

Dr. Duke's Phytochemical and Ethnobotanical Database

List of Plants for KILOCALORIES

Plant	Part	Low PPM	High PPM	StdDev	Reference
Abelmoschus esculentus	Fruit	180	3800	0.21179742548842775	--
Abrus precatorius	Leaf	620	2950	-0.10974253882224531	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Achillea millefolium	Plant	2900	2900	-0.36931512722389037	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Actaea racemosa	Root	--	3200	-0.3666891526242119	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Actinidia chinensis	Fruit	610	3600	-0.09196802900131361	--
Aegle marmelos	Fruit	1330	3455	-0.31219798350637606	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Aleurites moluccana	Seed	6260	6730	1.464486129858976	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Allium ampeloprasum	Flower	550	3250	0.13134065579667528	--
Allium ampeloprasum	Leaf	350	3560	0.8735241118325915	--
Allium ampeloprasum	Root	450	3280	-0.19051447594442283	--
Allium cepa	Bulb	380	3750	1	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Allium cepa	Leaf	260	3330	0.5027842271594564	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Allium sativum var. sativum	Bulb	1170	3630	-1	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses

Plant	Part	Low PPM	High PPM	StdDev	Reference
Allium sativum var. sativum	Flower	390	3366	0.6776340607836474	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Allium sativum var. sativum	Leaf	440	3240	0.35771209837431645	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Allium sativum var. sativum	Shoot	760	3410	0.7789080868628033	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Allium schoenoprasum	Leaf	300	3210	0.3093547221126032	USDA's Ag Handbook 8 and sequelae)
Alocasia macrorrhiza	Root	610	3815	0.9876536743516677	--
Aloe vera	Leaf	2800	2800	-0.35152942013081173	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Amaranthus spinosus	Leaf	450	2760	-0.41600592181309615	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Amorphophallus campanulatus	Root	771	3770	0.8885554187192863	--
Amorphophallus konjac	Leaf	80	3080	0.09980609164517892	--
Amorphophallus konjac	Root	2610	2610	-1.6659773931376565	--
Anacardium occidentale	Fruit	530	3680	0.029538152794582936	--
Anacardium occidentale	Leaf	1000	3320	0.4866651017388852	--
Anacardium occidentale	Seed	5330	5920	0.8305481708331032	--
Ananas comosus	Fruit	460	3770	0.16623260731496653	Wealth of India.
Angelica sinensis	Root	2820	2820	-1.2035188668532102	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Annona cherimola	Fruit	820	3550	-0.16790939262374893	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Annona glabra</i>	Fruit	520	3940	0.4244332436312467	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Annona muricata</i>	Fruit	590	3550	-0.16790939262374893	--
<i>Annona reticulata</i>	Fruit	800	3540	-0.18309766534823602	--
<i>Annona squamosa</i>	Fruit	780	3530	-0.19828593807272307	--
<i>Arachis hypogaea</i>	Leaf	690	3210	0.3093547221126032	--
<i>Arachis hypogaea</i>	Seed	3030	6074	0.9510746469935777	--
<i>Aralia cordata</i>	Leaf	140	2975	-0.06944472527081758	--
<i>Arctium lappa</i>	Root	720	3790	0.9325990878892336	Father Nature's Pharmacy: The aggregate of all these three-letter citations.
<i>Arctostaphylos uva-ursi</i>	Leaf	2710	2710	-0.4966015489159516	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Armoracia rusticana</i>	Seed	600	2370	-1.9478218965025125	Wealth of India.
<i>Arracacia xanthorrhiza</i>	Root	1120	3875	1.1197846818615096	--
<i>Artemisia dracunculus</i>	Shoot	2950	2950	0.15669724536673543	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Artemisia vulgaris</i>	Leaf	350	2755	-0.42406548452338166	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Artocarpus altilis</i>	Fruit	1030	3500	-0.24385075624618427	--
<i>Artocarpus altilis</i>	Seed	1910	4370	-0.38254298532751774	USDA's Ag Handbook 8 and sequelae)
<i>Artocarpus heterophyllus</i>	Fruit	940	3510	-0.2286624835216972	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Asparagus officinalis	Shoot	210	3130	0.40017105290867505	--
Avena sativa	Plant	4529	4540	1.1415923130022652	--
Avena sativa	Seed	3740	4710	-0.11644557042776867	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Averrhoa bilimbi	Fruit	200	3600	-0.09196802900131361	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Averrhoa carambola	Fruit	280	3920	0.39405669818227257	--
Bacopa monnieri	Shoot	--	380	-3.3195676734265134	Wealth of India.
Bactris gasipaes	Fruit	1700	3920	0.39405669818227257	--
Basella alba	Leaf	190	2753	-0.4272893096074959	--
Benincasa hispida	Fruit	130	3335	-0.4944572562002209	--
Berberis vulgaris	Root	3120	3120	-0.542863829304001	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Bertholletia excelsa	Seed	6560	6787	1.5090965788274633	USDA's Ag Handbook 8 and sequelae)
Beta vulgaris	Leaf	210	3310	0.47054597631831413	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Beta vulgaris	Root	430	3610	0.5362060653597072	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Bixa orellana	Fruit	540	3460	-0.3046038471441325	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Blighia sapida	Aril	1960	6360	1	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Blighia sapida</i>	Seed	640	6320	1.1436039530681021	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Boehmeria nivea</i>	Leaf	380	2923	-0.15326417745778728	--
<i>Brassica chinensis</i>	Leaf	130	2778	-0.38699149605606814	--
<i>Brassica napus</i> var. <i>napobrassica</i>	Root	360	3600	0.5141842307747335	USDA's Ag Handbook 8 and sequelae)
<i>Brassica nigra</i>	Leaf	200	2946	-0.11619018899047374	USDA's Ag Handbook 8 and sequelae)
<i>Brassica oleracea</i>	Stem	270	3000		--
<i>Brassica oleracea</i> var. <i>botrytis</i> l.	Leaf	280	3007	-0.017863523924990066	--
<i>Brassica oleracea</i> var. <i>botrytis</i> l.	Plant	240	3100	-0.18505812231826163	--
<i>Brassica oleracea</i> var. <i>capitata</i> l.	Leaf	240	3209	0.30774280957054606	USDA's Ag Handbook 8 and sequelae)
<i>Brassica oleracea</i> var. <i>gemmifera</i>	Leaf	430	3070	0.08368696622460783	USDA's Ag Handbook 8 and sequelae)
<i>Brassica oleracea</i> var. <i>italica</i>	Leaf	280	3007	-0.017863523924990066	USDA's Ag Handbook 8 and sequelae)
<i>Brassica oleracea</i> var. <i>sabellica</i> l.	Leaf	500	3220	0.32547384753317427	--
<i>Brassica oleracea</i> var. <i>viridis</i> l.	Leaf	190	3112	0.15138729299100642	--
<i>Brassica rapa</i>	Root	270	3321	-0.10022495414603093	--
<i>Brassica rapa</i>	Leaf	130	2778	-0.38699149605606814	USDA's Ag Handbook 8 and sequelae)
<i>Bromelia pinguin</i>	Leaf	3130	3130	0.1804017187480344	--
<i>Brosimum alicastrum</i>	Fruit	560	3500	-0.24385075624618427	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Byrsonima crassifolia</i>	Fruit	660	3837	0.26799403456902987	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses

Plant	Part	Low PPM	High PPM	StdDev	Reference
Cajanus cajan	Fruit	1140	3860	0.3029270618353502	--
Cajanus cajan	Seed	1170	3974	-0.6924682097401668	--
Calathea macrosepala	Flower	220	2857	-1.7194637248919458	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Canavalia ensiformis	Fruit	340	3810	0.2269856982129148	--
Canavalia ensiformis	Seed	3310	3920	-0.7347307403418916	--
Canna indica	Root	1230	3705	0.7454134939169578	--
Cannabis sativa	Seed	4210	4870	0.008776742466230916	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Capsella bursa-pastoris	Plant	330	2800	-0.4614436296767047	--
Carica papaya	Fruit	231	3491	-0.25752020169822265	--
Carica papaya	Leaf	740	740	-3.6720692567684576	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Carica pentagona	Fruit	230	3380	-0.4261100289400291	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Carthamus tinctorius	Seed	4820	6470	1.2609998714062267	--
Carum carvi	Seed	3330	3700	-0.9069114205711409	Revised USDA data received 1993.
Carya illinoensis	Seed	6670	7180	1.8166738848733497	--
Casimiroa edulis	Fruit	650	3610	-0.07677975627682654	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Caulophyllum thalictroides	Root	2950	2950	-0.9172350172485528	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.

Plant	Part	Low PPM	High PPM	StdDev	Reference
Ceiba pentandra	Seed	5300	5300	0.3453117083688548	--
Cenchrus biflorus	Seed	3700	4100	-0.5938556383361421	--
Centella asiatica	Leaf	340	3180	0.2609973458508899	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Chamaemelum nobile	Flower	2999	2999	-1.050725246373411	--
Chamissoa altissima	Leaf	402	426	-4.17820979497439	Tramil
Chenopodium ambrosioides	Leaf	420	900	-3.4141632500393198	--
Chondrus crispus	Plant	2430	2430	-0.8023190887521179	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Chrysanthemum coronarium	Bud	170	2285	1	--
Chrysanthemum coronarium	Leaf	190	2923	-0.15326417745778728	--
Chrysanthemum parthenium	Plant	--	2860	-0.40616652820501614	--
Chrysophyllum cainito	Fruit	672	3950	0.43962151635573377	--
Cicer arietinum	Seed	2550	4114	-0.582898685957917	--
Cichorium endivia	Leaf	170	2737	-0.45307991028040967	--
Cimicifuga racemosa	Root	3200	3200	-0.3666891526242119	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Cinnamomum verum	Bark	--	2410	-0.6493259969257941	Wealth of India.
Citrullus lanatus	Fruit	3513	3513	-0.22410600170435108	Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.

Plant	Part	Low PPM	High PPM	StdDev	Reference
Citrullus lanatus	Seed	6500	6500	1.2844790550738516	Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
Citrus limon	Fruit	2640	2640	-1.5500422105520721	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Citrus mitis	Fruit	380	3800	0.21179742548842775	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Citrus paradisi	Fruit	1724	1724	-2.9412879921150874	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Cnicus benedictus	Plant	2520	2520	-0.7194034365445849	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Cocos nucifera	Seed	2960	7050	1.714930755646975	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Coix lacryma-jobi	Seed	1480	4280	-0.45298053633039254	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Colocasia esculenta	Leaf	310	3280	0.42218860005660086	--
Colocasia esculenta	Root	920	3820	0.9986645916441546	--
Commelina benghalensis	Leaf	430	3115	0.15622303061717777	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Corylus avellana	Seed	5870	6682	1.4269194359907762	--
Crataegus laevigata	Fruit	2890	2890	-1.1703353924398954	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Crataegus rhipidophylla	Fruit	--	2890	-1.1703353924398954	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Crescentia alata	Seed	5300	5490	0.4940132049304793	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Cucumis melo	Fruit	350	3425	-0.35776280167983726	USDA's Ag Handbook 8 and sequelae)
Cucurbita pepo	Flower	150	3092	-0.6127486372028212	USDA's Ag Handbook 8 and sequelae)
Cucurbita pepo	Fruit	220	3095	-0.8589758015879105	--
Cucurbita pepo	Seed	2730	5812	0.877506538168353	--
Cucurbita spp	Fruit	200	3165	-0.7526578925165011	--
Cyclanthera pedata	Fruit	170	3160	-0.7602520288787445	--
Cymbopogon citratus	Plant	3890	3890	0.5427570470589719	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Cynara cardunculus	Flower	470	3120	-0.4808847118611383	USDA's Ag Handbook 8 and sequelae)
Cyphomandra betacea	Fruit	3290	3550	-0.16790939262374893	--
Cyrtosperma chamissonis	Leaf	348	3164	0.23520674517797613	--
Cyrtosperma chamissonis	Root	619	3005	-0.7961149270311978	--
Daucus carota	Resin, Exudate, Sap	2710	2710		--
Daucus carota	Root	430	3520	0.33800955409494443	--
Dioscorea alata	Root	619	3005	-0.7961149270311978	--
Dioscorea bulbifera	Tuber	1120	3860	1.3395543258797113	--
Dioscorea pentaphylla	Root	670	3610	0.5362060653597072	--
Dioscorea sp.	Root	3840	3840	1.0427082608141018	--
Diospyros virginiana	Fruit	1270	3567	-0.14208932899212093	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Durio zibethinus	Fruit	670	3920	0.39405669818227257	--
Echinacea spp	Root	2800	2800	-1.2475625360231575	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Elaeagnus commutata	Fruit	510	3700	0.05991469824355707	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Elaeagnus umbellatus	Fruit	493	3195	-0.7070930743430398	--
Elaeis guineensis	Fruit	5370	7460	5.770705242650695	--
Eleocharis dulcis	Tuber	680	3640	-0.6858886410861752	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Ephedra sinica	Plant	3100	3100	-0.18505812231826163	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Equisetum arvense	Plant	200	3170	-0.12056817060129159	--
Eriobotrya japonica	Fruit	400	3700	0.05991469824355707	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Eryngium creticus	Shoot	2745	2745	-0.12059236877825133	Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.
Eryngium floridanum	Shoot	3075	3075	0.32577627838197126	--
Erythrina berteroana	Shoot	480	3040	0.27843414913770526	--
Erythrina fusca	Leaf	600	3243	0.3625478360004878	--
Erythroxylum coca	Leaf	3050	3260	0.3899503492154586	--
Eugenia brasiliensis	Fruit	530	3605	-0.08437389263907007	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Eugenia floribunda</i>	Fruit	460	3570	-0.13753284717477482	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Eugenia uniflora</i>	Fruit	380	3590	-0.10715630172580067	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Euphrasia officinalis</i>	Plant	2540	2540	-0.7009777360540221	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Fagopyrum esculentum</i>	Seed	3350	3897	-0.752731447820404	--
<i>Ficus carica</i>	Fruit	420	3600	-0.09196802900131361	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Fragaria</i> spp	Fruit	300	3559	-0.15423994717171058	USDA's Ag Handbook 8 and sequelae)
<i>Frangula purshiana</i>	Bark	2370	2370	-0.7511810552670951	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Fucus vesiculosus</i>	Plant	2490	2490	-0.7470419872804293	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Garcinia mangostana</i>	Fruit	600	3630	-0.046403210827852405	--
<i>Genipa americana</i>	Fruit	1130	3485	-0.26663316533291487	--
<i>Ginkgo biloba</i>	Seed	1820	3975	-0.6916855702845792	USDA's Ag Handbook 8 and sequelae)
<i>Gliricidia sepium</i>	Flower	460	3290	0.31971769199907946	--
<i>Gliricidia sepium</i>	Leaf	520	3400	0.6156181051034539	--
<i>Glycine max</i>	Fruit	1340	4350	1.0471524253352165	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Glycine max</i>	Seed	1390	4548	-0.24323316223294322	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Glycine max	Sprout Seedling	460	3360	0.6558086544359614	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Glycyrrhiza glabra	Root	2680	2680	-1.511824551042841	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Helianthus annuus	Plant	6022	6022	2.506936719352974	--
Helianthus tuberosus	Tuber	70	3520	-1.790675713976659	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Hibiscus rosa-sinensis	Flower	360	3530	1.4499799092135046	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Humulus lupulus	Fruit	2880	2880	-1.1855236651643823	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Hydrastis canadensis	Root	2900	2900	-1.027344190173421	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Hylocereus undatus	Fruit	540	3460	-0.3046038471441325	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Inga edulis	Seed	1180	3215	-1.2864915565310773	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Inga feuillei	Aril	550	3435	-1	J Cell Biochem VOL. 22=1995
Ipomoea aquatica	Leaf	190	4400	2.2275306471605636	--
Ipomoea batatas	Leaf	420	3500	0.776809359309165	--
Ipomoea batatas	Root	990	3920	1.218882937493891	--
Juglans cinerea	Seed	6120	6331	1.1522129870795645	--
Juglans nigra	Hull Husk	--	3630		--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Juglans nigra	Fruit	3630	3630	-0.046403210827852405	--
Juglans nigra	Seed	6070	6345	1.1631699394577895	USDA's Ag Handbook 8 and sequelae)
Juglans regia	Seed	6420	6665	1.4136145652457888	USDA's Ag Handbook 8 and sequelae)
Juniperus communis	Fruit	3410	3410	-0.3805452107665679	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Justicia pectoralis	Leaf	440	2935	-0.13392122695310196	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Lablab purpureus	Seed	194	3795	-0.8325606722903287	--
Lagenaria siceraria	Fruit	140	3140	-0.7906285743277187	--
Larrea tridentata	Bark	3600	3600	2.380861988727912	--
Lens culinaris	Seed	3380	3805	-0.8247342777344537	USDA's Ag Handbook 8 and sequelae)
Lens culinaris	Sprout Seedling	1060	3533	1.63725240199151	USDA's Ag Handbook 8 and sequelae)
Lepidium meyenii	Root	--	3250	-0.25657997969934376	Taylor, Leslie. 2005. The Healing Power of Rainforest Herbs. SquareOne Publisher, Garden City Park, NY. 519 pp.
Lepidium sativum	Leaf	320	3020	0.0030913391217523567	--
Lobelia inflata	Leaf	3000	3000	-0.029146911719389833	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Luffa aegyptiaca	Fruit	200	4000	0.5155628799781691	--
Luffa aegyptiaca	Leaf	140	2730	-0.4643632980748094	--
Lupinus albus	Seed	3710	4140	-0.5625500601126422	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Lupinus mutabilis	Fruit	1260	4405	1.1306879253198954	--
Lupinus mutabilis	Seed	4070	4675	-0.14383795137333108	--
Lycium chinense	Leaf	290	2790	-0.3676485455513828	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Macadamia spp	Seed	6910	7220	1.8479794630968498	--
Malpighia glabra	Fruit	320	3725	0.09788538005477473	--
Malus domestica	Fruit	3419	3419	-0.36687576531452953	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Malva parviflora	Plant	360	2630	-0.6180620838464892	--
Malva sylvestris	Leaf	280	3330	0.5027842271594564	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Mammea americana	Fruit	380	3700	0.05991469824355707	--
Mangifera indica	Fruit	590	3554	-0.16183408353395412	--
Manihot esculenta	Leaf	498	3957	1.513453391029264	--
Manihot esculenta	Root	1200	3810	0.9766427570591809	--
Manilkara zapota	Fruit	760	3760	0.15104433459047947	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Maranta arundinacea	Root	1250	3830	1.0206864262291282	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Mauritia flexuosa	Fruit	2760	6000	3.553217424875583	J Cell Biochem VOL. 22=1995
Melicoccus bijugatas	Fruit	581	3565	-0.14512698353701833	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Mentha pulegium	Plant	3490	3490	0.1742430372477144	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Mentha spicata	Leaf	440	3045	0.043389152673180095	USDA's Ag Handbook 8 and sequelae)
Mentha x piperita	Leaf	700	3280	0.42218860005660086	--
Mimosa pudica	Leaf	220	3140	0.1965208441686055	--
Mimulus glabratus	Shoot	310	3100	0.35959208498501843	--
Momordica charantia	Fruit	440	3020	-0.9728878470215635	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Morinda citrifolia	Leaf	1070	4775	2.83199785043198	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Moringa oleifera	Fruit	370	3135	-0.7982227106899622	USDA's Ag Handbook 8 and sequelae)
Moringa oleifera	Shoot	640	3000	0.22432885857282978	USDA's Ag Handbook 8 and sequelae)
Mucuna pruriens	Seed	3440	3970	-0.6955987675625167	--
Muntingia calabura	Fruit	870	3840	0.272550516386376	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Murraya koenigii	Leaf	880	3260	0.3899503492154586	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Murraya sp	Fruit	1220	3514	-0.22258717443190237	--
Musa x paradisiaca	Fruit	1220	3514	-0.22258717443190237	USDA's Ag Handbook 8 and sequelae)
Myrciaria cauliflora	Fruit	457	4000	0.5155628799781691	--
Myrciaria dubia	Fruit	160	2665	-1.5120715287408544	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Myrica cerifera	Bark	2290	2290	-0.9548911719496972	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Nasturtium officinale	Herb	300	2915	-1	--
Nelumbo nucifera	Rhizome	560	2680	-1	--
Nelumbo nucifera	Seed	630	3900	-0.7503835294536415	--
Ocimum basilicum	Plant	430	3280	-0.019226817903195786	--
Olea europaea	Fruit	1160	5320	2.520414879610462	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Opuntia ficus-indica	Bud	1140	1140	-1	Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.
Opuntia ficus-indica	Fruit	670	3600	-0.09196802900131361	--
Oryza sativa	Seed	3410	4100	-0.5938556383361421	--
Oxalis tuberosa	Root	630	3890	1.15281743373897	--
Pachira macrocarpa	Seed	5300	5600	0.580103545045104	--
Pachyrhizus erosus	Tuber	410	3780	0.603029610619389	--
Panax ginseng	Root	2740	2740	-1.3796935435329993	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Papaver somniferum	Seed	5330	5718	0.6724550008044287	--
Passiflora edulis	Fruit	900	3610	-0.07677975627682654	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Passiflora foetida	Fruit	640	3555	-0.16031525626150542	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses

Plant	Part	Low PPM	High PPM	StdDev	Reference
Passiflora ligularis	Fruit	460	3965	0.46240392544246434	--
Passiflora mollissima	Fruit	250	3125	-0.8134109834144493	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Passiflora quadrangularis	Fruit	200	3850	0.2877387891108631	--
Passiflora quadrangularis	Seed	810	3750	-0.8677794477917661	--
Peperomia pelucida	Leaf	250	3205	0.3012951594023176	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Peperomia pereskiifolia	Leaf	420	2800	-0.35152942013081173	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Pereskia aculeata	Fruit	110	3720	0.0902912436925312	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Persea americana	Fruit	940	6700	4.616396515589678	--
Petasites japonicus	Pt	140	2545		USDA's Ag Handbook 8 and sequelae)
Phaseolus acutifolius	Seed	3375	3860	-0.7816891076771414	--
Phaseolus coccineus	Fruit	2500	2500	-1.762678028694891	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Phaseolus coccineus	Seed	3280	3860	-0.7816891076771414	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Phaseolus lunatus	Leaf	80	2860	-0.2548146676073852	--
Phaseolus lunatus	Seed	1130	3840	-0.7973418967888913	--
Phaseolus lunatus	Sprout Seedling	100	3060	-1.0461169193597875	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Phaseolus vulgaris	Fruit	280	3830	0.2573622436618889	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Phaseolus vulgaris	Leaf	360	2730	-0.4643632980748094	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Phaseolus vulgaris	Seed	3230	3832	-0.8036030124335913	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Phaseolus vulgaris	Sprout Seedling	290	3118	-0.7170779750926094	USDA's Ag Handbook 8 and sequelae)
Phoenix dactylifera	Fruit	1420	3550	-0.16790939262374893	--
Phyllanthus acidus	Fruit	340	4300	0.9712110617127812	--
Phyllanthus emblica	Fruit	580	3650	-0.016026665378878268	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Physalis angulata	Fruit	27	2700	-1.4589125742051496	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Physalis peruviana	Fruit	730	3460	-0.3046038471441325	--
Phytelephas aequatorialis	Flower	1020	3495	1.2851500025364009	KOZIOL & PEDERSEN. 1993. PHYTELEPHAS AEQUATORIALIS(ARECACEAE) IN HUMAN AND ANIMAL NUTRITION. ECON. BOT. 47:401-307.
Phytelephas aequatorialis	Mesocarp	550	5580		KOZIOL & PEDERSEN. 1993. PHYTELEPHAS AEQUATORIALIS(ARECACEAE) IN HUMAN AND ANIMAL NUTRITION. ECON. BOT. 47:401-307.
Phytelephas aequatorialis	Seed	430	3500	-1.0634393116886405	KOZIOL & PEDERSEN. 1993. PHYTELEPHAS AEQUATORIALIS(ARECACEAE) IN HUMAN AND ANIMAL NUTRITION. ECON. BOT. 47:401-307.

Plant	Part	Low PPM	High PPM	StdDev	Reference
Pimpinella anisum	Seed	3370	4150	-0.5547236655567672	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Pinus cembroides	Seed	6340	6580	1.3470902115208514	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Pinus edulis	Seed	5680	7140	1.7853683066498498	--
Pinus pinea	Seed	5150	5850	0.7757634089419784	--
Piper auritum	Leaf	570	3200	0.2932355966920321	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Piper nigrum	Fruit	2550	2856	-1.2219755197031514	USDA's Ag Handbook 8 and sequelae)
Pisum sativum	Fruit	420	4154	0.7494622799352699	--
Pisum sativum	Seed	810	3832	-0.8036030124335913	--
Plantago psyllium	Seed	2350	2350	-1.9634746856142624	--
Platonia insignis	Fruit	1050	3765	0.15863847095272302	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Platycodon grandiflorum	Root	2870	3790	0.9325990878892336	--
Plectranthus amboinicus	Leaf	170	3035	0.027270027252609	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Polygonum multiflorum	Root	3200	3200	-0.3666891526242119	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Polymnia edulis	Cr	670	3765		--
Polymnia edulis	Root	670	3765	0.8775445014267995	--
Portulaca oleracea	Herb	260	2955	1	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Pothomorphe sp.	Leaf	690	3850	1.3409787490291534	--
Pourouma cecropiaefolia	Fruit	640	3555	-0.16031525626150542	J Cell Biochem VOL. 22=1995
Pouteria caimito	Fruit	950	3665	0.006755743707852334	--
Pouteria campechiana	Fruit	1400	3600	-0.09196802900131361	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Pouteria viridis	Fruit	1100	3480	-0.2742273016951584	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Prunus armeniaca	Fruit	480	3515	-0.22106834715945367	USDA's Ag Handbook 8 and sequelae)
Prunus domestica	Fruit	550	3716	0.08421593460273638	USDA's Ag Handbook 8 and sequelae)
Prunus dulcis	Seed	5890	6161	1.01916427962969	USDA's Ag Handbook 8 and sequelae)
Psidium cattleianum	Fruit	560	3570	-0.13753284717477482	--
Psidium guajava	Fruit	360	3670	0.014349880070095867	--
Psophocarpus tetragonolobus	Leaf	740	3197	0.28839985906586074	--
Psophocarpus tetragonolobus	Seed	490	4462	-0.310540155413468	--
Psophocarpus tetragonolobus	Tuber	1590	3732	0.16111478146319552	--
Pueraria montana	Root	1130	3600	0.5141842307747335	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Quararibea cordata	Fruit	740	3700	0.05991469824355707	J Cell Biochem VOL. 22=1995
Quercus alba	Bark	2480	2480	-0.47107964482851733	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Raphanus sativus	Fruit	340	3370	-0.44129830166451617	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Raphanus sativus	Leaf	330	2870	-0.23869554218681407	--
Raphanus sativus	Root	170	3510	0.3159877195099708	--
Rollinia mucosa	Fruit	800	3510	-0.2286624835216972	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Rosa canina	Fruit	1839	3410	-0.3805452107665679	--
Rosmarinus officinalis	Leaf	1310	4065	1.687539945571432	USDA's Ag Handbook 8 and sequelae)
Rubus idaeus	Leaf	2750	2750	-0.43212504723366724	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Rubus idaeus	Fruit	490	3665	0.006755743707852334	Revised USDA data received 1993.
Rumex crispus	Shoot	210	2840	0.007907696313327906	--
Ruscus aculeatus	Root	2950	2950	-0.9172350172485528	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Salix alba	Bark	2820	2820	0.3946883510725415	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Salvia officinalis	Leaf	3420	3420	0.6478563559445962	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Schisandra chinensis	Fruit	4020	4020	0.5459394254271432	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Sclerocarya caffra	Fruit	300	3610	-0.07677975627682654	--
Sclerocarya caffra	Seed	6040	6290	1.1201247694004772	--
Scutellaria lateriflora	Plant	3140	3140	-0.1482067213371359	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.

Plant	Part	Low PPM	High PPM	StdDev	Reference
Secale cereale	Seed	3350	3760	-0.8599530532358911	USDA's Ag Handbook 8 and sequelae)
Sechium edule	Fruit	240	3430	-0.3501686653175938	--
Sesamum indicum	Plant	6700	6700	3.1315679659830553	--
Sicana odorifera	Fruit	430	3410	-0.3805452107665679	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Sida rhombifolia	Leaf	630	3180	0.2609973458508899	--
Solanum melongena	Fruit	250	3370	-0.44129830166451617	--
Solanum melongena	Leaf	150	2790	-0.3676485455513828	--
Solanum quitoensis	Fruit	230	3460	-0.3046038471441325	--
Solanum torvum	Fruit	470	3220	-0.6691223925318222	--
Solanum tuberosum	Tuber	780	3755	0.3728656371005382	--
Sonchus oleraceus	Leaf	180	2650	-0.5933163014393782	--
Sphenostylis stenocarpa	Root	1290	3660	0.6463152382845764	--
Sphenostylis stenocarpa	Seed	3500	3860	-0.7816891076771414	--
Spinacia oleracea	Plant	220	2613	-0.6337239292634677	USDA's Ag Handbook 8 and sequelae)
Spirulina pratensis	Plant	3800	3800	0.45984139485143893	--
Spondias dulcis	Fruit	460	3510	-0.2286624835216972	--
Spondias mombin	Fruit	420	4050	0.5915042436006044	--
Spondias pinnata	Fruit	218	4810	1.7458129706616214	--
Spondias purpurea	Fruit	830	3550	-0.16790939262374893	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Stellaria media	Plant	2130	2130	-1.078704596110561	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Stevia rebaudiana	Leaf	2540	2540	-0.7706266810656602	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Symphytum officinale	Root	2170	2170	-2.6349381148764963	--
Syzygium cumini	Fruit	510	3590	-0.10715630172580067	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Syzygium jambos	Fruit	560	3580	-0.12234457445028774	--
Syzygium malaccense	Fruit	300	3555	-0.16031525626150542	--
Tabebuia heptaphylla	Bark	2610	2610	-0.14005070521928892	--
Tanacetum parthenium	Plant	--	2860	-0.40616652820501614	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Taraxacum officinale	Root	2650	2650	-1.577890054797762	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Taraxacum officinale	Leaf	440	3130	0.1804017187480344	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Terminalia catappa	Seed	5940	6340	1.159256742179852	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Tetragonia tetragonioides	Leaf	140	2335	-1.1010687521873677	--
Theobroma bicolor	Fruit	710	3410	-0.3805452107665679	--
Theobroma bicolor	Seed	6020	6240	1.0809927966211024	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Theobroma cacao	Fruit	531	5310	2.5052266068859748	J Cell Biochem VOL. 22=1995

Plant	Part	Low PPM	High PPM	StdDev	Reference
Theobroma speciosum	Fruit	1760	4515	1.297758925289253	J Cell Biochem VOL. 22=1995
Thymus vulgaris	Leaf	2990	2990	-0.04526603713996093	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Trigonella foenum-graecum	Seed	2570	3400	-1.1417032572473902	--
Triticum aestivum	Seed	3400	5221	0.2834831913774425	--
Tropaeolum majus	Shoot	480	3500	0.9006449906337731	--
Turnera diffusa	Leaf	--	--		Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Ullucus tuberosus	Root	500	3725	0.7894571630869051	--
Ulmus rubra	Bark	2740	2740	0.19097823438993944	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Vaccinium corymbosum	Fruit	560	3638	-0.03425259264826275	--
Vaccinium macrocarpon	Fruit	490	3800	0.21179742548842775	--
Valerianella locusta	Plant	210	2915	-0.3554958518559682	--
Verbascum thapsus	Leaf	2680	2680	-0.5449589251776649	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Vicia faba	Seed	720	3790	-0.8364738695682662	USDA's Ag Handbook 8 and sequelae)
Vigna aconitifolia	Seed	3430	3798	-0.8302127539235662	--
Vigna angularis	Seed	3290	3800	-0.8286474750123912	--
Vigna mungo	Seed	3340	3890	-0.7582099240095165	--
Vigna radiata	Seed	3340	3815	-0.8169078831785788	USDA's Ag Handbook 8 and sequelae)

Plant	Part	Low PPM	High PPM	StdDev	Reference
Vigna radiata	Sprout Seedling	3151	3151	-0.529866161975077	USDA's Ag Handbook 8 and sequelae)
Vigna subterranea	Seed	1520	4120	-0.5782028492243921	--
Vigna unguiculata	Fruit	470	3868	0.3150776800149398	USDA's Ag Handbook 8 and sequelae)
Vigna unguiculata	Seed	3470	3789	-0.8372565090238537	USDA's Ag Handbook 8 and sequelae)
Vigna unguiculata	Shoot	290	2837	0.0038497995209622452	--
Vigna unguiculata	Seed	1270	3825	-0.8090814886227038	USDA's Ag Handbook 8 and sequelae)
Vigna unguiculata	Shoot	290	2837	0.0038497995209622452	USDA's Ag Handbook 8 and sequelae)
Vitellaria paradoxa	Seed	--	6220	1.0653400075093524	--
Xanthosoma sagittifolium	Leaf	34	3370	0.5672607288417407	--
Xanthosoma sagittifolium	Root	1320	3870	1.1087737645690228	--
Yucca baccata	Root	2820	2820	-1.2035188668532102	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Zea mays	Silk Stigma Style	3690	3690		--
Zingiber officinale	Rhizome	690	3764	1	--
Zingiber officinale	Root	690	3764	0.8753423179683022	USDA's Ag Handbook 8 and sequelae)
Zizyphus jujuba	Fruit	590	3550	-0.16790939262374893	--
Zizyphus spina-christi	Fruit	3140	3460	-0.3046038471441325	--