

C INOSITOL

Chemid

INOSITOL

*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
Achillea millefolium	Plant	--	--		Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Aconitum napellus	Leaf	--	--		List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Apium graveolens	Leaf	--	--		List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Asparagus officinalis	Shoot	--	--		--
Camellia sinensis	Leaf	--	--		--
Capsella bursa-pastoris	Plant	300	300		--
Centella asiatica	Plant	--	--		Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Chamaemelum nobile	Flower	--	--		--
Cichorium intybus	Root	--	--		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
Cocos nucifera	Resin, Exudate, Sap	690	690		List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Cornus florida	Flower	--	--		--
Digitalis purpurea	Leaf	--	--		--
Elytrigia repens	Rhizome	10000	15000		--
Equisetum arvense	Plant	--	--		Bisset, N.G., ed. 1994. Herbal Drugs and Phytopharmaceuticals. CRC Press. Boca Raton, FL. 566 pp.
Euphorbia hirta	Plant	--	--		--
Glycine max	Sprout Seedling	--	--		List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Gossypium sp	Seed	3400	3400	1.6636073118205197	--
Hura crepitans	Latex Exudate	--	--		--
Hydrastis canadensis	Leaf	--	--		--
Hydrastis canadensis	Root	--	--		--
Hydrastis canadensis	Plant	--	--		--
Hyssopus officinalis	Leaf	--	433.3		--
Ilex paraguariensis	Leaf	--	--		--
Inonotus obliquus	Plant	--	--		Foster, S. and Yue, C.-X. 1992. Herbal Emissaries: Bringing Chinese Herbs to the West. Healing Arts Press, Rochester, Vermont 05767. 356 pp.
Inula helenium	Leaf	--	--		--
Juglans regia	Leaf	--	--		--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Lens culinaris	Seed	1300	1300	-0.4346361445296853	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Leonotis nepetaefolia	Seed	--	--		List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Lonicera japonica	Flower	--	--		--
Maclura pomifera	Shoot	--	--		--
Malus domestica	Plant	--	--		--
Medicago sativa	Plant	--	--		--
Musa x paradisiaca	Fruit	--	340	-1	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Nicotiana tabacum	Leaf	--	--		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Petroselinum crispum	Plant	--	--		List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Phaseolus vulgaris	Fruit	--	--		List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Pisum sativum	Seed	1500	1500	-0.23480343440109436	--
Rosa gallica	Flower	--	--		--
Rubus fruticosus	Leaf	--	--		--
Sesamum indicum	Seed	740	740	-0.9941677328897403	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Taraxacum officinale	Latex Exudate	--	--		--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Taraxacum officinale	Root	--	--		--
Thuja occidentalis	Branches	--	--		--
Triticum aestivum	Seed	--	--		--
Vaccinium myrtillus	Fruit	--	--		List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Vigna radiata	Seed	--	--		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Viscum album	Fruit	4000	4000	1	--
Vitis vinifera	Leaf	--	--		List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Zea mays	Plant	--	--		--