

Dr. Duke's Phytochemical and Ethnobotanical Database

List of Plants for IRON

Plant	Part	Low PPM	High PPM	StdDev	Reference
Abelmoschus esculentus	Fruit	8	150	0.06752138925955396	--
Abelmoschus manihot	Leaf	33	284	-0.20071268389394334	--
Acacia farnesiana	Leaf	37	199	-0.4161653734377091	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Acalypha indica	Leaf	170	885	1.3226645680566829	Wealth of India.
Acanthopanax gracilistylis	Root Bark	250	250	-0.13345597146311622	--
Achillea millefolium	Plant	--	--		--
Achyranthes bidentata	Root	150	180	-0.18015091741220346	--
Aconitum carmichaelii	Tuber	310	310	1.5925435023297543	--
Acorus calamus	Rhizome	350	350	-0.02674945738357939	Chen, H.C. and Lin, S.M. 1988. Determination of Mineral Elements in Certain Crude Drugs (Part 1), Kaohsiung J. Med. Sci., 4: 259-272.
Actaea dahurica	Rhizome	--	680	0.9698835515852621	Suziki, A., Morimoto, I., and Okitsu, T., Elution of Metals from Crude Drugs, Shoykugaku Zasshi 36(3):190-195.
Actaea racemosa	Root	--	38	-0.38644716654057326	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Actinidia chinensis	Fruit	3	30	-0.40848626836489793	--
Aegle marmelos	Fruit	6	15	-0.4679872255679544	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Agathosma betulina	Leaf	867	867	1.2770392926238854	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.

Plant	Part	Low PPM	High PPM	StdDev	Reference
Akebia quinata	Stem	150	150	-0.5541522085937916	--
Albizia julibrissin	Bark	100	100	-0.45734506695896726	--
Albizia lebeck	Seed	--	115	-0.16630572441692326	Wealth of India.
Aleurites moluccana	Seed	20	22	-0.5984122164712988	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Alisma plantago-aquatica	Rhizome	95	110	-0.7515734639063731	--
Allium ampeloprasum	Flower	9	53	-0.7544988871341379	--
Allium ampeloprasum	Leaf	11	255	-0.2742200720912281	--
Allium ampeloprasum	Root	11	80	-0.32542996609415403	--
Allium cepa	Bulb	2	135	0.7831452902858658	--
Allium cepa	Leaf	34	436	0.18456741976079077	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Allium cepa	Seed	235	235	0.3912510395242066	--
Allium sativum var. sativum	Bulb	8	129	0.6282374306688813	--
Allium sativum var. sativum	Flower	9	78	-0.5902911429622495	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Allium sativum var. sativum	Leaf	6	44	-0.8090496896645762	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Allium sativum var. sativum	Shoot	17	76	-0.5665556726665807	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Allium sativum var. sativum	Root	1	3	-0.43729483357925597	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Allium schoenoprasum	Leaf	8	200	-0.41363063591366483	--
Alocasia macrorrhiza	Leaf	6	38	-0.824258114808842	--
Alocasia macrorrhiza	Root	5	63	-0.3501274043700856	--
Aloe spp.	Leaf	--	4.1	-0.9101857168739439	--
Aloe vera	Leaf	30	300	-0.1601568835092345	Aloe Research Council - Duke writeup of non-peer reviewed book by Coats and draft by Henry
Alpinia galanga	Rhizome	21	149	-0.6337895628464192	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Althaea officinalis	Root	12	115	-0.2745822990554713	--
Amaranthus sp.	Leaf	23	1527	2.9499660584931258	--
Amaranthus spinosus	Leaf	22	1965	4.06018109402453	--
Amomum xanthioides	Seed	910	910	3.5275078366930623	--
Amorphophallus campanulatus	Root	5	112	-0.27894067051592986	--
Amorphophallus konjac	Leaf	3	115	-0.6290833254574307	--
Amorphophallus konjac	Root	--	--		--
Amphicarpaea bracteata	Shoot	360	360	-0.18621401124820777	--
Anacardium occidentale	Fruit	2	77	-0.22204993579532092	--
Anacardium occidentale	Seed	18	195	0.20539878487716332	--
Ananas comosus	Fruit	3	73	-0.237916857716136	--
Anemarrhena asphodeloides	Rhizome	90	1400	3.1443555711536435	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Anethum graveolens	Fruit	114	230	0.3848598276758552	--
Anethum graveolens	Plant	23	755	0.1508119809777941	--
Anethum graveolens	Seed	114	230	0.3680195076933262	--
Anethum graveolens	Leaf	--	--		--
Angelica dahurica	Root	1800	1800	2.1733696712353954	--
Angelica laxiflora	Root	230	230	-0.10751139307122817	--
Angelica sinensis	Root	19.4	88	-0.313807642199598	--
Annona cherimola	Fruit	2	26	-0.42435319028571294	--
Annona cherimola	Seed	210	270	0.5538717623403695	--
Annona diversifolia	Fruit	7	25	-0.42831992076591674	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Annona glabra	Fruit	23	175	0.1666896512646481	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Annona muricata	Fruit	5	33	-0.3965860769242866	--
Annona reticulata	Fruit	4	47	-0.3410518502014339	--
Annona squamosa	Fruit	6	66	-0.26568397107756236	--
Anthriscus cerefolium	Leaf	320	345	-0.04609369492724084	--
Apium graveolens	Pt	3	347	1.289042144893524	--
Apium graveolens	Root	3.6	47	-0.3733720521591977	ACTA AGRIC SCAND SUPPL 22: 1980
Apium graveolens	Seed	25	571	1.9524099785593705	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Apium graveolens</i>	Fruit	25	120	-0.051480525146559	--
<i>Arachis hypogaea</i>	Leaf	42	195	-0.4263043235338863	--
<i>Arachis hypogaea</i>	Seed	21	42	-0.5054860891477773	--
<i>Aralia cordata</i>	Leaf	3	64	-0.7583549391836902	--
<i>Arctium lappa</i>	Root	35	147	-0.22809300347724715	--
<i>Arctostaphylos uva-ursi</i>	Leaf	12	105	-0.6544307006978738	--
<i>Areca catechu</i>	Seed	15	70	-0.37538951089484696	--
<i>Areca catechu</i>	Shoot	20	147	-0.47147025731198744	--
<i>Arisaema consanguineum</i>	Rhizome	600	600	0.7282755494109975	--
<i>Aristolochia debilis</i>	Fruit	190	190	0.22619060846770458	--
<i>Armoracia rusticana</i>	Root	1.4	8	-0.4300308811451584	--
<i>Arracacia xanthorrhiza</i>	Root	9	31	-0.39661669994830984	--
<i>Artemisia capillaris</i>	Plant	200	200	-0.5027757133230009	--
<i>Artemisia dracunculus</i>	Plant	320	350	-0.3261303905390022	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Artemisia herba-alba</i>	Plant	710	820	0.22735828751752685	--
<i>Artemisia vulgaris</i>	Leaf	15	118	-0.6214791128852977	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Artemisia vulgaris</i>	Plant	1200	3900	3.854475582015632	Chem. & Pharm. Bull. 38: 2205.
<i>Artocarpus altilis</i>	Fruit	3	62	-0.28155089299837743	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Artocarpus altilis	Seed	37	58	-0.43114518728895995	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Artocarpus heterophyllus	Fruit	5	22	-0.440220112206528	--
Artocarpus heterophyllus	Seed	12	25	-0.5844732973727707	--
Asiasarum heterotropoides	Root	450	2800	3.6261601580549017	--
Asiasarum sieboldii	Root	450	2800	3.6261601580549017	--
Asimina triloba	Fruit	68	308	0.6942648051317489	--
Aspalathus linearis	Shoot	--	3300	3.751125723153258	--
Aspalathus linearis	Plant	--	14	-0.7218159135751593	--
Asparagus lucidus	Root	30	30	-0.3980694904351293	--
Asparagus officinalis	Shoot	6	240	-0.3469217555094921	--
Asparagus officinalis	Root	1.2	12	-0.42421971919788043	--
Astragalus membranaceus	Root	3.2	20	-0.4125973953033244	--
Atractylodes lancea	Rhizome	290	290	-0.20795545901427784	--
Atractylodes ovata	Rhizome	210	780	1.2718935543030927	--
Avena sativa	Plant	3	13.5	-0.7224047313177726	--
Avena sativa	Seed	20	300	0.6932609533256522	Jim Duke's personal files.*
Averrhoa bilimbi	Fruit	6	175	0.1666896512646481	--
Averrhoa carambola	Fruit	1	165	0.12702234646261046	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Bacopa monnieri	Shoot	--	78	-0.5638772102622259	Wealth of India.
Bactris gasipaes	Fruit	6	45	-0.34898531116184145	--
Barosma betulina	Leaf	867	867	1.2770392926238854	--
Basella alba	Leaf	12	175	-0.4769990740147724	--
Belamcanda chinensis	Rhizome	150	150	-0.6307694628192408	Chen, H.C. and Lin, S.M. 1988. Determination of Mineral Elements in Certain Crude Drugs (Part 1), Kaohsiung J. Med. Sci., 4: 259-272.
Benincasa hispida	Fruit	4	125	-0.03164687274554018	--
Berberis vulgaris	Root	1410	141	-0.23680974639816418	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Berberis vulgaris	Bark	--	141	-0.2726653452388328	--
Bertholletia excelsa	Seed	30	93	-0.26852446447279704	--
Beta vulgaris	Leaf	7	392	0.07303896870284142	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Beta vulgaris	Root	5	165	-0.20194277471449604	--
Bixa orellana	Fruit	8	50	-0.3053512758796	--
Bixa orellana	Seed	42	56	-0.4404378000213121	--
Blechnum orientale	Rhizome	70	70	-0.8723774649935054	--
Bletilla striata	Tuber	100	100	-0.400772537010137	Chen, H.C. and Lin, S.M. 1988. Determination of Mineral Elements in Certain Crude Drugs (Part 1), Kaohsiung J. Med. Sci., 4: 259-272.
Blighia sapida	Aril	27	130	0.6087992693064012	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Blighia sapida	Seed	17	173	0.1031800448212895	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Boehmeria nivea	Leaf	16	123	-0.6088054252650762	--
Boehmeria nivea	Plant	1500	3500	3.3834213879249693	--
Borago officinalis	Leaf	33	472	0.2758179706263857	USDA's Ag Handbook 8 and sequelae)
Brassica chinensis	Leaf	8	171	-0.4871380241109496	--
Brassica juncea	Leaf	16	174	-0.4795338115388167	--
Brassica napus var. napobrassica	Root	2	62	-0.3515801948569051	--
Brassica nigra	Leaf	12	209	-0.3908179981972661	USDA's Ag Handbook 8 and sequelae)
Brassica oleracea	Stem	4	44	-0.6545398138876424	--
Brassica oleracea var. botrytis l.	Leaf	8	109	-0.6442917506016965	--
Brassica oleracea var. botrytis l.	Flower	5	122	-0.3012855132197258	--
Brassica oleracea var. capitata l.	Leaf	4	151	-0.5378327745918356	--
Brassica oleracea var. gemmifera	Leaf	9	136	-0.5758538374525002	USDA's Ag Handbook 8 and sequelae)
Brassica oleracea var. italica	Leaf	8	109	-0.6442917506016965	--
Brassica oleracea var. sabellica l.	Leaf	15	110	-0.6417570130776522	--
Brassica oleracea var. viridis l.	Leaf	6	102	-0.6620349132700066	--
Brassica pekinensis	Leaf	28.5	63	-0.7608896767077346	--
Brassica rapa	Seed	93	93	-0.26852446447279704	--
Brassica rapa	Root	2	37	-0.38789995702739277	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Brassica rapa	Leaf	8	171	-0.4871380241109496	USDA's Ag Handbook 8 and sequelae)
Bromelia pinguin	Shoot	3	75	-0.567894903868758	--
Brosimum alicastrum	Fruit	8	50	-0.3291516587608226	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Broussonetia papyrifera	Fruit	560	560	1.6938808861430978	--
Bupleurum chinense	Root	2.8	25	-0.40533344286922685	--
Byrsonima crassifolia	Fruit	6	118	-0.059413986106966535	--
Cajanus cajan	Fruit	17	56	-0.3053512758796	--
Cajanus cajan	Seed	13	62	-0.4125599618242556	--
Calathea macrosepala	Flower	10	130	-0.2487390350847215	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Camellia sinensis	Leaf	189	1500	2.8815281453439296	--
Canavalia ensiformis	Fruit	12	175	0.1666896512646481	--
Canavalia ensiformis	Seed	12	97	-0.24993923900809273	--
Canna indica	Root	14	42	-0.3806360045932953	--
Cannabis sativa	Seed	120	139	-0.05479437162869729	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Capparis spinosa	Leaf	--	720	0.9044328765893729	Wealth of India.
Capsella bursa-pastoris	Plant	48	407	-0.25900516788108274	--
Capsicum annuum	Fruit	4	14	-0.47195395604815815	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Capsicum frutescens</i>	Fruit	7	135	0.008020432056497481	--
<i>Carica papaya</i>	Fruit	0.4	3	-0.5155879913303996	--
<i>Carica papaya</i>	Leaf	8	38	-0.824258114808842	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Carica pentagona</i>	Fruit	4	60	-0.2894843539587849	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Carthamus tinctorius</i>	Flower	1	8	-1.050072826643537	--
<i>Carthamus tinctorius</i>	Seed	97	102	-0.22670770717721234	--
<i>Carum carvi</i>	Fruit	123	286	0.6069967345672661	--
<i>Carum carvi</i>	Seed	123	286	4.874936682884126	--
<i>Carya glabra</i>	Shoot	10	429	-0.0938070582979693	--
<i>Carya illinoensis</i>	Seed	24	73	-0.3614505917963187	--
<i>Carya ovata</i>	Seed	32	32	-0.551949152809538	--
<i>Carya ovata</i>	Shoot	12.5	45	-0.6080718399340791	--
<i>Casimiroa edulis</i>	Fruit	2	15	-0.4679872255679544	--
<i>Cassia tora</i>	Seed	50	50	-0.4683156382183686	--
<i>Castanea dentata</i>	Seed	12	29	-0.5658880719080663	--
<i>Castanea mollissima</i>	Seed	14	25	-0.5844732973727707	--
<i>Castanea sativa</i>	Seed	7	16	-0.6262900546683554	--
<i>Catalpa ovata</i>	Fruit	140	140	0.02785408445751631	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Catha edulis	Leaf	185	185	-0.45165169877432937	--
Caulophyllum thalictroides	Root	18	164	-0.20339556520131555	--
Celosia cristata	Flower	180	180	0.07967645325905538	--
Cenchrus biflorus	Seed	220	245	0.43771410318596743	--
Centaurea cyanus	Plant	--	--		--
Centella asiatica	Leaf	3	29	-0.8470707525252408	--
Chaenomeles lagenaria	Fruit	110	110	-0.09114782994859666	--
Chamaemelum nobile	Flower	170	170	0.01399335559030001	--
Chamissoa altissima	Leaf	137	1370	2.55201226721817	Tramil
Chenopodium album	Leaf	12	250	-0.28689375971144965	--
Chenopodium album	Seed	5	5	-0.6773994246962923	--
Chenopodium ambrosioides	Plant	52	52	-0.6770657651365463	--
Chondrus crispus	Plant	874	874	0.2909506037197664	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Chrysanthemum coronarium	Bud	31	420		--
Chrysanthemum coronarium	Leaf	25	385	0.0552958060345313	--
Chrysanthemum parthenium	Plant	--	--		--
Chrysanthemum parthenium	Leaf	--	--		--
Chrysophyllum cainito	Fruit	4	47	-0.3410518502014339	--
Cicer arietinum	Seed	61	72	-0.3660968981624948	USDA's Ag Handbook 8 and sequelae)

Plant	Part	Low PPM	High PPM	StdDev	Reference
Cichorium endivia	Leaf	6	360	-0.008072632066576286	--
Cichorium intybus	Leaf	5	246	-0.29703270980762686	USDA's Ag Handbook 8 and sequelae)
Cichorium intybus	Root	8	40	-0.38354158556693424	--
Cimicifuga dahurica	Rhizome	--	680	0.9698835515852621	--
Cimicifuga racemosa	Root	8	38	-0.38644716654057326	--
Cinnamomum aromaticum	Bark	25	421	0.988562022605988	--
Cinnamomum burmannii	Bark	100	100	-0.45734506695896726	--
Cinnamomum sieboldii	Root Bark	200	200	-0.4003679143893487	--
Cinnamomum verum	Bark	60	421	0.988562022605988	--
Cistanche salsa	Plant	60	60	-0.6676446812547331	--
Citrullus lanatus	Fruit	2	143	0.039754275898127606	--
Citrullus lanatus	Seed	75	75	-0.35215797906396656	Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
Citrus aurantiifolia	Fruit	0	67	-0.26171724059735857	--
Citrus aurantium	Fruit	3	260	0.5038617420819682	--
Citrus limon	Fruit	23	72	-0.24188358819633976	--
Citrus medica	Fruit	60	60	-0.2894843539587849	--
Citrus mitis	Fruit	30	300	0.6625309612901188	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
Citrus paradisi	Fruit	1	88	-0.1784159005130795	--
Citrus reticulata	Fruit	1	79	-0.2141164748349134	--
Citrus sinensis	Fruit	1	8	-0.49575433892938076	--
Cnicus benedictus	Plant	3.2	24	-0.7100395587228927	--
Cnidium officinale	Rhizome	240	240	-0.3589604603731932	--
Cnidioscolus chayamansa	Leaf	50	600	0.6002643737040565	--
Coccinia grandis	Fruit	14	203	0.27775810471035356	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Cocos nucifera	Seed	20	33	-0.4683156382183686	--
Coffea arabica	Leaf	966	1032	1.6952709840911955	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Coffea arabica	Seed	29	31	-0.5565954591757142	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Coix lacryma-jobi	Seed	29	68	-0.3846821236271991	--
Cola acuminata	Seed	20	54	-0.44973041275366427	--
Colocasia esculenta	Leaf	6	200	-0.41363063591366483	--
Colocasia esculenta	Root	4	200	-0.15109510767581333	--
Commiphora wightii	Inflorescence	--	--		Jim Duke's personal files.
Coptis chinensis	Rhizome	210	320	-0.11735245819892862	--
Coptis japonica	Rhizome	210	320	-0.11735245819892862	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Coptis spp	Rhizome	210	320	-0.11735245819892862	--
Corchorus olitorius	Leaf	47	485	0.30876955843896164	--
Coriandrum sativum	Fruit	112	227	0.3729596362352439	--
Coriandrum sativum	Leaf	30	528	0.41776327197286667	--
Cornus officinalis	Fruit	90	90	-0.17048243955267198	--
Corylus avellana	Seed	30	99	-0.24064662627574057	--
Crataegus cuneata	Fruit	210	210	0.3055252180717799	--
Crataegus laevigata	Fruit	--	--		--
Crataegus rhipidophylla	Fruit	--	--		Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Crescentia alata	Seed	94	97	-0.24993923900809273	--
Cucumis melo	Fruit	2	55	-0.3093180063598038	--
Cucumis sativus	Fruit	2.6	420	1.1385386189145708	--
Cucurbita maxima	Leaf	20.4	145	-0.5530411997361014	--
Cucurbita pepo	Flower	7	144	-0.15678269834846398	USDA's Ag Handbook 8 and sequelae)
Cucurbita pepo	Seed	86	172	0.2286303167080437	--
Cucurbita spp	Fruit	4	73	-0.237916857716136	--
Cuminum cyminum	Fruit	155	748	2.4396262164214058	--
Cuminum cyminum	Seed	155	748	2.774806205372537	--
Curcuma longa	Rhizome	121	467	0.32660224579628255	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Curcuma longa	Plant	25	80	-0.6440919715501999	--
Cyamopsis tetragonoloba	Fruit	--	58	-0.29741781491919245	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Cyamopsis tetragonoloba	Shoot	--	331	-0.2250517161113515	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Cyclanthera pedata	Fruit	6	210	0.3055252180717799	--
Cydonia oblonga	Fruit	6	52	-0.32121819780041505	--
Cymbopogon citratus	Plant	543	543	-0.0988467418902573	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Cynanchum atratum	Root	1350	1350	1.5196139521666183	--
Cynara cardunculus	Flower	11	101	-0.4392200183241121	--
Cyperus rotundus	Rhizome	430	430	0.2148585447906852	--
Cyphomandra betacea	Fruit	6	57	-0.30138454539939624	--
Cypripedium pubescens	Root	117	117	-0.2716767180818323	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Cyrtosperma chamissonis	Root	4	22	-0.4096918143296854	--
Daucus carota	Root	3	300	-0.005816058993862766	--
Dendrobium nobile	Stem	90	90	-0.6109753814016315	--
Dioscorea alata	Root	1.4	25	-0.40533344286922685	--
Dioscorea bulbifera	Rhizome	40	40	-0.9629804658088547	--
Dioscorea pentaphylla	Root	4	24	-0.40678623335604636	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Dioscorea sp.	Root	315	315	0.01597579830842982	--
Dioscorea villosa	Root	7	31	-0.39661669994830984	--
Diospyros digyna	Fruit	3	18	-0.4560870341273431	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Diospyros virginiana	Fruit	25	70	-0.2498170491567473	--
Diospyros virginiana	Leaf	15	500	0.3467906212996262	--
Diospyros virginiana	Stem	3	1620	0.8380155251982907	--
Dipsacus fullonum	Plant	--	190	-0.5145520681752674	--
Drynaria fortunei	Rhizome	50	50	-0.9327794655370716	--
Durio zibethinus	Fruit	7	37	-0.38071915500347153	J Cell Biochem VOL. 22=1995
Echinacea purpurea	Root	18	70	-0.3399578709623491	--
Echinacea spp	Root	700	4800	6.531741131693913	--
Elaeagnus commutata	Fruit	4	30	-0.40848626836489793	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Elaeagnus umbellatus	Fruit	10	70	-0.2498170491567473	--
Elaeis guineensis	Fruit	40	61	-0.2855176234785812	--
Eleocharis dulcis	Tuber	6	37	-0.9987673488121044	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Elettaria cardamomum	Fruit	42	66	-0.26568397107756236	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Elettaria cardamomum</i>	Seed	140	153	0.01025391749776786	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Eleutherococcus senticosus</i>	Root	2.5	12	-0.42421971919788043	--
<i>Elytrigia repens</i>	Plant	311	311	-0.37205817446284184	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Ephedra sinica</i>	Plant	4.4	21	-0.7135724651785726	--
<i>Ephedra</i> spp	Plant	600	600	-0.03172151923233781	--
<i>Equisetum arvense</i>	Plant	26	123	-0.5934536456854537	--
<i>Equisetum hyemale</i>	Plant	140	140	-0.5734338424366004	--
<i>Eriobotrya japonica</i>	Fruit	20	67	-0.26171724059735857	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Eriobotrya japonica</i>	Leaf	200	200	-0.41363063591366483	Chen, H.C. and Lin, S.M. 1988. Determination of Mineral Elements in Certain Crude Drugs (Part 1), Kaohsiung J. Med. Sci., 4: 259-272.
<i>Eriocaulon</i> sp	Leaf	70	70	-0.7431465140394243	--
<i>Eriodictyon californicum</i>	Leaf	24	110	-0.6417570130776522	--
<i>Eryngium floridanum</i>	Shoot	400	400	-0.132644763161113	--
<i>Erythrina berteroana</i>	Shoot	22	140	-0.480844875727229	--
<i>Erythrina fusca</i>	Leaf	18	52	-0.7887717894722218	--
<i>Erythroxylum coca</i>	Leaf	66	490	0.3214432460591831	--
<i>Erythroxylum novogranatense</i>	Leaf	86	97	-0.6747086008902282	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Erythroxylum novogranatense</i>	Leaf	49	81	-0.7152644012749371	--
<i>Eucommia ulmoides</i>	Bark	300	300	0.44353162435876187	Chen, H.C. and Lin, S.M. 1988. Determination of Mineral Elements in Certain Crude Drugs (Part 1), Kaohsiung J. Med. Sci., 4: 259-272.
<i>Eugenia brasiliensis</i>	Fruit	4.5	34	-0.39261934644408286	--
<i>Eugenia floribunda</i>	Fruit	5	40	-0.36881896356286026	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Eugenia uniflora</i>	Fruit	1	14	-0.47195395604815815	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Euodia rutaecarpa</i>	Fruit	86	86	-0.18634936147348705	--
<i>Eupatorium odoratum</i>	Leaf	80	80	-0.7177991387989814	Tramil
<i>Eupatorium perfoliatum</i>	Plant	2	20	-0.7147501006637994	--
<i>Euphrasia officinalis</i>	Plant	5	31	-0.7017961103263061	--
<i>Fagopyrum esculentum</i>	Seed	30	132	-0.08731851619192986	--
<i>Fallopia japonica</i>	Plant	360	1300	0.7926233204263226	Chem. & Pharm. Bull. 38: 2205.
<i>Feijoa sellowiana</i>	Fruit	0.5	3	-0.5155879913303996	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Ficus carica</i>	Fruit	3	57	-0.30138454539939624	--
<i>Firmiana simplex</i>	Seed	70	70	-0.37538951089484696	--
<i>Foeniculum vulgare</i>	Fruit	100	240	0.42452713247789287	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Foeniculum vulgare	Plant	27	270	-0.4203412293571348	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Foeniculum vulgare	Seed	2.3	21	-0.603058522837475	--
Forsythia suspensa	Fruit	440	440	1.217873228518646	--
Fragaria spp	Fruit	3	100	-0.1308151347506343	--
Frangula purshiana	Bark	6.4	23	-0.8041825931162928	--
Fraxinus rhynchophylla	Bark	120	120	-0.36725739782719435	--
Fritillaria thunbergii	Bulb	50	50	-1.4113827209547485	Chen, H.C. and Lin, S.M. 1988. Determination of Mineral Elements in Certain Crude Drugs (Part 1), Kaohsiung J. Med. Sci., 4: 259-272.
Fucus vesiculosus	Plant	2	16	-0.719460642604706	--
Garcinia mangostana	Fruit	2	46	-0.34501858068163765	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Gardenia jasminoides	Fruit	40	130	-0.011813220344521346	--
Gastrodia elata	Rhizome	40	40	-0.9629804658088547	--
Genipa americana	Fruit	10	160	0.10718869406159162	--
Genipa americana	Seed	100	100	-0.2360003199095645	--
Gentiana lutea	Root	8	37	-0.38789995702739277	--
Gentiana scabra	Root	910	910	0.8803861379660357	--
Geranium thunbergii	Plant	400	400	-0.2672486162776693	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Ginkgo biloba	Seed	10	26	-0.5798269910065945	--
Ginkgo biloba	Leaf	2	8	-0.9003002405301712	--
Glechoma hederacea	Plant	290	500	-0.14948506775500356	Chem. & Pharm. Bull. 38: 2205.
Glehnia littoralis	Root	820	820	0.7496349941522802	--
Gliricidia sepium	Flower	18	129	-0.25530734485159706	--
Gliricidia sepium	Leaf	8	52	-0.7887717894722218	--
Glycine max	Fruit	28	91	-0.1665157090724682	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Glycine max	Plant	210	210	-0.4909993584707343	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Glycine max	Seed	38	180	0.13570418938452208	--
Glycine max	Sprout Seedling	10	73	-0.977832601159982	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Glycyrrhiza glabra	Root	14	88	-0.313807642199598	--
Glycyrrhiza uralensis	Root	180	280	-0.03487186873025288	--
Gymnema sylvestre	Leaf	9	49	-0.7963760020443548	--
Harpagophytum procumbens	Root	55	290	-0.020343963862057824	--
Helianthus annuus	Seed	60	70	-0.37538951089484696	--
Helianthus tuberosus	Tuber	6	168	0.24468218049039905	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses

Plant	Part	Low PPM	High PPM	StdDev	Reference
Hibiscus rosa-sinensis	Flower	17	165	-0.018848193244077677	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Hibiscus sabdariffa	Flower	0.7	6	-1.063209446177288	--
Hibiscus sabdariffa	Leaf	15	333	-0.07651054521577247	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Hordeum vulgare	Seed	40	100	-0.2360003199095645	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Hordeum vulgare	Sprout Seedling	100	100	-0.4462591736837504	Chen, H.C. and Lin, S.M. 1988. Determination of Mineral Elements in Certain Crude Drugs (Part 1), Kaohsiung J. Med. Sci., 4: 259-272.
Hordeum vulgare	Stem	160	160	-0.5446816797924848	--
Houttuynia cordata	Plant	500	500	-0.14948506775500356	Suziki, A., Morimoto, I., and Okitsu, T., Elution of Metals from Crude Drugs, Shoykugaku Zasshi 36(3):190-195.
Humulus lupulus	Fruit	--	--		Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Humulus lupulus	Flower	--	--		--
Hydrangea arborescens	Root	6	18	-0.41550297627696336	--
Hydrastis canadensis	Root	17	61	-0.3530329853437246	--
Hylocereus guatemalensis	Fruit	5	37	-0.38071915500347153	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Hylocereus undatus	Fruit	13	83	-0.19824955291409832	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses

Plant	Part	Low PPM	High PPM	StdDev	Reference
Hyoscyamus niger	Seed	180	180	0.13570418938452208	--
Inga edulis	Seed	30	85	-0.3056949154022057	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Inga feuillei	Aril	4	25	-1.4098509394464034	J Cell Biochem VOL. 22=1995
Inula helenium	Root	0.9	4	-0.43584204309243646	--
Inula helenium	Plant	--	--		--
Ipomoea aquatica	Leaf	11	540	0.4481801222613983	--
Ipomoea batatas	Leaf	10	365	0.00460105555364523	--
Ipomoea batatas	Root	4	64	-0.34867461388326615	--
Isatis tinctoria	Root	150	150	-0.22373463201678861	--
Juglans cinerea	Seed	38	76	-0.34751167269779043	--
Juglans nigra	Fruit	--	455	1.2773741857217025	--
Juglans nigra	Seed	28	73	-0.3614505917963187	--
Juglans nigra	Pericarp	5.4	45		--
Juglans regia	Seed	22	28	-0.5705343782742424	--
Juncus effusus	Pith	840	840	1.4089332628730222	--
Juniperus communis	Fruit	5	15	-0.4679872255679544	--
Juniperus virginiana	Shoot	11	1320	1.099447942842067	--
Jussiaea repens	Plant	700	700	0.08604202929032795	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Justicia pectoralis	Leaf	74	495	0.33411693367940465	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Kalmia latifolia	Leaf	50	50	-0.7938412645203105	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Lablab purpureus	Fruit	16.7	94.9	-0.1510454601996736	--
Lablab purpureus	Seed	7.4	61	-0.41720626819043166	--
Lactuca sativa	Leaf	5	176	-0.4744643364907281	--
Lagenaria siceraria	Fruit	2	45	-0.34898531116184145	--
Larrea tridentata	Plant	11	33	-0.6994408393558528	--
Lens culinaris	Seed	22	106	-0.208122481712508	--
Lens culinaris	Sprout Seedling	30	116	-0.1312526981422798	USDA's Ag Handbook 8 and sequelae)
Lepidium sativum	Leaf	13	286	-0.19564320884585473	--
Licania platypus	Fruit	5	48	-0.3370851197212301	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Ligustrum japonicum	Fruit	120	120	-0.051480525146559	--
Ligustrum lucidum	Fruit	120	120	-0.051480525146559	Chen, H.C. and Lin, S.M. 1988. Determination of Mineral Elements in Certain Crude Drugs (Part 1), Kaohsiung J. Med. Sci., 4: 259-272.
Limonia acidissima	Fruit	6	20	-0.44815357316693555	--
Limonia acidissima	Seed	300	312	0.7490166297197651	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
Linum usitatissimum	Seed	29	549	1.8501912385034966	--
Lobelia inflata	Leaf	4	31	-0.8420012774771523	--
Lonicera japonica	Flower	350	350	1.1962891136278968	--
Lophatherum gracile	Plant	240	240	-0.45567029391393454	--
Luffa aegyptiaca	Fruit	3	80	-0.21014974435470962	--
Luffa aegyptiaca	Leaf	115	1162	2.024786862216955	--
Lupinus albus	Seed	43	49	-0.47296194458454466	--
Lupinus mutabilis	Fruit	19	66	-0.26568397107756236	--
Lupinus mutabilis	Seed	55	60	-0.4218525745566078	--
Lycium chinense	Fruit	13	140	0.02785408445751631	--
Lycium chinense	Leaf	54	519	0.3949506342564679	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Lycium chinense	Root Bark	670	670	2.1086043491172366	Chen, H.C. and Lin, S.M. 1988. Determination of Mineral Elements in Certain Crude Drugs (Part 1), Kaohsiung J. Med. Sci., 4: 259-272.
Lycopersicon esculentum	Fruit	1	800	2.6458962013920013	--
Lycopodium clavatum	Plant	650	650	0.027160255028995064	Chen, H.C. and Lin, S.M. 1988. Determination of Mineral Elements in Certain Crude Drugs (Part 1), Kaohsiung J. Med. Sci., 4: 259-272.
Lygodium japonicum	Pollen Or Spore	1090	1090		--
Macadamia spp	Seed	18	200	0.2286303167080437	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Magnolia denudata	Flower	320	320	0.9992398206216306	--
Magnolia fargesii	Flower	320	320	0.9992398206216306	--
Magnolia kobus	Flower	320	320	0.9992398206216306	--
Magnolia officinalis	Bark	120	120	-0.36725739782719435	--
Malpighia glabra	Fruit	2	28	-0.41641972932530547	--
Malus domestica	Fruit	1.1	123	-0.039580333705947705	--
Malva parviflora	Plant	195	195	-0.5086638907491341	--
Malva sylvestris	Leaf	37	440	0.194706369856968	--
Mammea americana	Fruit	1	51	-0.32518492828061885	--
Mangifera indica	Fruit	1	243	0.4364273239185042	--
Mangifera indica	Leaf	62	62	-0.7634244142317788	--
Manihot esculenta	Leaf	28	1500	2.8815281453439296	--
Manihot esculenta	Root	2	114	-0.27603508954229083	--
Manilkara zapota	Fruit	6	40	-0.36881896356286026	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Maranta arundinacea	Root	19	75	-0.3326939185282516	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Mauritia flexuosa	Fruit	7	15	-0.4679872255679544	J Cell Biochem VOL. 22=1995
Medicago sativa	Plant	4.9	26	-0.7076842877524394	--
Melicoccus bijugatas	Fruit	5	38	-0.3767524245232678	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Mentha arvensis var. piperascens	Plant	400	400	-0.2672486162776693	Suziki, A., Morimoto, I., and Okitsu, T., Elution of Metals from Crude Drugs, Shoykugaku Zasshi 36(3):190-195.
Mentha pulegium	Plant	2310	2310	1.9820351605052466	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Mentha spicata	Plant	156	918	0.3427665650697393	--
Mentha x piperita	Leaf	9	60	-0.7684938892798674	--
Mimosa pudica	Leaf	14	14	-0.8850918153859053	--
Mimulus glabratus	Shoot	66	660	0.21555534940500298	--
Momordica charantia	Fruit	2	560	1.6938808861430978	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Momordica charantia	Leaf	50	357	-0.015676844638709195	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Morinda citrifolia	Leaf	23	100	-0.6671043883180953	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Morinda sp	Root	320	320	0.02323975074252735	--
Moringa oleifera	Fruit	3	30	-0.40848626836489793	USDA's Ag Handbook 8 and sequelae)
Moringa oleifera	Leaf	70	280	-0.21085163399012055	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Moringa oleifera	Shoot	40	185	-0.4205794716292474	USDA's Ag Handbook 8 and sequelae)
Morus alba	Fruit	19	247	0.4522942458393192	--
Morus alba	Root Bark	70	290	0.08007358287786974	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Mucuna pruriens	Seed	200	200	0.2286303167080437	--
Muntingia calabura	Fruit	12	53	-0.3172514673202113	--
Murraya koenigii	Leaf	30	115	-0.6290833254574307	--
Murraya sp	Fruit	4	17	-0.4600537646075469	--
Musa x paradisiaca	Fruit	4	17	-0.4600537646075469	--
Musa x paradisiaca	Flower	--	1	-1.096050995011666	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Musa x paradisiaca	Pith	--	11	-0.8102035482512379	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Myrciaria cauliflora	Fruit	2	38	-0.3767524245232678	--
Myrciaria dubia	Fruit	5	85	-0.19031609195369079	--
Myrica cerifera	Bark	10	47	-0.6960773901581655	--
Myristica fragrans	Aril	126	140	0.8010516701400016	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Myristica fragrans	Seed	30	45	-0.49154717004924897	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Nardostachys chinensis	Rhizome	1210	1210	2.570536565989765	--
Nasturtium officinale	Herb	2	262	-1	--
Nelumbo nucifera	Rhizome	7	70	-0.8723774649935054	--
Nelumbo nucifera	Seed	9.5	71	-0.3707432045286709	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Nepeta cataria	Plant	17	138	-0.5757891134070537	--
Nigella sativa	Seed	140	140	-0.050148065262521205	--
Notopterygium incisum	Rhizome	280	280	-0.2381564592860609	--
Nyssa sylvatica	Leaf	8	1820	3.6926441530381067	--
Nyssa sylvatica	Stem	33	440	-0.27950687335589774	--
Ocimum basilicum	Leaf	48	478	0.2910263957706515	--
Oenothera biennis	Seed	94	390	1.1114285262814996	--
Olea europaea	Fruit	16	73	-0.237916857716136	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Ophiopogon japonicus	Tuber	70	340	1.8773029365211673	--
Opuntia ficus-indica	Fruit	12	65	-0.2696507015577661	--
Opuntia ficus-indica	Seed	100	100	-0.2360003199095645	Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.
Origanum majorana	Plant	750	975	0.4098917877276588	USDA's Ag Handbook 8 and sequelae)
Origanum vulgare	Plant	325	598	-0.03407679020279113	Lawrence, B.M., Essential Oils 1976-1977, Essential Oils 1978, Essential Oils 1979-1980.
Oryza sativa	Seed	14	85	-0.3056949154022057	--
Oxalis tuberosa	Root	8	49	-0.3704664711855587	--
Pachira macrocarpa	Seed	38	40	-0.5147787018801294	--
Pachyrhizus erosus	Tuber	6	55	-0.8279116882972566	--
Paeonia lactiflora	Root	40	47	-0.3733720521591977	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Paeonia moutan</i>	Root Bark	95	120	-0.8274270230713207	--
<i>Paeonia suffruticosa</i>	Root Bark	95	120	-0.8274270230713207	--
<i>Panax ginseng</i>	Root	--	--		--
<i>Panax ginseng</i>	Leaf	--	--		--
<i>Panax ginseng</i>	Pt	--	--		--
<i>Panax ginseng</i>	Stem	--	--		--
<i>Panax ginseng</i>	Fruit	--	--		--
<i>Panax japonicus</i>	Rhizome	360	360	0.0034515428882036818	--
<i>Panax quinquefolius</i>	Plant	49	407	-0.25900516788108274	--
<i>Panicum maximum</i>	Leaf	525	525	0.41015905940073377	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Papaver somniferum</i>	Seed	91	143	-0.03620914616399296	--
<i>Parthenium integrifolium</i>	Root	1	6	-0.43293646211879744	--
<i>Passiflora edulis</i>	Fruit	16	64	-0.2736174320379699	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Passiflora edulis</i>	Seed	180	180	0.13570418938452208	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Passiflora foetida</i>	Fruit	7	39	-0.372785694043064	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Passiflora incarnata</i>	Fruit	16	58	-0.29741781491919245	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Passiflora incarnata	Flower	0.8	7	-1.0566411364104127	--
Passiflora ligularis	Fruit	4	52	-0.32121819780041505	--
Passiflora mollissima	Fruit	4	50	-0.3291516587608226	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Passiflora quadrangularis	Fruit	6	143	0.039754275898127606	--
Passiflora quadrangularis	Seed	29	134	-0.0780259034595777	--
Pastinaca sativa	Root	4	112	-0.27894067051592986	--
Peperomia pelucida	Leaf	30	410	0.11866424413563888	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Peperomia pereskiifolia	Leaf	57	380	0.04262211841430978	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Pereskia aculeata	Fruit	0	250	0.46419443727993054	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Perideridia gairdneri	Root	32	32	-0.3951639094614903	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	67	479	0.2935611332946958	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Perilla frutescens	Plant	460	460	-0.19659048716406988	Suzuki, A., Morimoto, I., and Okitsu, T., Elution of Metals from Crude Drugs, Shoykugaku Zasshi 36(3):190-195.
Perilla frutescens	Seed	13	135	-0.07337959709340161	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses

Plant	Part	Low PPM	High PPM	StdDev	Reference
Persea americana	Fruit	6	71	-0.24585031867654353	--
Persea schiedeana	Fruit	3	15	-0.4679872255679544	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Petasites japonicus	Plant	2000	2100	1.7347317086076486	Chem. & Pharm. Bull. 38: 2205.
Petasites japonicus	Pt	1	18	-1.1482846693017026	USDA's Ag Handbook 8 and sequelae)
Petroselinum crispum	Plant	1.3	17	-0.7182830071194793	--
Petroselinum crispum	Shoot	--	--		--
Peucedanum decursivum	Plant	780	1400	0.9103868689489882	--
Phaseolus acutifolius	Seed	24	56	-0.4404378000213121	--
Phaseolus coccineus	Fruit	26	41	-0.36485223308265646	Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.
Phaseolus coccineus	Seed	1	103	-0.22206140081103623	--
Phaseolus lunatus	Leaf	23	821	1.1604413665178475	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Phaseolus lunatus	Seed	22	1000	3.9456754096489095	--
Phaseolus lunatus	Sprout Seedling	13	228	2.073792630648015	--
Phaseolus vulgaris	Fruit	6	1050	3.6375788214429425	--
Phaseolus vulgaris	Leaf	92	697	0.8461339135363539	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Phaseolus vulgaris	Seed	24	147	-0.01762392069928863	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Phaseolus vulgaris</i>	Sprout Seedling	8	87	-0.7022019350611952	USDA's Ag Handbook 8 and sequelae)
<i>Phellodendron amurense</i>	Bark	210	210	0.03813711326578375	--
<i>Phoenix dactylifera</i>	Fruit	10	151	0.07148811973975773	--
<i>Phoenix dactylifera</i>	Seed	5	17	-0.6216437483021793	Abstract (See species file)
<i>Phyllanthus acidus</i>	Fruit	11	372	0.9481355558647899	--
<i>Phyllanthus emblica</i>	Fruit	5	163	0.11908888550220292	--
<i>Physalis ixocarpa</i>	Fruit	14	2974	11.269568265354987	--
<i>Physalis peruviana</i>	Fruit	12	115	-0.07131417754757784	--
<i>Phytelephas aequatorialis</i>	Flower	8	27	-0.9252749410729019	KOZIOL & PEDERSEN. 1993. PHYTELEPHAS AEQUATORIALIS(ARECACEAE) IN HUMAN AND ANIMAL NUTRITION. ECON. BOT. 47:401-307.
<i>Phytelephas aequatorialis</i>	Mesocarp	7	25		KOZIOL & PEDERSEN. 1993. PHYTELEPHAS AEQUATORIALIS(ARECACEAE) IN HUMAN AND ANIMAL NUTRITION. ECON. BOT. 47:401-307.
<i>Phytolacca americana</i>	Shoot	17	202	-0.39781254119223214	--
<i>Pimenta dioica</i>	Fruit	60	85	-0.19031609195369079	--
<i>Pimenta dioica</i>	Leaf	76	95	-0.6797780759383169	--
<i>Pimpinella anisum</i>	Fruit	391	409	1.0949045836323292	--
<i>Pimpinella anisum</i>	Seed	348	409	1.1997083472388452	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Pinellia ternata</i>	Tuber	70	95	-0.4482324427087058	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Pinus cembroides	Seed	45	55	-0.4450841063874882	USDA's Ag Handbook 8 and sequelae)
Pinus echinata	Shoot	34	630	0.1753784133396819	--
Pinus edulis	Seed	28	37	-0.5287176209786577	--
Pinus gerardiana	Seed	25	25	-0.5844732973727707	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Pinus pinea	Seed	92	100	-0.2360003199095645	USDA's Ag Handbook 8 and sequelae)
Piper auritum	Leaf	48	315	-0.12213582064856994	--
Piper betel	Leaf	35	240	-0.31224113495189265	--
Piper nigrum	Fruit	24	407	1.0869711226719216	--
Pistacia vera	Seed	46	137	-0.06408698436104945	--
Pisum sativum	Fruit	21	206	0.28965829615096483	--
Pisum sativum	Plant	400	400	-0.2672486162776693	--
Pisum sativum	Seed	14	90	-0.28246338357132533	--
Plantago asiatica	Plant	890	890	0.3097927714833929	--
Plantago major	Seed	5	18	-0.6169974419360033	--
Plantago psyllium	Hull Husk	183	183		--
Plantago psyllium	Seed	4	20	-0.6077048292036511	--
Platonia insignis	Fruit	22	79	-0.2141164748349134	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
Platycodon grandiflorum	Root	62	200	-0.15109510767581333	--
Plectranthus amboinicus	Leaf	39	695	0.8410644384882653	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Polygala tenuifolia	Root	290	290	-0.020343963862057824	--
Polygonum multiflorum	Rhizome	150	150	-0.6307694628192408	Chen, H.C. and Lin, S.M. 1988. Determination of Mineral Elements in Certain Crude Drugs (Part 1), Kaohsiung J. Med. Sci., 4: 259-272.
Polygonum multiflorum	Root	156	156	-0.2150178890958716	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Polygonum multiflorum	Plant	--	350	-0.3261303905390022	Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
Polymnia edulis	Root	6	66	-0.3457690329096271	--
Polystichum polyblepharum	Plant	500	1900	1.499204611562317	--
Portulaca oleracea	Herb	8	467	1	--
Pourouma cecropiaefolia	Fruit	0	0	-0.5274881827710108	J Cell Biochem VOL. 22=1995
Pouteria caimito	Fruit	10	70	-0.2498170491567473	--
Pouteria campechiana	Fruit	7	26	-0.42435319028571294	--
Pouteria viridis	Fruit	7	22	-0.440220112206528	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Prunella vulgaris	Flower	640	640	3.101098946021803	Chen, H.C. and Lin, S.M. 1988. Determination of Mineral Elements in Certain Crude Drugs (Part 1), Kaohsiung J. Med. Sci., 4: 259-272.

Plant	Part	Low PPM	High PPM	StdDev	Reference
Prunus armeniaca	Fruit	5	79	-0.2141164748349134	--
Prunus armeniaca	Seed	42	48	-0.47760825095072074	Suziki, A., Morimoto, I., and Okitsu, T., Elution of Metals from Crude Drugs, Shoykugaku Zasshi 36(3):190-195.
Prunus cerasus	Fruit	3	78	-0.21808320531511716	--
Prunus domestica	Fruit	0.8	85	-0.19031609195369079	--
Prunus dulcis	Seed	35	60	-0.4218525745566078	--
Prunus persica	Bark	117	117	-0.3807705481969603	--
Prunus persica	Fruit	1	99	-0.13478186523083807	--
Prunus persica	Seed	80	80	-0.3289264472330861	--
Prunus salicifolia	Fruit	6	36	-0.3846858854836753	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Prunus serotina	Leaf	20	1440	2.729443893901271	--
Prunus serotina	Stem	0.19	810	0.07090269229244947	--
Psidium cattleianum	Fruit	2	82	-0.2022162833943021	--
Psidium guajava	Fruit	3	24	-0.237916857716136	--
Psophocarpus tetragonolobus	Leaf	20	259	-0.2640811219950509	--
Psophocarpus tetragonolobus	Seed	15	158	0.03348544932864827	--
Psophocarpus tetragonolobus	Tuber	20	47	-0.9038475374149667	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Psoralea esculenta	Root	39	39	-0.38499437605375375	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.
Pueraria montana	Root	6	19	-0.41405018579014385	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Pueraria pseudohirsuta	Root	50	68	-0.3428634519359881	--
Pulsatilla chinensis	Root	1050	1050	1.0837768061207664	--
Punica granatum	Fruit	3	16	-0.4640204950877506	USDA's Ag Handbook 8 and sequelae)
Pyrus communis	Fruit	0.9	37	-0.38071915500347153	--
Quararibea cordata	Fruit	4	90	-0.17048243955267198	--
Quercus alba	Bark	0.5	2	-0.8987746457046544	--
Quercus alba	Stem	2	380	-0.33633004616373785	--
Quercus phellos	Stem	14	294	-0.4177765938549753	--
Quercus rubra	Seed	81	81	-0.32428014086691004	--
Quercus rubra	Stem	12	343	-0.37137100272857254	--
Quercus stellata	Stem	17	420	-0.29844793095851113	--
Quercus velutina	Stem	14	236	-0.47270566090255406	--
Quisqualis indica	Fruit	50	50	-0.3291516587608226	--
Raphanus sativus	Fruit	4	295	0.6426973088890999	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Raphanus sativus	Leaf	41	357	-0.015676844638709195	--
Raphanus sativus	Root	2	189	-0.1670758030308279	--
Raphanus sativus	Seed	120	120	-0.14307419258604284	--
Rehmannia glutinosa	Root	920	920	0.8949140428342308	--
Rheum palmatum	Rhizome	100	180	-0.5401664620038916	--
Rheum rhabarbarum	Leaf	3	250	-0.28689375971144965	--
Rheum rhabarbarum	Pt	1	154	-0.14075747559182158	--
Rhizophora mangle	Leaf	152	152	-0.5352980370677913	--
Rhodymenia palmata	Plant	792	792	0.19438449393118043	--
Ribes nigrum	Fruit	11	108	-0.0990812909090042	USDA's Ag Handbook 8 and sequelae)
Ribes rubrum	Fruit	9	68	-0.25775051011715483	--
Ribes uva-crispa	Fruit	2.5	40	-0.36881896356286026	--
Rollinia mucosa	Fruit	12	53	-0.3172514673202113	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Rosa canina	Fruit	--	--		--
Rosa laevigata	Fruit	40	40	-0.36881896356286026	--
Rosmarinus officinalis	Plant	220	400	-0.2672486162776693	--
Rosmarinus officinalis	Leaf	65	400	0.09331686889519585	USDA's Ag Handbook 8 and sequelae)
Rubia cordifolia	Root	720	720	0.6043559454703297	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Rubus chamaemorus	Fruit	7	47	-0.3410518502014339	--
Rubus chingii	Fruit	110	110	-0.09114782994859666	--
Rubus idaeus	Leaf	17	101	-0.664569650794051	--
Rubus idaeus	Fruit	5	45	-0.34898531116184145	Revised USDA data received 1993.
Rumex acetosa	Leaf	16	160	-0.5150201368754369	--
Rumex crispus	Root	20	76	-0.3312411280414321	--
Ruscus aculeatus	Root	50	164	-0.20339556520131555	--
Salix alba	Bark	3.5	21	-0.8131913600294701	--
Salvia miltiorrhiza	Root	230	230	-0.10751139307122817	Chen, H.C. and Lin, S.M. 1988. Determination of Mineral Elements in Certain Crude Drugs (Part 1), Kaohsiung J. Med. Sci., 4: 259-272.
Salvia officinalis	Leaf	2.4	15	-0.8825570778618611	--
Sambucus canadensis	Plant	16	79	-0.6452696070354266	--
Sambucus nigra	Fruit	15	90	-0.17048243955267198	--
Sassafras albidum	Leaf	33	1020	1.664854133802664	--
Sassafras albidum	Stem	3	740	0.0046089906833026995	--
Satureja hortensis	Plant	416	416	-0.2484064485140428	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Schisandra chinensis	Fruit	5	35	-0.38865261596387907	--
Schizonepeta tenuifolia	Plant	1700	1700	1.2636775145169856	--
Sclerocarya caffra	Fruit	1	12	-0.4798874170085657	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Sclerocarya caffra</i>	Seed	4	4	-0.6820457310624684	--
<i>Scrophularia buergeriana</i>	Root	140	140	-0.2382625368849837	--
<i>Scutellaria baicalensis</i>	Root	170	220	-0.12203929793942322	--
<i>Scutellaria lateriflora</i>	Plant	3.4	25	-0.7088619232376661	--
<i>Secale cereale</i>	Seed	25	54	-0.44973041275366427	--
<i>Sechium edule</i>	Fruit	4	57	-0.30138454539939624	--
<i>Sechium edule</i>	Leaf	46	262	-0.256476909422918	--
<i>Sechium edule</i>	Shoot	3	40	-0.6147679959449659	--
<i>Senna alexandrina</i>	Leaf	17	84	-0.7076601887028041	--
<i>Senna obtusifolia</i>	Seed	29	37	-0.5287176209786577	--
<i>Senna occidentalis</i>	Seed	1300	1300	5.339567319501734	--
<i>Serenoa repens</i>	Fruit	9	66	-0.26568397107756236	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Sesamum indicum</i>	Seed	20	169	0.08459481935658517	--
<i>Sicana odorifera</i>	Fruit	6	48	-0.3370851197212301	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Sida rhombifolia</i>	Leaf	50	253	-0.27928954713931675	--
<i>Siegesbeckia orientalis</i>	Plant	190	190	-0.5145520681752674	--
<i>Silybum marianum</i>	Plant	1060	106	-0.6134734489343068	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Silybum marianum</i>	Leaf	23	106	-0.6518959631738295	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Simmondsia chinensis	Seed	46	46	-0.4869008636830729	--
Sinapis alba	Seed	90	370	1.018502398957978	--
Sinomenium acutum	Rhizome	150	150	-0.6307694628192408	--
Smilax officinalis	Root	19	91	-0.30944927073913947	--
Smilax spp	Root	19	91	-0.30944927073913947	--
Solanum melongena	Fruit	3	137	0.015953893016905012	--
Solanum melongena	Leaf	155	1140	1.9690226366879802	--
Solanum nigrum	Leaf	3	660	0.7523486251467147	--
Solanum quitoensis	Fruit	34	49	-0.3331183892410264	--
Solanum sessiliflorum	Fruit	6	60	-0.2894843539587849	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Solanum torvum	Fruit	46	315	0.7220319184931753	--
Solanum tuberosum	Tuber	5	128	-0.13499706509815143	--
Sonchus oleraceus	Leaf	31	455	0.23272743271763252	--
Sophora angustifolia	Root	280	860	0.8077466136250605	--
Sophora subprostrata	Root	130	130	-0.2527904417531787	--
Sorbus aucubaria	Fruit	7	58	-0.29741781491919245	--
Spinacia oleracea	Plant	8	384	-0.28609078404129584	--
Spinacia oleracea	Leaf	--	--		--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Spirulina pratensis	Plant	713	71	-0.6546906909172399	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Spirulina spp.	Plant	--	71	-0.6546906909172399	--
Spondias dulcis	Fruit	3	23	-0.4362533817263243	--
Spondias mombin	Fruit	10	127	-0.023713411785132643	--
Spondias pinnata	Fruit	39	400	1.0592040093104953	--
Spondias purpurea	Fruit	6	37	-0.38071915500347153	--
Spondias tuberosa	Fruit	7	7	-0.4997210694095845	--
Stachys officinalis	Plant	2	10	-0.7265264555160659	--
Stellaria media	Plant	21	253	-0.440361032605988	--
Stevia rebaudiana	Leaf	39	39	-0.8217233772847978	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Stevia rebaudiana	Plant	--	850	0.2626873520743266	Kinghorn, A. D. (Ed.) 2002. Medicinal and Aromatic Plants - Industrial Profiles. Stevia. The genus Stevia. Taylor & Francis. New York, NY. 211 pp.
Symphoricarpos orbiculatus	Stem	19	4400	3.4708225319615478	--
Symphytum officinale	Root	810	810	0.7351070892840852	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Symphytum officinale	Leaf	1.3	12	-0.890161290433994	--
Syzygium aromaticum	Flower	45	150	-0.11737283974721074	--
Syzygium aromaticum	Fruit	45	150	0.06752138925955396	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Syzygium cumini	Fruit	2	113	-0.07924763850798536	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Syzygium jambos	Fruit	4	75	-0.22998339675572846	--
Syzygium malaccense	Fruit	0	80	-0.21014974435470962	--
Tabebuia heptaphylla	Bark	--	--		--
Tamarindus indica	Flower	70	70	-0.6428376210972537	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Tamarindus indica	Fruit	13	109	-0.09511456042880043	--
Tamarindus indica	Leaf	52	88	-0.697521238606627	--
Tanacetum parthenium	Plant	--	--		Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Taraxacum mongolicum	Plant	910	910	0.33334548118792606	--
Taraxacum officinale	Leaf	31	215	1.3606856309173474	--
Taraxacum officinale	Root	14	96	-0.3021853183050419	--
Tephrosia candida	Plant	78	78	-0.6464472425206532	--
Terminalia catappa	Seed	0	95	-0.2592318517404449	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Tetragonia tetragonioides	Leaf	8	133	-0.5834580500246331	--
Tetrapanax papyrifera	Pith	90	90	-0.5987297146217848	--
Theobroma bicolor	Fruit	7	34	-0.39261934644408286	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Theobroma bicolor	Seed	34	35	-0.5380102337110099	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Theobroma cacao	Seed	36	37	-0.5287176209786577	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Theobroma speciosum	Fruit	17	45	-0.34898531116184145	J Cell Biochem VOL. 22=1995
Thymus vulgaris	Plant	1075	1508	1.0375715013534672	USDA's Ag Handbook 8 and sequelae)
Thymus vulgaris	Leaf	25	147	-0.5479717246880129	--
Trachyspermum ammi	Fruit	178	299	0.658564230809915	--
Tragopogon porrifolius	Root	7	67	-0.3443162424228076	--
Tribulus terrestris	Leaf	92	92	-0.6873822885104497	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Trichosanthes anguina	Fruit	11	200	0.26585791326974223	--
Trifolium pratense	Flower	--	--		--
Trifolium pratense	Shoot	10	1850	1.8092404799960726	Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.
Trigonella foenum-graecum	Seed	7.3	56	-0.4404378000213121	--
Triticum aestivum	Plant	70	770	0.16847651325619398	--
Triticum aestivum	Seed	10	120	-0.14307419258604284	--
Tropaeolum majus	Shoot	13	95	-0.5411102798252106	--
Tropaeolum tuberosum	Root	2	85	-0.3181660136600565	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Turnera diffusa	Leaf	19	88	-0.697521238606627	--
Tussilago farfara	Flower	370	370	1.327655308965408	--
Ullucus tuberosus	Root	7	58	-0.35739135680418316	--
Ulmus rubra	Bark	--	--		--
Urtica dioica	Leaf	8	42	-0.8141191647126649	--
Urtica dioica	Root	--	63	-0.3501274043700856	--
Urtica dioica	Seed	--	57	-0.43579149365513603	--
Vaccinium corymbosum	Fruit	2	11	-0.4838541474887695	--
Vaccinium macrocarpon	Fruit	1	8	-0.49575433892938076	--
Vaccinium myrtillus	Fruit	12	151	0.07148811973975773	--
Vaccinium myrtillus	Leaf	250	250	-0.28689375971144965	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Vaccinium vitis-idaea	Fruit	4	31	-0.40451953788469414	--
Vaccinium vitis-idaea	Leaf	250	250	-0.28689375971144965	--
Valeriana officinalis	Root	6	48	-0.3719192616723782	--
Valerianella locusta	Plant	3519	4143	4.14064100492571	--
Valerianella radicata	Plant	349	425	-0.2378077291470029	--
Verbascum thapsus	Leaf	104	236	-0.32238008504806986	--
Viburnum opulus	Bark	880	880	3.0560740291801767	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.

Plant	Part	Low PPM	High PPM	StdDev	Reference
Vicia faba	Seed	19	100	-0.2360003199095645	USDA's Ag Handbook 8 and sequelae)
Vigna aconitifolia	Seed	88	143	-0.03620914616399296	--
Vigna angularis	Seed	50	58	-0.43114518728895995	--
Vigna mungo	Seed	84	102	-0.22670770717721234	--
Vigna radiata	Seed	58	84	-0.3103412217683818	USDA's Ag Handbook 8 and sequelae)
Vigna radiata	Sprout Seedling	5.6	132	0.1837537773991908	USDA's Ag Handbook 8 and sequelae)
Vigna subterranea	Seed	12	136	-0.06873329072722553	--
Vigna unguiculata	Fruit	1	69	-0.25378377963695103	USDA's Ag Handbook 8 and sequelae)
Vigna unguiculata	Seed	86	94	-0.26387815810662096	USDA's Ag Handbook 8 and sequelae)
Vigna unguiculata	Shoot	19	188	-0.41656177802271527	--
Vigna unguiculata	Seed	10	240	0.414482571355087	--
Vigna unguiculata	Shoot	19	188	-0.41656177802271527	USDA's Ag Handbook 8 and sequelae)
Viscum album	Leaf	460	460	0.24540112033785405	--
Vitellaria paradoxa	Seed	--	32	-0.551949152809538	--
Vitis vinifera	Fruit	1.5	154	0.08338831118036903	--
Vitis vinifera	Stem	900	900	0.1561374515042096	--
Xanthosoma sagittifolium	Leaf	20	365	0.00460105555364523	--
Xanthosoma sagittifolium	Root	3	27	-0.4024278618955878	--
Yucca baccata	Root	1.5	7.3	-0.43104783448593215	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Zea mays	Seed	5	41	-0.5101323955139533	--
Zea mays	Silk Stigma Style	504	504		--
Zingiber officinale	Rhizome	4	162	-0.5945282624931012	--
Zingiber officinale	Root	1.1	15	-0.4198613477374219	--
Zizyphus jujuba	Fruit	7	170	0.14685599886362927	--
Zizyphus spina-christi	Fruit	33	33	-0.3965860769242866	--