

C LAURIC-ACID

Chemid

LAURICACID

ubiquitous

Yes

*Unless otherwise noted all references are to Duke, James A. 1992. Handbook of phytochemical constituents of GRAS herbs and other economic plants. Boca Raton, FL. CRC Press.

Plant	Part	Low PPM	High PPM	StdDev	Reference
Aesculus hippocastanum	Leaf	--	--		Jim Duke's personal files.
Aloe vera	Juice	--	--		Yamaguchi, I., Mega, N., Sanada, H. 1993. Components of the Gel of Aloe vera (L.) Burm. F. Biosci Biotech Biochem 57(8): 1350-1352.
Anacardium occidentale	Seed	7840	7975	-0.440811578613728	--
Anethum graveolens	Fruit	100	108	-0.4441927698072271	--
Anethum graveolens	Seed	100	108	-0.5113625956002235	USDA's Ag Handbook 8 and sequelae)
Angelica archangelica	Fruit	--	--		--
Apium graveolens	Seed	200	213	-0.5104209587903109	USDA's Ag Handbook 8 and sequelae)
Aquilegia vulgaris	Seed	--	--		--
Arachis hypogaea	Plant	--	--		--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Arctium lappa	Plant	--	--		--
Arctium lappa	Root	--	--		Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
Areca catechu	Seed	22000	90000	0.29478612932033715	--
Arnica montana	Flower	--	--		--
Artemisia capillaris	Essential Oil	--	--		--
Asparagus officinalis	Shoot	10	129	1.414213562373095	--
Astrocaryum vulgare	Seed Oil	--	549000	1.4141975814787238	Szpiz, R. R., Pereira, D. A., Lago, R. C. A. 1980. Comparison Between Oils From Three Brazilian Palms. Bol. Rec. Cent. Technol. Agric. Aliment (Rio de Janeiro) 14: 33-46. Cent Technol Agric Aliment Empresa Brasil Pesqui Aropecu Rio de Janeiro, Brazil.
Bactris gasipaes	Seed	104230	104230	0.4224003369875331	--
Bidens pilosa	Plant	--	--		Jim Duke's personal files.
Boswellia serrata	Essential Oil	--	--		--
Brassica oleracea var. sabellica l.	Leaf	20	130	-1.2523663967560992	--
Calendula officinalis	Plant	10000	17500	1.71672185861966	--
Camellia sinensis	Seed	--	--		--
Camellia sinensis	Seed Oil	--	--		--
Capparis spinosa	Plant	--	--		--
Capsicum frutescens	Resin, Exudate, Sap	--	--		--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Carica papaya	Fruit	10	90	-0.4444146432555388	--
Carica papaya	Seed	--	--		List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Carica papaya	Seed Oil	--	4000	-0.7012763853261376	Jim Duke's personal files.
Carica papaya	Leaf	--	--		Jim Duke's personal files.
Carica papaya	Flower	--	--		Jim Duke's personal files.
Carthamus tinctorius	Seed	--	--		--
Carum carvi	Fruit	100	110	-0.44416811720185917	--
Carum carvi	Seed	100	110	-0.511344659660987	USDA's Ag Handbook 8 and sequelae)
Carya illinoensis	Leaf	--	--		--
Cinnamomum camphora	Plant	--	--		--
Cinnamomum verum	Seed	260000	304000	2.213931627618294	Wealth of India.
Citrullus colocynthis	Petiole	--	--		--
Citrullus lanatus	Seed	1600	3250	-0.4831852350597927	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Citrus reticulata	Seed Oil	--	--		--
Cocos nucifera	Seed	25754	368847	3.356450956978854	--
Cocos nucifera	Endosperm	--	--		Jim Duke's personal files.

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Crataegus laevigata</i>	Fruit	--	--		Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Crocus sativus</i>	Silk Stigma Style	--	--		List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
<i>Croton tiglium</i>	Seed	150	250	-0.5100891439144369	--
<i>Cucumis melo</i>	Seed	360	8920	-0.43233684732451505	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Cucurbita pepo</i>	Flower	10	205	1	USDA's Ag Handbook 8 and sequelae)
<i>Cucurbita pepo</i>	Fruit	10	119	-0.4440571804777033	USDA's Ag Handbook 8 and sequelae)
<i>Cucurbita pepo</i>	Seed	440	472	-0.5080982546591932	USDA's Ag Handbook 8 and sequelae)
<i>Cucurbita spp</i>	Fruit	10	160	-0.44355180206766	--
<i>Cynara cardunculus</i>	Flower	20	135	-1	USDA's Ag Handbook 8 and sequelae)
<i>Daucus carota</i>	Root	20	165	-0.6668066359861499	--
<i>Daucus carota</i>	Seed	1810	6280	-0.45601228711660197	--
<i>Elettaria cardamomum</i>	Seed Oil	--	--		--
<i>Eryngium foetidum</i>	Plant	10	50	-0.6918163764239021	--
<i>Fagopyrum esculentum</i>	Pollen Or Spore	--	--		--
<i>Fucus vesiculosus</i>	Plant	--	--		Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Ginkgo biloba</i>	Pollen Or Spore	--	--		Jim Duke's personal files.

Plant	Part	Low PPM	High PPM	StdDev	Reference
Houttuynia cordata	Essential Oil	--	--		--
Houttuynia cordata	Shoot Essent. Oil	--	--		--
Iris versicolor	Rhizome	--	--		--
Iris x germanica	Rhizome	--	--		--
Juglans nigra	Seed Oil	--	--		--
Juniperus communis	Fruit	--	--		Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
Lablab purpureus	Seed	--	--		--
Laurus nobilis	Fruit	60000	192500	1.9272892561696446	--
Lawsonia inermis	Seed Oil	--	--		--
Lupinus albus	Seed	80	90	-0.5115240190533513	--
Macadamia spp	Seed	715	10850	-0.41502866596136057	--
Malus domestica	Fruit	10	63	-0.44474745342800637	--
Mangifera indica	Fruit	10	55	-0.4448460638494782	--
Manihot esculenta	Root	10	32	-0.746655329791214	--
Medicago sativa	Seed	--	--		--
Medicago sativa	Plant	--	--		Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
Mentha pulegium	Essential Oil	--	--		--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Momordica charantia	Fruit	--	--		Jim Duke's personal files.
Momordica charantia	Seed Oil	--	--		Jim Duke's personal files.
Morinda citrifolia	Fruit	--	0.07	-0.44552314765590934	--
Murraya koenigii	Leaf	--	700	1.1951153614758205	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Murraya sp	Plant	--	--		--
Musa x paradisiaca	Fruit	20	78	-0.4445625588877466	USDA's Ag Handbook 8 and sequelae)
Musa x paradisiaca	Plant	--	--		--
Myrica cerifera	Plant	--	--		Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Myristica fragrans	Seed	375	1600	-0.49798238492984703	--
Myristica fragrans	Seed Essent. Oil	--	--		--
Nepeta cataria	Seed Oil	--	--		--
Nepeta racemosa	Shoot	8	8	-0.7071067811865477	Baser, K.H.C., Ozek, T., Akgul, A. and Tumen, G. 1993. Composition of the Essential Oil of Nepeta racemosa Lam. J. Ess. Oil Res. 5: 215-7.
Nepeta racemosa	Shoot	--	8	-0.7071067811865477	Baser, K.H.C., Ozek, T., Akgul, A. and Tumen, G. 1993. Composition of the Essential Oil of Nepeta racemosa Lam. J. Ess. Oil Res. 5: 215-7.
Nerium oleander	Seed	--	--		--
Opuntia ficus-indica	Flower	--	--		--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Origanum vulgare	Plant	200	215	-0.6690422326541493	USDA's Ag Handbook 8 and sequelae)
Papaver somniferum	Seed Oil	--	--		--
Petasites hybridus	Root	--	--		--
Phoenix dactylifera	Seed	4800	54000	-0.028060776935393963	--
Piper nigrum	Fruit	400	447	-0.44001415319735687	USDA's Ag Handbook 8 and sequelae)
Polypodium vulgare	Rhizome	--	--		--
Prunella vulgaris	Leaf	--	--		--
Prunus africana	Bark	--	--		--
Prunus domestica	Seed	3510	3780	-0.47843221116213885	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Prunus dulcis	Seed	50	52	-0.5118648018988434	USDA's Ag Handbook 8 and sequelae)
Rosmarinus officinalis	Leaf	140	435	0.057251035280278986	USDA's Ag Handbook 8 and sequelae)
Sambucus nigra	Seed	--	--		--
Sambucus nigra	Flower	--	--		--
Sassafras albidum	Seed	--	--		List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Serenoa repens	Seed	--	--		--
Serenoa repens	Fruit	12080	240000	2.5127886336588405	--
Solanum tuberosum	Tuber	30	143		--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Stellaria media	Plant	--	--		--
Tamarindus indica	Seed	--	--		--
Tamarindus indica	Seed Oil	--	--		--
Taraxacum officinale	Pollen Or Spore	--	--		--
Terminalia pallida	Seed Oil	--	1000	-0.7129211961525863	Gunasekar, D., Sreeramulu, K., Rao, K. V. 1992. Fatty Acid Composition of the Seed Oil of Terminalia pallida. Asian J. Chem. 4 2: 400-401.
Teucrium polium	Plant	--	--		Rizk, A.F.M., The Phytochemistry of the Flora of Qatar, Scientific and Applied Research Centre, University of Qatar, Kingprint, Richmond, UK, 1986.
Thymus vulgaris	Plant	2300	2484	-0.35586324954160825	USDA's Ag Handbook 8 and sequelae)
Trifolium pratense	Pollen Or Spore	--	--		--
Triticum aestivum	Seed	--	--		--
Tussilago farfara	Leaf	--	--		--
Viola surinamensis	Seed	78000	115000	0.518985369775706	--
Zingiber officinale	Rhizome	390	3630		--
Zingiber officinale	Root	390	3630	1.4134619657773633	USDA's Ag Handbook 8 and sequelae)
Zingiber officinale	Rhizome Essent. Oil	--	900		--