Byrsonima crassifolia	Fruit	22000	280195	1.3071282723336908	--
Cajanus cajan	Fruit	3500	352000	1.9847147687809301	--
Cajanus cajan	Leaf	183000	183000	0.265440325259331	--
Cajanus cajan	Plant	308000	308000	0.629867417557586	--
Cajanus cajan	Seed	21380	108000	-0.2114501576029249	--
Calathea macrosepala	Flower	15000	194800	0.7729563974169184	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Camellia sinensis	Leaf	87000	270000	1.712279492628632	--
Canavalia ensiformis	Fruit	18000	481000	3.2020207786924106	--
Canavalia ensiformis	Seed	49000	99000	-0.2825156947289888	--
Canna indica	Root	5000	40000	-1.0684854779879425	--
Cannabis sativa	Seed	165000	206450	0.565927856848296	--
Capparis spinosa	Leaf	68000	79000	-1.0206389346244922	--
Capsella bursa-pastoris	Plant	11200	102000	-0.8931658621355211	--
Capsicum annum	Fruit	12000	351000	1.975278288083942	--
Capsicum frutescens	Fruit	18000	146880	0.04910384821470623	--
Carica papaya	Fruit	5000	75538	-0.46690178925800363	--
Carica papaya	Leaf	18000	145000	-0.20447325046745057	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses

Plant	Part	Low PPM	High PPM	StdDev	Reference
Carica papaya	Seed	170000	170000	0.27811243148773734	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Carica pentagona	Fruit	5000	73530	-0.6430620109093798	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Carthamus tinctorius	Flower	93000	93000	-0.4719304151098302	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Carthamus tinctorius	Plant	109000	582000	2.6556495468581263	--
Carthamus tinctorius	Seed	251000	582000	3.5313347977031055	--
Carum carvi	Fruit	112730	155640	0.13176741912032305	--
Carum carvi	Seed	112730	155640	0.6966094834523356	--
Carya illinoensis	Seed	22000	24000	-0.8747285041128544	--
Casimiroa edulis	Fruit	9000	94444	-0.4457074536125681	--
Cassia tora	Sprout Seedling	199000	199000	1.24366713456344	--
Castanea dentata	Seed	19000	34176	-0.7943770701356515	--
Castanea mollissima	Seed	16000	29904	-0.8281095117581565	--
Castanea sativa	Leaf	185000	185000	0.29017261871863526	--
Castanea sativa	Seed	13200	30800	-0.8210345427287172	--
Castanospermum australe	Seed	5000	5000	-1.024755749156767	--
Catha edulis	Leaf	27000	27000	-1.6636785645664038	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Caulophyllum thalictroides	Root	112000	112000	0.5305148227834928	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Ceiba pentandra	Seed	160000	196000	0.4834128720741441	--
Cenchrus biflorus	Seed	6000	7000	-1.0089634075731972	--
Cenchrus biflorus	Shoot	185000	339000	1.7891459788249782	--
Centella asiatica	Leaf	20000	187000	0.3149049121779396	--
Ceratonia siliqua	Seed	--	68300	-0.5249281380367844	Wealth of India.
Chamaemelum nobile	Flower	72000	72000	-0.7287341780082754	--
Chamissoa altissima	Leaf	24920	249200	1.084079238762303	Tramil
Chenopodium album	Leaf	21000	217000	0.685889314067504	--
Chenopodium ambrosioides	Leaf	13000	90000	-0.8846113205983186	--
Chondrus crispus	Plant	111000	111000	-0.8266255732168902	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Chrysanthemum cinerariifolium	Shoot	236000	236000	0.6433431483789633	--
Chrysanthemum coronarium	Bud	8900	119625	1	--
Chrysanthemum coronarium	Leaf	9000	138460	-0.28534785007937563	--
Chrysanthemum parthenium	Plant	--	143000	-0.5900378792839802	--
Chrysophyllum cainito	Fruit	5500	108000	-0.31778652128419577	--
Cicer arietinum	Seed	38900	48570	-0.6807195877587	USDA's Ag Handbook 8 and sequelae)
Cichorium endivia	Leaf	9000	144927	-0.2053759791787152	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Cichorium intybus	Plant	9000	153000	-0.5161042249299459	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Cichorium intybus	Root	19500	97500	0.20849392887813434	--
Cimicifuga racemosa	Root	119000	119000	0.6859731853584935	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Cinnamomum aromaticum	Bark	270000	270000	1.0512083111257384	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Cinnamomum camphora	Plant	--	--		--
Cinnamomum verum	Bark	270000	285000	1.2185093685993307	--
Citrullus lanatus	Fruit	35300	257000	1.088249102567049	--
Citrullus lanatus	Seed	67000	316000	1.430953367088329	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Citrus aurantiifolia	Fruit	3000	67000	-0.7046822298607128	--
Citrus aurantium	Plant	3000	160000	-0.46435066688212184	--
Citrus limon	Fruit	17000	47000	-0.8934118438004772	--
Citrus paradisi	Fruit	2000	44000	0.28614824332305033	--
Citrus reticulata	Fruit	1890	43000	-0.9311577665884301	--
Citrus sinensis	Fruit	3740	47000	-0.8934118438004772	--
Cnicus benedictus	Plant	98000	98000	-0.9227393238771348	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Cnidioscolus chayamansa	Leaf	19000	130000	-0.38996545141223277	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Coccinia grandis	Fruit	16000	231885	0.8512518898621899	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Cocos nucifera	Seed	30000	115000	-0.15617696206043077	--
Coffea arabica	Leaf	175000	187000	0.3149049121779396	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Coffea arabica	Seed	229000	244000	0.8624290700798181	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Coix lacryma-jobi	Plant	--	279000	0.41545981993088654	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Coix lacryma-jobi	Seed	2900	170000	0.27811243148773734	--
Cola acuminata	Seed	14000	30000	-0.8273514793621451	--
Colocasia esculenta	Leaf	12000	150000	-0.14264251681918985	--
Colocasia esculenta	Root	6100	37000	-1.1351104905200855	--
Commelina benghalensis	Leaf	24000	173900	0.15290839001949644	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Corchorus olitorius	Leaf	12000	107000	-0.6743868261942322	--
Coriandrum sativum	Fruit	291000	319000	1.6733109057803188	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Coriandrum sativum	Leaf	16000	129000	-0.4023315981418849	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Cornus florida	Seed	160000	160000	0.19915072356988858	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Corylus avellana	Seed	31000	59000	-0.5983625264003838	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Crataegus laevigata	Fruit	108000	108000	-0.31778652128419577	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Crataegus rhipidophylla	Fruit	--	108000	-0.31778652128419577	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Crescentia alata	Seed	24000	25000	-0.8668323333210695	--
Crocus sativus	Silk Stigma Style	43800	48800	-1	--
Crotalaria juncea	Seed	81000	81000	-0.42464676898111653	--
Cucumis melo	Fruit	3180	39357	-0.9655348657675582	USDA's Ag Handbook 8 and sequelae)
Cucumis sativus	Fruit	6000	151896	0.09643723539079915	--
Cucurbita foetidissima	Leaf	102000	102000	-0.7362175598424928	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Cucurbita foetidissima	Seed	151000	265000	1.0282486567073004	--
Cucurbita pepo	Flower	6300	130000	-0.01946664238399821	USDA's Ag Handbook 8 and sequelae)
Cucurbita pepo	Fruit	11000	130952	-0.10120041632692214	USDA's Ag Handbook 8 and sequelae)
Cucurbita pepo	Seed	19690	26538	-0.8546880226433043	--
Cucurbita spp	Fruit	6000	94935	-0.4410741415903469	--
Cuminum cyminum	Fruit	105000	136000	-0.05356506176852561	--
Cuminum cyminum	Seed	105000	136000	0.009642624567051585	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Curcuma longa	Rhizome	9000	84000	-1.0343269648768965	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Cyamopsis tetragonoloba	Fruit	--	23000	-1.1198873805281946	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Cyamopsis tetragonoloba	Leaf	97000	228000	0.8219169280936776	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Cyamopsis tetragonoloba	Shoot	131000	258000	0.8880777335227723	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Cyclanthera pedata	Fruit	7000	140350	-0.012516370736626849	--
Cydonia oblonga	Fruit	17000	178000	0.3427671275049797	--
Cynara cardunculus	Flower	11400	224000	1.1300359153518993	--
Cyphomandra betacea	Fruit	14000	243000	0.956138372809214	--
Cyrtosperma chamissonis	Leaf	14000	127265	-0.4237868627178314	--
Cyrtosperma chamissonis	Root	23600	114563	0.5874347918234538	--
Daucus carota	Root	10000	134000	1.0190982480192092	--
Dioscorea alata	Root	6000	55600	-0.7220354128207981	--
Dioscorea bulbifera	Tuber	9000	96400	0.5582555423762531	--
Dioscorea pentaphylla	Root	4500	24245	-1.4183778354692476	--
Dioscorea sp.	Root	26000	26000	-1.3794022031379438	--
Diospyros virginiana	Fruit	15000	42135	-0.9393203223913249	--
Durio zibethinus	Fruit	14000	85000	-0.5348255773149249	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Echinacea spp	Root	111000	111000	0.5083064852727784	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Elaeagnus commutata	Fruit	5000	36000	-0.9972131314673477	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Elaeagnus umbellatus	Fruit	51200	322865	1.7097829036741783	--
Elaeis guineensis	Fruit	27000	43000	-0.9311577665884301	--
Eleocharis dulcis	Tuber	6000	39000	-0.6316329889390462	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Elettaria cardamomum	Fruit	201000	251000	1.0316302183851198	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Elettaria cardamomum	Seed	113000	123000	-0.09300759572615179	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Elytrigia repens	Plant	317000	339000	0.8590617460550924	--
Ephedra sinica	Plant	98000	98000	-0.9227393238771348	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Equisetum arvense	Plant	71000	235000	0.09015174077313554	--
Eriobotrya japonica	Fruit	5000	71000	-0.66693630707276	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Eriobotrya japonica	Seed	42900	42900	-0.7254908761481202	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Eryngium creticus	Shoot	185800	185800	0.08490332227809011	Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.
Eryngium floridanum	Shoot	139900	139900	-0.4257020167264932	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Erythrina berteroana	Shoot	24000	152000	-0.29109799489739824	--
Erythrina fusca	Leaf	41000	222000	0.7477200477157647	--
Erythroxyllum coca	Leaf	80000	175000	0.1665111514221138	--
Eugenia brasiliensis	Fruit	6000	40815	-0.9517764769113494	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Eugenia floribunda	Fruit	1000	8000	-1.2614345909830178	--
Eugenia uniflora	Fruit	3000	42850	-0.9325732386929784	--
Euphrasia officinalis	Plant	91000	91000	-0.9744928819249589	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Fagopyrum esculentum	Seed	42400	99000	-0.2825156947289888	--
Ficus carica	Fruit	12000	154000	0.11629159077726237	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Ficus carica	Leaf	47000	171000	0.11704656450350523	--
Foeniculum vulgare	Fruit	144250	183338	0.39313906146550276	--
Foeniculum vulgare	Plant	5000	50000	-1.2776208647764995	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Foeniculum vulgare	Seed	144250	183338	0.383431557508564	USDA's Ag Handbook 8 and sequelae)
Fragaria spp	Fruit	5300	181000	0.3710765695959443	USDA's Ag Handbook 8 and sequelae)
Frangula purshiana	Bark	310000	310000	1.4973444643886513	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Fucus vesiculosus	Plant	98000	98000	-0.9227393238771348	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.

Plant	Part	Low PPM	High PPM	StdDev	Reference
Garcinia mangostana	Fruit	50000	318000	1.6638744250833306	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Genipa americana	Fruit	290000	290000	1.3996529655676604	--
Ginkgo biloba	Seed	5000	13000	-0.961586382822488	--
Gleditsia triacanthos	Fruit	127000	127000	-0.13849338804141959	--
Gleditsia triacanthos	Seed	211000	211000	0.6018554339509172	--
Gliricidia sepium	Flower	16000	166000	0.4207683797276221	--
Gliricidia sepium	Leaf	13000	85000	-0.9464420542465793	--
Glycine max	Fruit	14000	45000	-0.9122848051944537	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Glycine max	Plant	281000	355000	0.9773555930215473	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Glycine max	Seed	19000	63000	-0.5667778432332443	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Glycine max	Sprout Seedling	7000	58000	-0.8026376571495062	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Glycyrrhiza glabra	Root	84000	84000	-0.09131862751650978	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Gossypium sp	Seed	167500	243700	0.8600602188422826	--
Helianthus annuus	Seed	37550	323000	1.486226562630823	--
Helianthus tuberosus	Tuber	8000	59000	-0.21703768186054473	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses

Plant	Part	Low PPM	High PPM	StdDev	Reference
Hibiscus rosa-sinensis	Flower	15600	152960	0.2613054717183019	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Hibiscus sabdariffa	Flower	10000	374600	2.971685757852178	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Hibiscus sabdariffa	Leaf	13000	114000	-0.5878237990866672	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Hibiscus sabdariffa	Seed	--	120000	-0.11669610810150641	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Hippophae rhamnoides	Fruit	9000	9000	-1.2519981102860296	Abstract (See species file)
Hordeum vulgare	Plant	128000	446000	1.6501518476432595	Jim Duke's personal files.*
Hordeum vulgare	Seed	5000	151000	0.12808518644382472	Jim Duke's personal files.*
Hordeum vulgare	Stem	134000	134000	-0.6321812822436766	--
Humulus lupulus	Fruit	72000	72000	-0.6574998263757718	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Hydrastis canadensis	Root	123000	123000	0.774806535401351	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Hyllocereus guatemalensis	Fruit	7000	51425	-0.8516554167163044	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Hyllocereus undatus	Fruit	11200	141025	-0.006146746266159801	--
Ilex paraguariensis	Leaf	176800	176800	0.18877021553548767	--
Inga edulis	Seed	16000	43600	-0.7199635565938708	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses

Plant	Part	Low PPM	High PPM	StdDev	Reference
Inga feuillei	Aril	7000	43750	-0.83089369133575	J Cell Biochem VOL. 22=1995
Ipomoea aquatica	Leaf	11000	182000	0.25307417852967884	--
Ipomoea batatas	Leaf	12000	274000	1.3907596776576763	--
Ipomoea batatas	Root	8000	32000	-1.2461521780736575	--
Jatropha curcas	Seed	155000	155000	0.15966986961096422	--
Juglans cinerea	Seed	17370	20721	-0.900620048139117	--
Juglans nigra	Fruit	--	162000	0.19178343635316814	--
Juglans nigra	Seed	17000	18000	-0.5019108001787316	--
Juglans nigra	Pericarp	162000	162000		Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Juglans regia	Seed	14000	92000	-0.3377888902714829	--
Juncus effusus	Leaf	310000	310000	1.8359409599251535	--
Juniperus communis	Fruit	120000	120000	-0.20454875292033714	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Justicia pectoralis	Leaf	28000	187000	0.3149049121779396	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Kalmia latifolia	Leaf	147000	147000	-0.1797409570081463	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Lablab purpureus	Fruit	20000	113636	-0.2646025160759702	--
Lablab purpureus	Seed	13000	107172	-0.2179881870185228	--
Lactuca sativa	Leaf	7000	116667	-0.5548432857586848	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Lagenaria siceraria	Fruit	5600	12550	-1.2184986038117216	--
Lagenaria siceraria	Seed	15800	15800	-0.9394771046054904	--
Larrea tridentata	Plant	95000	132000	-0.6713648990734179	--
Lawsonia inermis	Seed	335000	372200	1.874718165586639	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Lens culinaris	Seed	49000	61675	-0.5772402695323592	USDA's Ag Handbook 8 and sequelae)
Lens culinaris	Sprout Seedling	21900	106333	-0.10119049759020228	USDA's Ag Handbook 8 and sequelae)
Leonotis nepetaefolia	Seed	143000	157000	0.17546221119453395	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Lepidium meyenii	Root	--	85000	-0.0691102900057954	--
Lepidium sativum	Leaf	11000	103775	-0.7142676493973603	--
Licania platypus	Fruit	9000	70620	-0.6705221697376155	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Limonia acidissima	Fruit	52000	170490	0.2718991574705981	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Linum usitatissimum	Hay	365000	462000	1	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Linum usitatissimum	Seed	48000	94000	-0.06931908335079716	--
Lobelia inflata	Leaf	88000	88000	-0.9093436140576229	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Luffa aegyptiaca	Fruit	5000	100000	-0.39327836686010154	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Luffa aegyptiaca	Leaf	15000	152000	-0.11791022335988555	--
Lupinus albus	Seed	137700	153600	0.1486152305024654	--
Lupinus mutabilis	Fruit	6000	21000	-1.138760341922171	--
Lupinus mutabilis	Seed	88000	98000	-0.29041186552077364	--
Lycium chinense	Leaf	13000	125000	-0.4517961850604935	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Lycium chinense	Fruit	--	16000	-1.1859427454071123	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	4700	77691	-0.6037968147292118	--
Macadamia spp	Seed	25000	67150	-0.534008734447337	--
Maclura pomifera	Fruit	--	160000	0.17291047495919168	Smith, J. L. and Perino, J. V. 1981. Osage Orange (Maclura pomifera): History and Economic Uses. Economic Botany 35(1): 24-41
Malpighia glabra	Fruit	4000	46566	-0.8975072764229701	--
Malus domestica	Fruit	5200	49636	-0.8685372806832163	USDA's Ag Handbook 8 and sequelae)
Malva parviflora	Leaf	15000	109000	-0.6496545327349278	--
Malva sylvestris	Leaf	9000	107000	-0.6743868261942322	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Mammea americana	Fruit	8000	110000	-0.29891355989021934	--
Mangifera indica	Fruit	8000	49000	-0.8745388824065008	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Mangifera indica	Leaf	16000	211000	0.611692433689591	--
Manihot esculenta	Root	21000	88600	0.01083972503277636	--
Manilkara zapota	Fruit	16000	106000	-0.33665948267817225	--
Maranta arundinacea	Root	19000	61000	-0.6021103902629404	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Mauritia flexuosa	Fruit	10000	21740	-1.1317773462063998	J Cell Biochem VOL. 22=1995
Medicago sativa	Plant	31000	423000	1.4801044426289807	--
Medicago sativa	Seed	81000	91732	-0.33990506404368126	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Melia azedarach	Seed	116000	116000	-0.1482807912686459	--
Melicoccus bijugatas	Fruit	700	10800	-1.235012445031451	--
Melilotus alba	Plant	113000	113000	-0.8118388423460833	--
Melilotus alba	Seed	129000	129000	-0.04563057097544254	--
Melilotus indica	Plant	149000	294000	0.526360301461938	--
Mentha pulegium	Plant	123000	123000	-0.737905187992049	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Mentha spicata	Plant	20000	118000	-0.7748720151690661	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Mentha x piperita	Leaf	80000	370000	2.5779097637042825	--
Mimosa hostilis	Plant	118300	118300	-0.7726540055384451	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Mimosa pudica	Leaf	82000	327000	2.0461654543292402	--
Mimulus glabratus	Shoot	12000	120000	-0.6470755732883932	--
Mirabilis expansa	Root	4000	21000	-1.4904438906915156	--
Momordica charantia	Fruit	10000	257800	1.0957982871246397	--
Momordica charantia	Leaf	5000	104000	-0.7114852663831885	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Morinda citrifolia	Leaf	40000	178570	0.21065829524697197	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Moringa oleifera	Fruit	13000	110170	-0.2973093581717314	USDA's Ag Handbook 8 and sequelae)
Moringa oleifera	Leaf	9000	36000	-1.5523832439995344	USDA's Ag Handbook 8 and sequelae)
Moringa oleifera	Seed	35000	36450	-0.7764211777551326	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Moringa oleifera	Shoot	15000	70290	-1.2000644927201543	USDA's Ag Handbook 8 and sequelae)
Morus alba	Fruit	9000	60000	-0.7707375947396303	--
Morus alba	Leaf	153000	153000	-0.10554407663023341	--
Mucuna pruriens	Seed	46000	95000	-0.31410037789612827	--
Muntingia calabura	Fruit	20000	253000	1.0505031797790962	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Murraya koenigii	Leaf	64000	190000	0.352003352366896	--
Murraya sp	Fruit	4250	16560	-1.1806583162167987	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Musa x paradisiaca	Fruit	4250	16560	-1.1806583162167987	USDA's Ag Handbook 8 and sequelae)
Musa x paradisiaca	Shoot	13210	178600	0.00480836714011626	Rizk, A.F.M. and Al-Nowaihi, A.S., The Phytochemistry of the Horticultural Plants of Qatar, Scientific and Applied Research Centre, University of Qatar.
Musa x paradisiaca	Flower	--	19000	-1.3768579605614941	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Musa x paradisiaca	Hull Husk	--	100000	1	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Musa x paradisiaca	Leaf	--	240000	0.9703106888495033	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Musa x paradisiaca	Pith	--	8000	-1	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Musa x paradisiaca	Sprout Seedling	--	205000	1.3307439342107996	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Myrciaria cauliflora	Fruit	800	61000	-0.7613011140426421	--
Myrciaria dubia	Fruit	5000	100000	-0.39327836686010154	--
Myrica cerifera	Bark	111000	111000	-0.7221828980943402	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Myrica cerifera	Leaf	298000	298000	1.6875471991693278	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Myristica fragrans	Aril	38000	48000	-0.5756191235157304	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses

Plant	Part	Low PPM	High PPM	StdDev	Reference
Myristica fragrans	Seed	40000	116000	-0.1482807912686459	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Nasturtium officinale	Herb	700	77670	-1	--
Nelumbo nucifera	Fruit	26000	28889	-1.0643159457036309	--
Nelumbo nucifera	Rhizome	8000	49383	-1.416178848985394	--
Nelumbo nucifera	Seed	10700	131000	-0.02983822939187279	--
Nigella sativa	Seed	55000	55000	-0.6299472095675233	--
Ocimum basilicum	Leaf	145790	154290	-0.08959174734898213	--
Ocimum tenuiflorum	Plant	231700	231700	0.06575363483630421	--
Oenothera biennis	Plant	156000	234000	0.08275837533773212	--
Oenothera biennis	Seed	429000	429000	2.3232206665600197	--
Olea europaea	Fruit	13000	60000	-0.7707375947396303	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Olea europaea	Leaf	177000	177000	0.1912434448814181	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Olea europaea	Twig	289000	289000		CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Opuntia ficus-indica	Bud	89400	89400	-1	Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.
Opuntia ficus-indica	Fruit	11000	59000	-0.7801740754366187	--
Opuntia ficus-indica	Seed	111000	524000	3.0733568917795826	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Origanum majorana	Plant	170170	220600	-0.016312721496673874	--
Origanum vulgare	Plant	109900	203870	-0.1400037252309733	USDA's Ag Handbook 8 and sequelae)
Oryza sativa	Plant	334000	350000	0.9403887658445301	--
Oryza sativa	Seed	8000	121000	-0.10879993730972154	--
Oxalis tuberosa	Root	5000	49000	-0.868610440391513	--
Pachira macrocarpa	Seed	124000	131000	-0.02983822939187279	--
Pachyrhizus erosus	Tuber	6400	64515	-0.10271302593364792	--
Panax ginseng	Root	72000	72000	-0.35781867764508235	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Panax quinquefolius	Plant	59000	245000	0.16408539512716985	--
Panicum maximum	Leaf	241000	421000	3.208583246916542	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Papaver somniferum	Seed	58080	71818	-0.49714940919128525	--
Passiflora edulis	Fruit Juice	500	12000		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Passiflora edulis	Seed	537000	537000	3.176007112072786	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Passiflora incarnata	Fruit	73000	265000	1.1637409481429548	Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.
Passiflora ligularis	Fruit	3000	186050	0.41873079711573485	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Passiflora mollissima	Fruit	3000	37500	-0.9830584104218654	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Passiflora quadrangularis	Fruit	7000	245000	0.9750113342031904	--
Passiflora quadrangularis	Seed	56000	259000	0.9808716319565912	--
Pastinaca sativa	Root	15000	97700	0.2129355963802772	--
Peganum harmala	Plant	57000	176475	-0.3425449713338503	--
Peperomia pelucida	Leaf	10000	128200	-0.4122245155256066	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Peperomia pereskiifolia	Leaf	23000	153335	-0.10140141747579993	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Pereskia aculeata	Fruit	2000	81000	-0.5725715001028777	--
Perideridia gairdneri	Root	52500	52500	-0.7908812591040127	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	15000	15000	-1.8120723253222295	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Perilla frutescens	Seed	37000	280000	1.1466912185840736	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Persea americana	Fruit	10000	106000	-0.33665948267817225	--
Persea schiedeana	Fruit	10000	77600	-0.6046555344726376	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Petasites japonicus	Pt	13000	236360	1.3807004629607251	USDA's Ag Handbook 8 and sequelae)

Plant	Part	Low PPM	High PPM	StdDev	Reference
Petroselinum crispum	Plant	12000	202464	-0.1503987970331505	--
Phaseolus acutifolius	Fruit	--	370000	2.154571421326718	Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.
Phaseolus acutifolius	Hay	257000	299000	-1	--
Phaseolus acutifolius	Seed	48000	67500	-0.5312450746702123	--
Phaseolus coccineus	Fruit	19000	122000	-0.1856757915263607	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Phaseolus coccineus	Seed	48000	58000	-0.6062586971921686	--
Phaseolus lunatus	Fruit	175000	175000	0.314457685414015	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Phaseolus lunatus	Leaf	111000	111000	-0.6249222392756235	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Phaseolus lunatus	Seed	10000	84500	-0.3970101712098695	--
Phaseolus lunatus	Sprout Seedling	6000	17000	-1.3976624547397958	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Phaseolus vulgaris	Fruit	10000	159000	0.16347399426220346	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Phaseolus vulgaris	Leaf	28000	212000	0.6240585804192432	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Phaseolus vulgaris	Seed	37000	88700	-0.36384625388437297	--
Phoenix dactylifera	Fruit	22000	83000	-0.5348255773149249	--
Phoenix dactylifera	Seed	64000	300000	1.304614634419771	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Phoradendron serotinum	Leaf	188000	188000	0.3272710589075917	--
Phragmites australis	Rhizome	--	320000	1.5689328395430526	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Phragmites australis	Shoot	--	310500	1.4721034480704984	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Phyllanthus acidus	Fruit	13000	244000	0.9655748535062022	--
Phyllanthus emblica	Fruit	19000	180000	0.3616400888989561	--
Physalis angulata	Fruit	14000	140000	-0.015819138980572727	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Physalis ixocarpa	Fruit	6000	72000	-0.6574998263757718	--
Physalis peruviana	Fruit	32000	232000	0.8523370851423435	--
Phytelephas aequatorialis	Flower	45000	154110	0.2753685349246453	KOZIOL & PEDERSEN. 1993. PHYTELEPHAS AEQUATORIALIS(ARECACEAE) IN HUMAN AND ANIMAL NUTRITION. ECON. BOT. 47:401-307.
Phytelephas aequatorialis	Mesocarp	30600	104805		KOZIOL & PEDERSEN. 1993. PHYTELEPHAS AEQUATORIALIS(ARECACEAE) IN HUMAN AND ANIMAL NUTRITION. ECON. BOT. 47:401-307.
Phytelephas aequatorialis	Seed	11100	90315	-0.35109393805564043	KOZIOL & PEDERSEN. 1993. PHYTELEPHAS AEQUATORIALIS(ARECACEAE) IN HUMAN AND ANIMAL NUTRITION. ECON. BOT. 47:401-307.
Phytelephas macrocarpa	Seed	93000	93000	-0.329892719479698	--
Pimenta dioica	Leaf	175000	179000	0.2159757383407224	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Pimpinella anisum	Fruit	--	161000	0.1823469556561799	--
Pimpinella anisum	Seed	120000	250000	0.9098060948305273	--
Pinus cembroides	Seed	11000	27000	-0.8510399917374998	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Pinus edulis	Seed	11000	53100	-0.6449499340719145	--
Pinus gerardiana	Seed	22000	23780	-0.8764656616870471	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Pinus pinea	Seed	8000	10000	-0.9852748951978426	--
Piper auritum	Leaf	22000	124000	-0.46416233179014565	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Piper betel	Leaf	23000	157500	-0.04989641634679875	--
Piper methysticum	Root	--	200000	2.4848485237263582	Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
Piper nigrum	Fruit	130056	148449	0.06390968642828075	USDA's Ag Handbook 8 and sequelae)
Pistacia vera	Seed	18800	20000	-0.9063131872799939	--
Pisum sativum	Fruit	25000	247280	0.9965265101923236	--
Pisum sativum	Plant	168000	361000	1.021715785633968	--
Pisum sativum	Seed	22100	104541	-0.2387630123717088	--
Plantago major	Seed	190000	190000	0.4360358473234348	--
Plantago psyllium	Hull Husk	3500	3500	-1	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Plantago psyllium	Seed	3000	3000	-1.0405480907403368	--
Platonia insignis	Fruit	53000	267150	1.1840293816414795	--
Platycodon grandiflorum	Root	89000	117000	0.6415565103370647	--
Plectranthus amboinicus	Leaf	5000	89285	-0.8934531155100199	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Polygonum multiflorum	Root	175000	175000	1.9296400859584986	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Polymnia edulis	Root	3000	57000	-0.690943740305798	--
Portulaca oleracea	Herb	8100	137000	1	--
Pothomorphe sp.	Leaf	18000	101000	-0.748583706572145	--
Pourouma cecropiaefolia	Fruit	9000	50000	-0.8651024017095126	J Cell Biochem VOL. 22=1995
Pouteria caimito	Fruit	9000	175000	0.314457685414015	--
Pouteria viridis	Fruit	18000	56960	-0.7994244960584745	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Prosopis juliflora	Fruit	277000	277000	1.2769787165068136	--
Prosopis juliflora	Leaf	216000	216000	0.6735231673378518	--
Prosopis juliflora	Seed	28000	28000	-0.8431438209457148	--
Prunus armeniaca	Fruit	6000	132000	-0.09131098455647849	USDA's Ag Handbook 8 and sequelae)
Prunus armeniaca	Seed	33000	33000	-0.8036629669867905	--
Prunus cerasus	Fruit	2000	79000	-0.5914444614968541	--
Prunus domestica	Fruit	6000	40540	-0.9543715091030212	USDA's Ag Handbook 8 and sequelae)

Plant	Part	Low PPM	High PPM	StdDev	Reference
Prunus domestica	Seed	122000	122000	-0.10090376651793666	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Prunus dulcis	Seed	18000	32000	-0.8115591377785754	USDA's Ag Handbook 8 and sequelae)
Prunus persica	Fruit	6210	162000	0.19178343635316814	--
Prunus persica	Seed	148000	148000	0.10439667406847009	--
Prunus salicifolia	Fruit	1000	30175	-1.0521806315273041	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Psidium cattleianum	Fruit	52000	352000	1.9847147687809301	--
Psidium guajava	Fruit	28000	403200	2.467862580466727	--
Psidium guajava	Seed	424000	424000	2.283739812601095	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Psophocarpus tetragonolobus	Leaf	25000	216000	0.6735231673378518	--
Psophocarpus tetragonolobus	Seed	21980	227005	0.7282336474734341	--
Psophocarpus tetragonolobus	Tuber	74000	173709	2.160852972122847	--
Psoralea esculenta	Root	160300	160300	1.6031775245509974	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.
Pteridium aquilinum	Leaf	14000	160919	-0.007616560678118061	--
Pteridium aquilinum	Rhizome	200000	222222	0.4903670041338416	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Pueraria montana	Root	7000	22300	-1.461573051927587	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Pueraria montana	Shoot	171000	275000	1.0771908220429884	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Pueraria montana	Stem	462000	462000	1.1396711505257664	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Punica granatum	Fruit	2000	232000	0.8523370851423435	--
Punica granatum	Seed	224000	224000	0.7045056542441206	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Pyrus communis	Fruit	14000	86473	-0.5209256412482612	--
Quararibea cordata	Fruit	5000	45000	-0.9122848051944537	--
Quercus alba	Bark	92000	92000	-0.9340975708942237	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Raphanus sativus	Fruit	11000	147000	0.05023622589834482	--
Raphanus sativus	Leaf	11000	96000	-0.8104144402204058	--
Raphanus sativus	Root	5200	176000	1.951848423469213	--
Rauvolfia serpentina	Seed	565000	755000	4.897372344681889	--
Rheum rhabarbarum	Leaf	7000	125000	-0.4517961850604935	--
Rheum rhabarbarum	Pt	3000	135000	-0.9553967815145555	--
Rhizophora mangle	Leaf	139000	145000	-0.20447325046745057	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Rhynchosia minima	Shoot	236600	236600	0.6500177279737945	--
Ribes nigrum	Fruit	24000	133000	-0.08187450385949027	USDA's Ag Handbook 8 and sequelae)
Ribes rubrum	Fruit	34000	211820	0.6619089046771213	--
Ribes uva-crispa	Fruit	19000	156636	0.1411661538945233	--
Ricinus communis	Leaf	103000	103000	-0.7238514131128407	Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.
Robinia pseudoacacia	Leaf	172000	390000	2.825232698297325	--
Robinia pseudoacacia	Seed	129000	136000	0.009642624567051585	--
Rollinia mucosa	Fruit	13000	57015	-0.7989054896201402	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Rosa canina	Fruit	300000	300000	1.4940177725375425	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Rosmarinus officinalis	Plant	165420	206338	-0.12175689933639762	USDA's Ag Handbook 8 and sequelae)
Rosmarinus officinalis	Leaf	141000	206338	3.412377345021209	USDA's Ag Handbook 8 and sequelae)
Rubus idaeus	Leaf	82000	82000	-0.9835404944355358	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Rubus idaeus	Fruit	30000	352280	1.9873569833760867	Revised USDA data received 1993.
Rumex acetosa	Leaf	8000	80000	-1.00827278789484	--
Rumex crispus	Leaf	9000	121612	-0.49369269018055495	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
Rumex crispus	Root	122000	122000	0.7525981978906366	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Ruscus aculeatus	Root	108000	108000	0.4416814727406353	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Salix alba	Bark	94000	94000	-0.9117907632310781	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Salvia officinalis	Leaf	87000	87000	-0.9217097607872751	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Sambucus canadensis	Fruit	70000	346000	1.9280958845990008	USDA's Ag Handbook 8 and sequelae)
Sambucus nigra	Fruit	63000	392935	2.3709971061121426	--
Sanguisorba minor	Plant	76000	244000	0.15669202969176643	--
Sansevieria trifasciata	Leaf	25000	25000	-1.688410858025708	--
Satureja hortensis	Plant	86000	306160	0.6162636251564437	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Schinus molle	Fruit	155000	155000	0.12572807147425058	--
Schisandra chinensis	Fruit	76000	76000	-0.6197539035878189	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Sclerocarya caffra	Fruit	5000	60000	-0.7707375947396303	--
Sclerocarya caffra	Seed	27000	28000	-0.8431438209457148	--
Scutellaria lateriflora	Plant	82000	82000	-1.0410331708435898	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.

Plant	Part	Low PPM	High PPM	StdDev	Reference
Secale cereale	Leaf	400000	400000	2.9488941655938468	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Secale cereale	Seed	15000	20470	-0.902601987007855	--
Sechium edule	Fruit	7000	100000	-0.39327836686010154	--
Sechium edule	Shoot	8000	108100	-0.7794547352525444	--
Sesamum indicum	Leaf	166000	166000	0.055215830855244494	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Sesamum indicum	Seed	27100	67000	-0.5351931600661047	--
Sicana odorifera	Fruit	8000	73825	-0.6402782491037682	--
Sida rhombifolia	Leaf	33000	167000	0.06758197758489665	--
Simmondsia chinensis	Seed	35000	42000	-0.7325974298607266	--
Sinapis alba	Seed	63160	103000	-0.25093101156184927	--
Solanum melongena	Fruit	9000	137000	-0.04412858107153739	--
Solanum nigrum	Leaf	11000	11000	-1.861536912240838	--
Solanum quitoensis	Fruit	3000	308000	1.5695096181134482	--
Solanum sessiliflorum	Fruit	4000	40000	-0.9594672086793948	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Solanum torvum	Fruit	61000	418000	2.6075224947821525	--
Solanum tuberosum	Tuber	3000	27000	-0.8803901731861471	--
Sonchus oleraceus	Leaf	4000	59000	-1.2679618692175352	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Sophora japonica	Seed	99000	99000	-0.2825156947289888	--
Sophora secundiflora	Seed	151000	311000	1.3914725131294046	--
Spartium junceum	Stem	397000	397000	0.788541857446456	--
Sphenostylis stenocarpa	Root	4000	11000	-1.7125272657986594	--
Sphenostylis stenocarpa	Seed	52000	57000	-0.6141548679839535	--
Spinacia oleracea	Plant	6000	111634	-0.8219381795308445	--
Spirulina pratensis	Plant	2000	2000	-1.6325024056758641	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Spondias dulcis	Fruit	11000	84000	-0.5442620580119131	--
Spondias mombin	Fruit	5000	58000	-0.7896105561336069	--
Spondias pinnata	Fruit	10000	103000	-0.3649689247691369	--
Spondias purpurea	Fruit	4000	21000	-1.138760341922171	--
Stellaria media	Plant	17000	205000	-0.13164922228896742	--
Sterculia urens	Gum	4100	4100		--
Stevia rebaudiana	Leaf	152000	152000	-0.11791022335988555	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Stillingia sylvatica	Plant	139000	139000	-0.6196113410255939	--
Symphytum officinale	Root	72000	72000	-0.35781867764508235	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Syzygium aromaticum	Flower	95000	100000	-0.38632916081034846	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Syzygium aromaticum	Fruit	95000	100000	-0.39327836686010154	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Syzygium cumini	Fruit	3000	55215	-0.815891154874719	--
Syzygium jambos	Fruit	11000	80000	-0.5820079807998659	--
Syzygium malaccense	Fruit	7000	338000	1.852604039023095	--
Tabebuia heptaphylla	Bark	152000	152000	-0.2648933409998545	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Tamarindus indica	Flower	60000	60000	-0.8754791853788155	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Tamarindus indica	Fruit	31000	74343	-0.6353901521027283	USDA's Ag Handbook 8 and sequelae)
Tamarindus indica	Leaf	57000	186000	0.3025387654482874	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Tamarindus indica	Seed	7000	43000	-0.7247012590689418	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Tanacetum parthenium	Plant	--	143000	-0.5900378792839802	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Taraxacum officinale	Leaf	4000	111110	-0.43806976219057964	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Taraxacum officinale	Root	89000	89000	0.01972306003706211	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Tephrosia purpurea	Leaf	279000	280000	1.4649565580355892	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Terminalia arjuna	Leaf	--	77800	-1.035478310700075	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Terminalia bellirica	Leaf	74000	186000	0.3025387654482874	--
Terminalia catappa	Seed	18000	95000	-0.31410037789612827	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Tetragonia tetragonioides	Leaf	7000	116665	-0.5548680180521441	--
Tetrapanax papyrifera	Pith	487000	487000	1	--
Theobroma angustifolium	Seed	113000	217000	0.6492324587016264	--
Theobroma bicolor	Fruit	8300	105600	-0.34043407495696754	--
Theobroma bicolor	Seed	26000	244640	0.8674826193865603	--
Theobroma cacao	Fruit	43000	102380	-0.3708195428012696	J Cell Biochem VOL. 22=1995
Theobroma cacao	Seed	59000	89000	-0.36147740264683753	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Theobroma speciosum	Fruit	182000	466665	3.066748827901084	J Cell Biochem VOL. 22=1995
Thymus vulgaris	Plant	179294	693000	3.476313110187907	--
Tilia sp.	Fruit	135000	423000	2.6547048982670938	--
Tilia sp.	Leaf	132000	150000	-0.14264251681918985	--
Trachyspermum ammi	Fruit	212000	228942	0.8234803271709535	--
Tragopogon porrifolius	Root	2000	78300	-0.21790615132758173	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Tribulus terrestris	Leaf	64000	278000	1.4402242645762848	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Trichosanthes anguina	Fruit	8000	148000	0.05967270659533304	--
Tridax procumbens	Leaf	170000	170000	0.10468041777385308	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Trifolium pratense	Flower	99000	99000	-0.39855791142456015	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Trifolium pratense	Shoot	77000	301000	1.3664226044856718	--
Trigonella foenum-graecum	Seed	10000	120945	2.8838487927767456	--
Triticum aestivum	Plant	23300	421000	1.465317711758174	--
Triticum aestivum	Seed	3000	62000	-0.5746740140250292	--
Tropaeolum majus	Shoot	5000	36500	-1.5759545669023955	--
Tropaeolum tuberosum	Root	6000	57000	-0.690943740305798	--
Turnera diffusa	Leaf	109000	109000	-0.6496545327349278	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Ulex europaeus	Plant	143000	302000	0.5855072249451655	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Ullucus tuberosus	Root	3000	44000	-0.9796521279450849	--
Ulmus rubra	Bark	92000	92000	-0.9340975708942237	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Vaccinium corymbosum	Fruit	12770	86000	-0.5253890966179366	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Vaccinium macrocarpon	Fruit	12000	116000	-0.24229467570829002	--
Valeriana officinalis	Root	79000	79000	-0.20236031507008168	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Valerianella locusta	Plant	8000	111111	-0.8258049096535605	--
Vanilla planifolia	Fruit	153000	263000	1.1448679867489784	--
Verbascum thapsus	Leaf	111000	111000	-0.6249222392756235	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Vetiveria zizanioides	Leaf	347000	422000	3.220949393646194	--
Vicia faba	Fruit	20000	137000	-0.04412858107153739	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Vicia faba	Seed	22000	115780	-0.1500179488428386	USDA's Ag Handbook 8 and sequelae)
Vigna aconitifolia	Fruit	194000	194000	0.4937508186567912	--
Vigna aconitifolia	Leaf	268000	268000	1.3165627972797633	--
Vigna aconitifolia	Plant	197000	268000	0.3341328001414488	--
Vigna aconitifolia	Seed	35150	53000	-0.645739551151093	--
Vigna angularis	Seed	36290	79591	-0.43577247362674143	--
Vigna mungo	Fruit	9000	299000	1.4845812918405543	--
Vigna mungo	Plant	286000	286000	0.46721337797871054	--
Vigna mungo	Seed	9000	10000	-0.9852748951978426	--
Vigna radiata	Seed	44950	66495	-0.5391807263159561	USDA's Ag Handbook 8 and sequelae)

Plant	Part	Low PPM	High PPM	StdDev	Reference
Vigna radiata	Sprout Seedling	7200	94500	-0.2729204592947363	USDA's Ag Handbook 8 and sequelae)
Vigna subterranea	Fruit	142000	142000	0.0030538224134037148	--
Vigna subterranea	Plant	31700	31700	-1.4129194522443824	--
Vigna subterranea	Seed	30000	70000	-0.5115046476907501	--
Vigna unguiculata	Seed	47700	52090	-0.6529250665716172	USDA's Ag Handbook 8 and sequelae)
Vigna unguiculata	Shoot	13000	127202	-0.5669583695517698	--
Vigna unguiculata	Seed	14000	14630	-0.9487156244318786	--
Vigna unguiculata	Shoot	13000	127202	-0.5669583695517698	USDA's Ag Handbook 8 and sequelae)
Vitellaria paradoxa	Seed	--	56000	-0.6220510387757384	--
Vitis vinifera	Fruit	4210	24640	-1.104411552185134	USDA's Ag Handbook 8 and sequelae)
Xanthosoma sagittifolium	Leaf	21000	208000	0.5745939935006347	--
Xanthosoma sagittifolium	Root	6000	28000	-1.334985528116515	--
Yucca baccata	Root	112000	112000	0.5305148227834928	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Zea mays	Silk Stigma Style	81000	81000	1	--
Zingiber officinale	Rhizome	9000	171000	-0.07465068104411866	--
Zingiber officinale	Root	9000	171000	1.8408067359156413	--
Zizyphus jujuba	Fruit	6000	48000	-0.883975363103489	--
Zizyphus jujuba	Leaf	143000	143000	-0.22920554392675488	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Zizyphus jujuba	Seed	22000	28000	-0.8431438209457148	--
Zizyphus jujuba	Shoot	301000	301000	1.3664226044856718	--