

Dr. Duke's Phytochemical and Ethnobotanical Database

List of Plants for FIBER

| 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 | -- |
| 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 | -- |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|---|--------|---------|----------|----------------------|---|
| <i>Acalypha indica</i> | Leaf | 23000 | 117950 | -0.5389775195045411 | Wealth of India. |
| <i>Achillea millefolium</i> | Plant | 69000 | 201000 | -0.16122268403058113 | -- |
| <i>Acrocomia totai</i> | Fruit | 88200 | 88200 | -0.5046288390845626 | -- |
| <i>Acrocomia totai</i> | Seed | 86000 | 86000 | -0.38516591502219216 | -- |
| <i>Actaea racemosa</i> | Root | -- | 119000 | 0.6859731853584935 | Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp. |
| <i>Actinidia chinensis</i> | Fruit | 11000 | 64900 | -0.7244988393243881 | -- |
| <i>Aegle marmelos</i> | Fruit | 29000 | 75325 | -0.6261235280582859 | CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses |
| <i>Aframomum melegueta</i> | Fruit | -- | 242000 | 0.9467018921122258 | Wealth of India. |
| <i>Aframomum melegueta</i> | Seed | 110000 | 170000 | 0.27811243148773734 | Wealth of India. |
| <i>Agave americana</i> | Plant | 156000 | 156000 | -0.4939241286237356 | -- |
| <i>Albizia lebbeck</i> | Leaf | 176000 | 190000 | 0.352003352366896 | Wealth of India. |
| <i>Albizia lebbeck</i> | Seed | -- | 42000 | -0.7325974298607266 | Wealth of India. |
| <i>Allium ampeloprasum</i> | Flower | 11000 | 65000 | -0.8143354323077572 | -- |
| <i>Allium ampeloprasum</i> | Leaf | 10000 | 94000 | -0.83514673367971 | -- |
| <i>Allium cepa</i> | Bulb | 4400 | 126000 | 1 | -- |
| <i>Allium cepa</i> | Leaf | 11000 | 141000 | -0.2539378373860592 | CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses |
| <i>Allium sativum</i> var. <i>sativum</i> | Bulb | 7000 | 39000 | -1 | -- |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|-----------------------------|---------|---------|----------|------------------------|--|
| 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. |
| Althaea officinalis | Root | 83000 | 83000 | -0.11352696502722416 | Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp. |
| Amaranthus sp. | Leaf | 8830 | 135000 | -0.328134717763972 | -- |
| Amaranthus spinosus | Leaf | 13000 | 104000 | -0.7114852663831885 | -- |
| Amorphophallus campanulatus | Root | 7000 | 65315 | -0.506281413904208 | -- |
| Amorphophallus campanulatus | Shoot | 142000 | 142000 | -0.40234098814458413 | -- |
| Amorphophallus konjac | Leaf | 1000 | 38000 | -1.52765095054023 | -- |
| Amorphophallus konjac | Root | 88000 | 88000 | -0.0024852774736522673 | -- |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|------------------------|-------|---------|----------|----------------------|--|
| Anacardium occidentale | Fruit | 6000 | 42000 | -0.9405942472854183 | -- |
| Anacardium occidentale | Seed | 7120 | 29000 | -0.83524765015393 | -- |
| Ananas comosus | Fruit | 3000 | 45000 | -0.9122848051944537 | -- |
| Anethum graveolens | Fruit | 177230 | 264869 | 1.1625047691716495 | -- |
| Anethum graveolens | Leaf | 119300 | 128000 | -0.41469774487153704 | -- |
| Anethum graveolens | Seed | 177230 | 264869 | 1.0272142583335766 | -- |
| Angelica sinensis | Root | 172000 | 172000 | 1.8630150734263555 | Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp. |
| Annona cherimola | Fruit | 15000 | 83000 | -0.5536985387089013 | -- |
| Annona cherimola | Seed | 256000 | 330300 | 1.5438686094108527 | -- |
| Annona diversifolia | Fruit | 13000 | 45615 | -0.9064813695658059 | Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981. |
| 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 | -- |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|---------------------------------|-------|---------|----------|---------------------|--|
| <i>Apium graveolens</i> | Seed | 106750 | 138586 | 0.03006212223460727 | USDA's Ag Handbook 8 and sequelae) |
| <i>Arachis hypogaea</i> | Leaf | 46000 | 214000 | 0.6487908738785475 | -- |
| <i>Arachis hypogaea</i> | Plant | 201000 | 279000 | 0.41545981993088654 | -- |
| <i>Arachis hypogaea</i> | Seed | 11900 | 52383 | -0.6506114885296242 | -- |
| <i>Aralia cordata</i> | Leaf | 5000 | 106380 | -0.6820538371666165 | -- |
| <i>Arctium lappa</i> | Leaf | 20000 | 94700 | -0.8264904309689535 | Wealth of India. |
| <i>Arctium lappa</i> | Root | 19400 | 97000 | 0.19738976012277715 | -- |
| <i>Arctostaphylos uva-ursi</i> | Leaf | 121000 | 121000 | -0.5012607719791021 | Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp. |
| <i>Areca catechu</i> | Seed | 159000 | 181000 | 0.3649703101973709 | -- |
| <i>Armoracia rusticana</i> | Root | 14000 | 94000 | 0.130764747590634 | CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses |
| <i>Arracacia xanthorrhiza</i> | Root | 6000 | 20760 | -1.495773891694087 | -- |
| <i>Artemisia dracunculus</i> | Plant | 74000 | 80000 | -1.0558199017143965 | CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses |
| <i>Artemisia vulgaris</i> | Leaf | 34000 | 267700 | 1.3128529532608677 | CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses |
| <i>Artocarpus altilis</i> | Fruit | 10600 | 64725 | -0.726150223446361 | -- |
| <i>Artocarpus altilis</i> | Seed | 13400 | 38700 | -0.7586547934736168 | Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981. |
| <i>Artocarpus heterophyllus</i> | Fruit | 10000 | 48245 | -0.8816634253327269 | -- |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|--------------------------|-------|---------|----------|----------------------|--|
| 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 | -- |
| 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 |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|------------------------------------|-------|---------|----------|----------------------|--|
| 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 | -- |
| 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 | -- |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|---|--------|---------|----------|----------------------|---|
| <i>Brassica oleracea</i> var. <i>botrytis</i> l. | Flower | 8000 | 132000 | 0.00499085884442514 | -- |
| <i>Brassica oleracea</i> var. <i>capitata</i> l. | Leaf | 6000 | 106960 | -0.6748814720634182 | USDA's Ag Handbook 8 and sequelae) |
| <i>Brassica oleracea</i> var. <i>gemmifera</i> | Leaf | 15100 | 107814 | -0.6643207827562952 | USDA's Ag Handbook 8 and sequelae) |
| <i>Brassica oleracea</i> var. <i>italica</i> | Leaf | 10760 | 122866 | -0.47818554218157117 | USDA's Ag Handbook 8 and sequelae) |
| <i>Brassica oleracea</i> var. <i>sabellica</i> l. | Leaf | 15000 | 96500 | -0.8042313668555796 | -- |
| <i>Brassica oleracea</i> var. <i>viridis</i> l. | Leaf | 5700 | 93423 | -0.8422820003427193 | -- |
| <i>Brassica rapa</i> | Root | 9000 | 110700 | 0.5016439840195641 | -- |
| <i>Brassica rapa</i> | Leaf | 6000 | 128220 | -0.41197719259101356 | USDA's Ag Handbook 8 and sequelae) |
| <i>Bromelia pinguin</i> | Shoot | 4000 | 90000 | -0.9808045530299508 | -- |
| <i>Brosimum alicastrum</i> | Fruit | 12000 | 75000 | -0.6291903842848071 | CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses |
| <i>Byrsonima crassifolia</i> | Fruit | 22000 | 280195 | 1.3071282723336908 | -- |
| <i>Cajanus cajan</i> | Fruit | 3500 | 352000 | 1.9847147687809301 | -- |
| <i>Cajanus cajan</i> | Leaf | 183000 | 183000 | 0.265440325259331 | -- |
| <i>Cajanus cajan</i> | Plant | 308000 | 308000 | 0.629867417557586 | -- |
| <i>Cajanus cajan</i> | Seed | 21380 | 108000 | -0.2114501576029249 | -- |
| <i>Calathea macrosepala</i> | Flower | 15000 | 194800 | 0.7729563974169184 | CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses |
| <i>Camellia sinensis</i> | Leaf | 87000 | 270000 | 1.712279492628632 | -- |
| <i>Canavalia ensiformis</i> | Fruit | 18000 | 481000 | 3.2020207786924106 | -- |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|-------------------------|--------|---------|----------|----------------------|--|
| 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 |
| 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 | -- |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|-----------------------------------|--------------------|---------|----------|---------------------|---|
| <i>Carya illinoensis</i> | Seed | 22000 | 24000 | -0.8747285041128544 | -- |
| <i>Casimiroa edulis</i> | Fruit | 9000 | 94444 | -0.4457074536125681 | -- |
| <i>Cassia tora</i> | Sprout Seedling | 199000 | 199000 | 1.24366713456344 | -- |
| <i>Castanea dentata</i> | Seed | 19000 | 34176 | -0.7943770701356515 | -- |
| <i>Castanea mollissima</i> | Seed | 16000 | 29904 | -0.8281095117581565 | -- |
| <i>Castanea sativa</i> | Leaf | 185000 | 185000 | 0.29017261871863526 | -- |
| <i>Castanea sativa</i> | Seed | 13200 | 30800 | -0.8210345427287172 | -- |
| <i>Castanospermum australe</i> | Seed | 5000 | 5000 | -1.024755749156767 | -- |
| <i>Catha edulis</i> | Leaf | 27000 | 27000 | -1.6636785645664038 | -- |
| <i>Caulophyllum thalictroides</i> | Root | 112000 | 112000 | 0.5305148227834928 | Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp. |
| <i>Ceiba pentandra</i> | Seed | 160000 | 196000 | 0.4834128720741441 | -- |
| <i>Cenchrus biflorus</i> | Seed | 6000 | 7000 | -1.0089634075731972 | -- |
| <i>Cenchrus biflorus</i> | Shoot | 185000 | 339000 | 1.7891459788249782 | -- |
| <i>Centella asiatica</i> | Leaf | 20000 | 187000 | 0.3149049121779396 | -- |
| <i>Ceratonia siliqua</i> | Seed | -- | 68300 | -0.5249281380367844 | Wealth of India. |
| <i>Chamaemelum nobile</i> | Flower | 72000 | 72000 | -0.7287341780082754 | -- |
| <i>Chamissoa altissima</i> | Leaf | 24920 | 249200 | 1.084079238762303 | Tramil |
| <i>Chenopodium album</i> | Leaf | 21000 | 217000 | 0.685889314067504 | -- |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|-------------------------------|-------|---------|----------|----------------------|---|
| 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 | -- |
| 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 | -- |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|-------------------------|-------|---------|----------|----------------------|--|
| 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 | -- |
| 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 | -- |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|-------------------------|-------------------|---------|----------|----------------------|---|
| 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 | -- |
| 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) |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|-------------------------|---------|---------|----------|-----------------------|---|
| 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 | -- |
| 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 | -- |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|-------------------------|-------|---------|----------|---------------------|---|
| 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 | -- |
| 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 |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|------------------------------|-------|---------|----------|----------------------|--|
| <i>Elettaria cardamomum</i> | Seed | 113000 | 123000 | -0.09300759572615179 | CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses |
| <i>Elytrigia repens</i> | Plant | 317000 | 339000 | 0.8590617460550924 | -- |
| <i>Ephedra sinica</i> | Plant | 98000 | 98000 | -0.9227393238771348 | Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp. |
| <i>Equisetum arvense</i> | Plant | 71000 | 235000 | 0.09015174077313554 | -- |
| <i>Eriobotrya japonica</i> | Fruit | 5000 | 71000 | -0.66693630707276 | CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses |
| <i>Eriobotrya japonica</i> | Seed | 42900 | 42900 | -0.7254908761481202 | ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes. |
| <i>Eryngium creticus</i> | Shoot | 185800 | 185800 | 0.08490332227809011 | Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29. |
| <i>Eryngium floridanum</i> | Shoot | 139900 | 139900 | -0.4257020167264932 | -- |
| <i>Erythrina berteroana</i> | Shoot | 24000 | 152000 | -0.29109799489739824 | -- |
| <i>Erythrina fusca</i> | Leaf | 41000 | 222000 | 0.7477200477157647 | -- |
| <i>Erythroxylum coca</i> | Leaf | 80000 | 175000 | 0.1665111514221138 | -- |
| <i>Eugenia brasiliensis</i> | Fruit | 6000 | 40815 | -0.9517764769113494 | CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses |
| <i>Eugenia floribunda</i> | Fruit | 1000 | 8000 | -1.2614345909830178 | -- |
| <i>Eugenia uniflora</i> | Fruit | 3000 | 42850 | -0.9325732386929784 | -- |
| <i>Euphrasia officinalis</i> | Plant | 91000 | 91000 | -0.9744928819249589 | Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp. |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|-----------------------|--------|---------|----------|----------------------|--|
| 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. |
| 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 | -- |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|------------------------|-----------------|---------|----------|----------------------|--|
| 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 |
| 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) |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|--------------------------|-------|---------|----------|-----------------------|--|
| 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. |
| Hylocereus guatemalensis | Fruit | 7000 | 51425 | -0.8516554167163044 | Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981. |
| Hylocereus 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 |
| 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 | -- |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|---------------------|-----------------|---------|----------|----------------------|--|
| 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 | -- |
| 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) |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|-----------------------|-------|---------|----------|----------------------|--|
| 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 | -- |
| 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 |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|--------------------------------|-------|---------|----------|----------------------|--|
| <i>Lycium chinense</i> | 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. |
| <i>Lycopersicon esculentum</i> | Fruit | 4700 | 77691 | -0.6037968147292118 | -- |
| <i>Macadamia spp</i> | Seed | 25000 | 67150 | -0.534008734447337 | -- |
| <i>Maclura pomifera</i> | Fruit | -- | 160000 | 0.17291047495919168 | Smith, J. L. and Perino, J. V. 1981. Osage Orange (<i>Maclura pomifera</i>): History and Economic Uses. <i>Economic Botany</i> 35(1): 24-41 |
| <i>Malpighia glabra</i> | Fruit | 4000 | 46566 | -0.8975072764229701 | -- |
| <i>Malus domestica</i> | Fruit | 5200 | 49636 | -0.8685372806832163 | USDA's Ag Handbook 8 and sequelae) |
| <i>Malva parviflora</i> | Leaf | 15000 | 109000 | -0.6496545327349278 | -- |
| <i>Malva sylvestris</i> | Leaf | 9000 | 107000 | -0.6743868261942322 | CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses |
| <i>Mammea americana</i> | Fruit | 8000 | 110000 | -0.29891355989021934 | -- |
| <i>Mangifera indica</i> | Fruit | 8000 | 49000 | -0.8745388824065008 | -- |
| <i>Mangifera indica</i> | Leaf | 16000 | 211000 | 0.611692433689591 | -- |
| <i>Manihot esculenta</i> | Root | 21000 | 88600 | 0.01083972503277636 | -- |
| <i>Manilkara zapota</i> | Fruit | 16000 | 106000 | -0.33665948267817225 | -- |
| <i>Maranta arundinacea</i> | Root | 19000 | 61000 | -0.6021103902629404 | CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses |
| <i>Mauritia flexuosa</i> | Fruit | 10000 | 21740 | -1.1317773462063998 | J Cell Biochem VOL. 22=1995 |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|----------------------|-------|---------|----------|----------------------|--|
| 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 | -- |
| 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 |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|--------------------|--------|---------|----------|----------------------|--|
| 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 | -- |
| 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. |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|-----------------------|-----------------|---------|----------|----------------------|--|
| 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 |
| 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 | -- |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|----------------------|-------|---------|----------|-----------------------|--|
| 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 | -- |
| 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 | -- |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|---------------------------|-------------|---------|----------|----------------------|--|
| 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 | -- |
| 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 | -- |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|-------------------------|-------|---------|----------|----------------------|---|
| 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 | Izidoost, 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) |
| 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 | -- |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|------------------------|-----------------|---------|----------|----------------------|--|
| 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 | -- |
| 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. |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|---------------------------|----------|---------|----------|-----------------------|---|
| 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 | -- |
| 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 | -- |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|-------------------------|-----------|---------|----------|----------------------|--|
| 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 | -- |
| 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 |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|-------------------------|-------|---------|----------|----------------------|--|
| 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) |
| 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 | -- |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|-----------------------------|---------|---------|----------|-----------------------|---|
| 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 | Izidoost, 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 | -- |
| 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. |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|----------------------|-------|---------|----------|----------------------|--|
| 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 | -- |
| 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 | -- |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|------------------------|-------|---------|----------|----------------------|--|
| 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. |
| 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. |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|-------------------------|-------|---------|----------|----------------------|--|
| 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. |
| 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 | -- |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|-------------------------|-------|---------|----------|----------------------|--|
| 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 | -- |
| 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 | -- |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|--------------------------------|--------|---------|----------|----------------------|---|
| <i>Sphenostylis stenocarpa</i> | Seed | 52000 | 57000 | -0.6141548679839535 | -- |
| <i>Spinacia oleracea</i> | Plant | 6000 | 111634 | -0.8219381795308445 | -- |
| <i>Spirulina pratensis</i> | Plant | 2000 | 2000 | -1.6325024056758641 | Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp. |
| <i>Spondias dulcis</i> | Fruit | 11000 | 84000 | -0.5442620580119131 | -- |
| <i>Spondias mombin</i> | Fruit | 5000 | 58000 | -0.7896105561336069 | -- |
| <i>Spondias pinnata</i> | Fruit | 10000 | 103000 | -0.3649689247691369 | -- |
| <i>Spondias purpurea</i> | Fruit | 4000 | 21000 | -1.138760341922171 | -- |
| <i>Stellaria media</i> | Plant | 17000 | 205000 | -0.13164922228896742 | -- |
| <i>Sterculia urens</i> | Gum | 4100 | 4100 | | -- |
| <i>Stevia rebaudiana</i> | Leaf | 152000 | 152000 | -0.11791022335988555 | Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp. |
| <i>Stillingia sylvatica</i> | Plant | 139000 | 139000 | -0.6196113410255939 | -- |
| <i>Symphytum officinale</i> | Root | 72000 | 72000 | -0.35781867764508235 | Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp. |
| <i>Syzygium aromaticum</i> | Flower | 95000 | 100000 | -0.38632916081034846 | -- |
| <i>Syzygium aromaticum</i> | Fruit | 95000 | 100000 | -0.39327836686010154 | CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses |
| <i>Syzygium cumini</i> | Fruit | 3000 | 55215 | -0.815891154874719 | -- |
| <i>Syzygium jambos</i> | Fruit | 11000 | 80000 | -0.5820079807998659 | -- |
| <i>Syzygium malaccense</i> | Fruit | 7000 | 338000 | 1.852604039023095 | -- |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|---------------------------|--------|---------|----------|----------------------|--|
| 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 | -- |
| 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 | -- |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|-------------------------|--------|---------|----------|----------------------|--|
| 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 | -- |
| 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. |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|---------------------------|-------|---------|----------|----------------------|---|
| 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 | -- |
| 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. |

| Plant | Part | Low PPM | High PPM | StdDev | Reference |
|-----------------------|-----------------|---------|----------|-----------------------|--|
| 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) |
| 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 | -- |

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