C MAGNESIUM

Chemid

MAGNESIUM

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
Abelmoschus esculentus	Fruit	380	6000	1.792156703535766	--
Abelmoschus manihot	Leaf	564	4862	0.2842936984474645	--
Acacia catechu	Plant	--	--		--
Acacia nilotica	Plant	--	--		--
Acacia senegal	Plant	--	--		--
Acanthopanax gracilistylis	Root Bark	2840	2840	1.0903548697981802	--
Achillea millefolium	Plant	340	1920	-0.6662824225194472	--
Achyranthes bidentata	Root	1440	5730	1.685949271628311	--
Aconitum carmichaelii	Tuber	490	490	-0.8817870718364693	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Acorus calamus	Rhizome	1100	1100	-0.5600893515913968	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	--	1450	-0.19950830458172472	Suziki, A., Morimoto, I., and Okitzu, T., Elution of Metals from Crude Drugs, Shoykugaku Zasshi 36(3):190-195.
Actaea racemosa	Root	--	1740	-0.4371484057909448	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Actinidia chinensis	Fruit	300	1770	-0.16657905852542282	--
Aframomum melegueta	Fruit	--	1500	-0.2916047454654987	Wealth of India.
Agathosma betulina	Leaf	2210	2210	-0.7397339063106452	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Akebia quinata	Stem	840	840	-1.6537506142913894	--
Albizia julibrissin	Bark	1090	1090	-0.450084166169243	--
Alisma plantago-aquatica	Rhizome	1410	1740	0.09925884865486072	--
Allium cepa	Bulb	76	1230	0.7319115529256467	--
Allium sativum var. sativum	Bulb	160	1210	0.6820084924988981	--
Allium sativum var. sativum	Root	448	1210	-0.7191638867513974	--
Allium schoenoprasum	Leaf	355	6875	1.0615816201586543	USDA's Ag Handbook 8 and sequelae)
Alocasia macrorrhiza	Root	520	1750	-0.4318273589803703	--
Aloe spp.	Leaf	5	930	-1.233985540583036	--
Aloe vera	Leaf	930	930	-1.233985540583036	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.

Plant	Part	Low PPM	High PPM	StdDev	Reference
Althaea officinalis	Root	559	5180	1.3932916970467093	--
Amaranthus sp.	Leaf	550	6616	0.9615728910363504	--
Amomum xanthioides	Seed	3540	3540	0.23464445664963784	--
Amorphophallus campanulatus	Root	220	3120	0.29715605406834666	--
Amorphophallus konjac	Root	--	--		--
Amphicarpaea bracteata	Shoot	4100	4100	-0.46971487833426295	--
Anacardium occidentale	Seed	260	2650	-0.1169887078856715	--
Ananas comosus	Fruit	110	1075	-0.4884044378711737	--
Anemarrhena asphodeloides	Rhizome	1130	1200	-0.4570661953029191	--
Anethum graveolens	Fruit	2449	2893	0.3534351875253372	--
Anethum graveolens	Plant	560	6470	0.7461924242723924	--
Anethum graveolens	Seed	2449	2893	-0.02098100116423311	USDA's Ag Handbook 8 and sequelae)
Angelica dahurica	Root	3.67	3.67	-1.3610577266514403	--
Angelica laxiflora	Root	1950	1950	-0.32540642276887877	--
Angelica sinensis	Root	583	2650	0.047066853971341596	--
Annona cherimola	Fruit	200	1000	-0.5231337953545281	--
Annona cherimola	Seed	810	1045	-0.7511136843791225	--
Annona muricata	Fruit	210	2400	0.12514754433475422	--
Annona reticulata	Fruit	180	630	-0.6944652922724098	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Annona squamosa	Fruit	210	785	-0.6226912868068107	--
Anthriscus cerefolium	Leaf	1300	1400	-1.0525025186236425	--
Apium graveolens	Leaf	99	2650	-0.5698349070295108	USDA's Ag Handbook 8 and sequelae)
Apium graveolens	Root	140	1635	-0.4930193973019779	ACTA AGRIC SCAND SUPPL 22: 1980
Apium graveolens	Seed	155	4903	0.7731568198649487	--
Apium graveolens	Fruit	153	730	-0.648159482294604	--
Arachis hypogaea	Plant	3500	8700	1.4384603162165248	--
Arachis hypogaea	Seed	1700	2110	-0.33033916726664575	--
Arctium lappa	Root	1262	5370	1.4943915864476263	--
Arctostaphylos uva-ursi	Leaf	140	1210	-1.1258679955859505	--
Areca catechu	Seed	500	500	-0.9664396109765873	--
Arisaema consanguineum	Rhizome	100	100	-1.5903209144761745	--
Aristolochia debilis	Fruit	1880	1880	-0.11564266754983635	--
Armoracia rusticana	Root	1624	9020	3.436573672307347	--
Artemisia capillaris	Plant	1000	1000	-0.9518817322004346	--
Artemisia dracunculus	Plant	3470	3470	-0.1851096725134359	--
Artemisia herba-alba	Plant	2060	2060	-0.6228216580027752	--
Artemisia vulgaris	Shoot	2700	2700	-0.6633451957513414	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Artocarpus altilis	Fruit	220	975	-0.5347102478489796	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Artocarpus heterophyllus	Fruit	370	1380	-0.34717171743886577	--
Asiasarum heterotropoides	Root	2520	2600	0.020461619918468715	--
Asiasarum sieboldii	Root	2520	2600	0.020461619918468715	--
Asimina triloba	Fruit	1090	5128	1.3883700405292987	--
Aspalathus linearis	Shoot	--	3300	-0.5803607740011649	--
Aspalathus linearis	Plant	--	140	-1.2188549999457055	--
Aspalathus linearis	Leaf	--	--		--
Asparagus lucidus	Root	430	430	-1.1342055379762144	--
Asparagus officinalis	Shoot	120	7000	-0.06862350654174332	--
Asparagus officinalis	Root	240	2400	-0.08595931629302281	--
Astragalus membranaceus	Root	800	5000	1.297512854456367	--
Atractylodes lancea	Rhizome	790	790	-0.879461136085678	--
Atractylodes ovata	Rhizome	760	960	-0.7043217703952659	--
Avena sativa	Plant	2640	12000	2.4628926226809362	--
Avena sativa	Seed	300	2900	-0.018215347061146407	Jim Duke's personal files.*
Averrhoa carambola	Fruit	80	1200	-0.43052217539891635	--
Azadirachta indica	Fruit	4000	4000	0.8660405039796483	--
Azadirachta indica	Leaf	7100	7100	1.148461790245598	--
Barosma betulina	Leaf	2210	2210	-0.7397339063106452	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Belamcanda chinensis	Rhizome	970	970	-0.6940194547664181	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	190	4870	1.2689010507865595	--
Berberis vulgaris	Root	1430	1430	-0.6021008569187567	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Berberis vulgaris	Bark	--	1430	-0.21822262602145115	--
Bertholletia excelsa	Seed	1600	3370	0.1674785712889608	--
Beta vulgaris	Root	130	4200	0.8718291096104009	--
Blechnum orientale	Rhizome	2580	2580	0.9646533614780737	--
Bletilla striata	Tuber	1890	1890	0.25600269827510397	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.
Borago officinalis	Leaf	520	7436	1.2782028442421007	USDA's Ag Handbook 8 and sequelae)
Brassica chinensis	Leaf	106	5844	0.6634773741158146	--
Brassica juncea	Leaf	353	3837	-0.11149374305972344	--
Brassica napus var. napobrassica	Root	110	2610	0.025782666729043294	--
Brassica nigra	Leaf	132	2471	-0.6389529090097905	USDA's Ag Handbook 8 and sequelae)
Brassica oleracea	Stem	190	2110	-1.1184243746609566	--
Brassica oleracea var. botrytis l.	Leaf	214	3072	-0.406886321355332	--
Brassica oleracea var. botrytis l.	Flower	115	2250	-0.4063280335551449	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Brassica oleracea var. capitata l.	Leaf	100	2228	-0.7327834927036897	--
Brassica oleracea var. gemmifera	Leaf	230	1642	-0.9590580690190186	USDA's Ag Handbook 8 and sequelae)
Brassica oleracea var. italica	Leaf	214	3072	-0.406886321355332	USDA's Ag Handbook 8 and sequelae)
Brassica oleracea var. sabellica l.	Leaf	340	2190	-0.7474565880961512	--
Brassica oleracea var. viridis l.	Leaf	170	2786	-0.5173206708880693	--
Brassica pekinensis	Leaf	2850	3150	-0.37676786239185817	--
Brassica rapa	Root	110	2000	-0.29880118871600586	--
Brassica rapa	Leaf	106	5844	0.6634773741158146	USDA's Ag Handbook 8 and sequelae)
Broussonetia papyrifera	Fruit	4030	4030	0.8799322469729901	--
Bupleurum chinense	Root	550	5000	1.297512854456367	--
Camellia sinensis	Leaf	2200	2200	-0.7435952472033982	--
Canavalia ensiformis	Seed	2190	2190	-0.2987316918027977	--
Capsicum annuum	Fruit	604	2340	0.0973640583480707	--
Capsicum frutescens	Fruit	230	2203	0.033925098678476644	USDA's Ag Handbook 8 and sequelae)
Carica papaya	Fruit	110	815	-0.608799543813469	--
Carthamus tinctorius	Flower	260	1860	-0.6881879935904329	--
Carum carvi	Fruit	2580	2863	0.3395434445319955	--
Carum carvi	Seed	2070	2863	0.0015393251037586135	--
Carya glabra	Shoot	144	24200	2.3102632502966487	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Carya illinoensis	Seed	980	980	-0.776794758193499	--
Carya ovata	Seed	900	900	-0.8084022336573471	--
Carya ovata	Shoot	125	21600	1.9506640893792175	--
Cassia tora	Seed	3180	3180	0.09241081706232171	--
Castanea dentata	Seed	790	1406	-0.6084849513485082	--
Castanea mollisima	Seed	820	1531	-0.5590982709362456	--
Castanea sativa	Seed	320	704	-0.8858405485437747	--
Catalpa ovata	Fruit	1960	1960	-0.07859801956759165	--
Caulophyllum thalictroides	Root	143	1300	-0.6712744654562262	--
Celosia cristata	Flower	6080	6080	2.361681317560633	--
Centella asiatica	Leaf	342	3200	-0.3574611579280929	--
Chaenomeles lagenaria	Fruit	990	990	-0.5277643763523087	--
Chamaemelum nobile	Flower	2920	2920	0.0778929234285551	--
Chamissoa altissima	Leaf	70	715	-1.3170043697772267	Tramil
Chenopodium album	Seed	2920	2920	-0.010313478195184399	--
Chondrus crispus	Plant	19600	19600	4.822191267871701	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Chrysanthemum coronarium	Bud	170	2285	1	--
Chrysanthemum parthenium	Plant	--	2400	-0.5172740870337147	--
Chrysanthemum parthenium	Leaf	432	2400	-0.6663684293483372	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Cicer arietinum	Seed	1110	1348	-0.6314003710597981	USDA's Ag Handbook 8 and sequelae)
Cichorium endivia	Leaf	95	2400	-0.6663684293483372	--
Cichorium intybus	Leaf	130	2652	-0.5690626388509602	USDA's Ag Handbook 8 and sequelae)
Cichorium intybus	Root	220	1100	-0.7776954016677178	--
Cimicifuga dahurica	Rhizome	--	1450	-0.19950830458172472	--
Cimicifuga racemosa	Root	365	1740	-0.4371484057909448	--
Cinnamomum aromaticum	Bark	770	1680	-0.04773619944219244	--
Cistanche salsa	Plant	810	810	-1.0108641983302038	--
Citrullus lanatus	Fruit	1081	1500	-0.2916047454654987	Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
Citrus aurantium	Fruit	800	1730	-0.18510138251654518	Suziki, A., Morimoto, I., and Okitzu, T., Elution of Metals from Crude Drugs, Shoykugaku Zasshi 36(3):190-195.
Citrus medica	Fruit	950	950	-0.5462867003434311	--
Citrus paradisi	Fruit	15	1360	0.5418998341350072	--
Citrus reticulata	Fruit	111	1416	-0.33050162584685566	USDA's Ag Handbook 8 and sequelae)
Citrus sinensis	Fruit	98	1075	-0.4884044378711737	--
Cnicus benedictus	Plant	235	1770	-0.7128475273587387	--
Cnidium officinale	Rhizome	850	850	-0.8176472423125913	--
Cocos nucifera	Seed	300	770	-0.8597643812861001	Furr, A.K., et al. 1979

Plant	Part	Low PPM	High PPM	StdDev	Reference
Coix lacryma-jobi	Seed	--	1490	-0.5752971021114678	Suziki, A., Morimoto, I., and Okitzu, T., Elution of Metals from Crude Drugs, Shoykugaku Zasshi 36(3):190-195.
Colocasia esculenta	Leaf	200	3140	-0.38062920328461125	--
Colocasia esculenta	Root	200	1350	-0.6446692314033533	--
Commiphora wightii	Inflorescence	--	--		Jim Duke's personal files.
Coptis chinensis	Rhizome	2240	2420	0.7998163114165093	--
Coptis japonica	Rhizome	2240	2420	0.7998163114165093	--
Coptis spp	Rhizome	2240	2420	0.7998163114165093	--
Corchorus olitorius	Leaf	640	5200	0.4148070206225177	--
Coriandrum sativum	Fruit	2939	4016	0.8734494335760973	USDA's Ag Handbook 8 and sequelae)
Coriandrum sativum	Leaf	6940	7488	1.2982818168844166	USDA's Ag Handbook 8 and sequelae)
Cornus officinalis	Fruit	830	830	-0.6018536723167981	--
Corylus avellana	Seed	1500	3156	0.0829285744231673	--
Crataegus cuneata	Fruit	760	760	-0.6342677393012622	--
Crataegus laevigata	Fruit	262	940	-0.5509172813412117	--
Crataegus rhipidophylla	Fruit	--	940	-0.5509172813412117	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Cucumis melo	Fruit	92	3300	0.5418998341350072	--
Cucumis sativus	Fruit	101	7000	2.255214803313825	--
Cucurbita maxima	Leaf	388	2752	-0.5304492299234297	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Cucurbita pepo	Flower	240	4950	1.5450101513045418	USDA's Ag Handbook 8 and sequelae)
Cucurbita pepo	Fruit	120	1429	-0.32448187054974087	USDA's Ag Handbook 8 and sequelae)
Cucurbita pepo	Seed	5140	5748	2.194307935408216	--
Cucurbita spp	Fruit	230	3640	0.6993395880595471	--
Curcuma longa	Plant	3038	9800	1.779937751704662	--
Cymbopogon citratus	Plant	3310	3310	-0.23477911767534673	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Cynanchum atratum	Root	2210	2210	-0.18705920569393975	--
Cynara cardunculus	Flower	555	4275	1.05717560508962	USDA's Ag Handbook 8 and sequelae)
Cyperus rotundus	Rhizome	1500	1500	-0.14799672643748585	--
Cypripedium pubescens	Root	1090	1090	-0.7830164484782923	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Cyrtosperma chamissonis	Root	180	1215	-0.7165033633461101	--
Daucus carota	Root	100	1980	-0.309443282337155	--
Dendrobium nobile	Stem	520	520	-1.7886359660092936	--
Dioscorea alata	Root	66	827	-0.9229599795964036	--
Dioscorea bulbifera	Rhizome	370	370	-1.3121583924972846	--
Dioscorea pentaphylla	Root	94	792	-0.9415836434334147	--
Dioscorea sp.	Root	1630	1630	-0.4956799207072652	--
Dioscorea villosa	Root	391	1630	-0.4956799207072652	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Diospyros virginiana	Leaf	1500	5000	0.3375802027674566	--
Diospyros virginiana	Stem	660	5400	0.26836564768874727	--
Drynaria fortunei	Rhizome	4140	4140	2.5718145995783264	--
Echinacea purpurea	Root	467	1860	-0.3732958440640499	--
Echinacea spp	Root	1170	1860	-0.3732958440640499	--
Elaeagnus umbellatus	Fruit	170	1010	-0.5185032143567475	--
Eleutherococcus senticosus	Root	1050	5000	1.297512854456367	--
Elytrigia repens	Plant	7570	7570	1.0876698597605294	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Ephedra sinica	Plant	443	2110	-0.607299956389678	--
Ephedra spp	Plant	4780	4780	0.22155890974970915	--
Equisetum arvense	Plant	935	4370	0.09428095652231261	--
Equisetum hyemale	Plant	1010	1010	-0.9487773918778152	--
Eriobotrya japonica	Leaf	2480	2480	-0.6354777022063127	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.
Eriocaulon sp	Leaf	670	670	-1.3343804037946154	--
Eriodictyon californicum	Leaf	2156	9800	2.1910238312889225	--
Erythroxylum coca	Leaf	2130	5700	0.6078740652601706	--
Erythroxylum novogranatense	Leaf	3800	6900	1.071234972390537	--
Erythroxylum novogranatense	Leaf	5200	6700	0.994008154535476	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Eucommia ulmoides	Bark	2080	2080	0.2250420830846215	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.
Euodia rutaecarpa	Fruit	4950	4950	1.3059456987688043	--
Eupatorium odoratum	Leaf	3200	3200	-0.3574611579280929	Tramil
Eupatorium perfoliatum	Plant	540	6000	0.6002884291092794	--
Euphrasia officinalis	Plant	641	4160	0.029089809747304622	--
Feijoa sellowiana	Fruit	80	500	-0.7546628452435575	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Ficus carica	Fruit	158	872	-0.5824052321261196	USDA's Ag Handbook 8 and sequelae)
Firmiana simplex	Seed	4480	4480	0.6060322933498522	--
Foeniculum vulgare	Fruit	1730	5012	1.334655300955044	--
Foeniculum vulgare	Seed	394	3650	0.2781047354124289	--
Forsythia suspensa	Fruit	1160	1160	-0.4490444993900387	--
Fragaria spp	Fruit	98	1545	-0.27076713097548605	--
Frangula purshiana	Bark	440	1590	-0.10911131301072557	--
Fraxinus rhynchophylla	Bark	2070	2070	0.21822262602145115	--
Fritillaria thunbergii	Bulb	370	370	-1.4139200454245453	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	1023	8670	1.4291472952486666	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Gardenia jasminoides	Fruit	1880	2170	0.0186441813858007	--
Gastrodia elata	Rhizome	590	590	-1.0855074486626335	--
Genipa americana	Fruit	250	2900	0.3566765942237836	--
Genipa americana	Seed	1500	1500	-0.5713461676784868	--
Gentiana lutea	Root	603	2740	0.09495627526651279	--
Gentiana scabra	Root	1150	1150	-0.7510901676148448	--
Geranium thunbergii	Plant	1660	1660	-0.7469952709075524	--
Ginkgo biloba	Seed	270	602	-0.9249547994302867	USDA's Ag Handbook 8 and sequelae)
Ginkgo biloba	Leaf	240	1000	-1.2069561543337646	--
Glehnia littoralis	Root	1650	1650	-0.48503782708611604	--
Glycine max	Seed	430	3160	0.0845089481963597	--
Glycyrrhiza glabra	Root	1515	9650	3.771799621373545	--
Glycyrrhiza uralensis	Root	3690	5070	1.3347601821303892	--
Gymnema sylvestre	Leaf	201	1060	-1.1837881089772462	--
Harpagophytum procumbens	Root	1034	5440	1.5316389141216484	--
Helianthus annuus	Seed	3540	5176	0.8810173298853301	--
Helianthus tuberosus	Tuber	600	1800	0.18285907019650285	Bonness, M. S., Promising new drugs from plants: poisons that heal, Herbarist, #56, 1990, 59-68
Hibiscus sabdariffa	Flower	44	400	-1.7433560491071525	--
Hordeum vulgare	Seed	100	2300	-0.25527141304000667	Jim Duke's personal files.*

Plant	Part	Low PPM	High PPM	StdDev	Reference
Hordeum vulgare	Sprout Seedling	1670	1670	-0.5837462312888009	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	2250	2250	-1.0594120332843735	--
Houttuynia cordata	Plant	3430	3430	-0.19752703380391362	Suziki, A., Morimoto, I., and Okitzu, T., Elution of Metals from Crude Drugs, Shoykugaku Zasshi 36(3):190-195.
Humulus lupulus	Fruit	2380	2380	0.11588638233919304	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Humulus lupulus	Flower	443	2380	-0.3123747135433822	--
Hydrangea arborescens	Root	567	1620	-0.5010009675178397	--
Hydrastis canadensis	Root	814	2940	0.2013772114780043	--
Hyoscyamus niger	Seed	5250	5250	0.9102542446893895	--
Inula helenium	Root	1650	7500	2.627774557100011	--
Ipomoea aquatica	Leaf	510	3810	-0.1219193634701567	--
Ipomoea batatas	Leaf	620	620	-1.3536871082583806	--
Ipomoea batatas	Root	95	710	-0.9852162272801263	--
Isatis tinctoria	Root	4410	4410	0.983571092632467	--
Juglans cinerea	Seed	2212	2676	-0.1067162783599209	--
Juglans nigra	Fruit	--	440	-0.782446331230241	--
Juglans nigra	Seed	1795	2155	-0.3125599623182312	--
Juglans nigra	Pericarp	53	440		--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Juglans regia	Seed	1310	1945	-0.3955295854108323	--
Juncus effusus	Pith	920	920	-1	--
Juniperus communis	Fruit	9	30	-0.9723001521392451	--
Juniperus virginiana	Shoot	266	8800	0.1803297587087861	--
Jussiaea repens	Plant	3590	3590	-0.14785758864200277	--
Lablab purpureus	Seed	400	5505	1.0110030727304051	--
Lactuca sativa	Leaf	110	8700	1.7662763330860864	--
Lagenaria siceraria	Fruit	110	2465	0.15524632082032805	--
Lantana camara	Fruit	1460	1460	-0.31012706945662105	--
Larrea tridentata	Plant	566	1720	-0.7283692289718358	--
Lens culinaris	Seed	765	1280	-0.6582667252040689	--
Lens culinaris	Sprout Seedling	345	1323	-1.3001386000145796	USDA's Ag Handbook 8 and sequelae)
Ligustrum japonicum	Fruit	1020	1020	-0.5138726333589669	--
Ligustrum lucidum	Fruit	1020	1020	-0.5138726333589669	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.
Linum usitatissimum	Hay	3100	3100	-1	--
Linum usitatissimum	Seed	3715	7002	1.6024579573476614	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Liquidambar styraciflua	Leaf	280	5740	0.6233194288311829	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Liquidambar styraciflua	Stem	200	8400	1.5329158200441007	--
Lobelia inflata	Leaf	183	1620	-0.9675530189830753	--
Lonicera japonica	Flower	2990	2990	0.1284831726656581	--
Lophatherum gracile	Plant	2490	2490	-0.48933502413013985	--
Luffa aegyptiaca	Fruit	140	2800	0.31037078424597775	--
Lupinus albus	Seed	1980	2200	-0.2947807573698167	--
Lycium chinense	Fruit	1060	1060	-0.4953503093678446	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.
Lycium chinense	Root Bark	2610	2610	0.772104082928153	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	70	6000	1.792156703535766	--
Lycopersicon esculentum	Leaf	4300	4300	0.06728634027474291	--
Lycopodium clavatum	Plant	2340	2340	-0.5359001289694313	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	2270	2270		--
Macadamia spp	Seed	1160	1190	-0.6938251351008979	USDA's Ag Handbook 8 and sequelae)
Magnolia denudata	Flower	2120	2120	-0.5002813535669076	--
Magnolia fargesii	Flower	2120	2120	-0.5002813535669076	--
Magnolia kobus	Flower	2120	2120	-0.5002813535669076	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Magnolia officinalis	Bark	690	690	-0.722862448696057	--
Malpighia glabra	Fruit	180	2095	-0.01608517609755371	--
Malus domestica	Fruit	48	478	-0.7648501234386748	--
Mangifera indica	Fruit	84	875	-0.5810160578267854	--
Manihot esculenta	Root	290	2100	-0.2455907206102601	--
Medicago sativa	Plant	432	2300	-0.548317490259909	--
Mentha arvensis var. piperascens	Plant	2830	2830	-0.38378745316107926	Suziki, A., Morimoto, I., and Okitzu, T., Elution of Metals from Crude Drugs, Shoykugaku Zasshi 36(3):190-195.
Mentha pulegium	Plant	5500	5500	0.44507141297830793	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Mentha spicata	Leaf	630	4360	0.09045438563126122	USDA's Ag Handbook 8 and sequelae)
Mentha x piperita	Leaf	985	6610	0.9592560865006985	--
Momordica charantia	Fruit	195	3800	0.7734288840240365	=ICMR(Indian Council of Medical Research).1976.Medicinal Plants of India.Vol.1.Indian Council of Med. Res.Cambridge Printing Works, New Delhi.487 pp;ICMR.1987.Medicinal Plants of India.Vol.2.Indian Council of Med. Res.Cambr. Printing Works,New Delhi.600pp
Morinda sp	Root	1200	1200	-0.724484933561972	--
Moringa oleifera	Fruit	450	3815	0.7803747555207075	USDA's Ag Handbook 8 and sequelae)
Moringa oleifera	Shoot	1470	6890	-0.08383731719594234	USDA's Ag Handbook 8 and sequelae)
Morus alba	Root Bark	2310	2450	0.5507122311924819	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Murraya sp	Fruit	355	1118	-0.46849293958071714	--
Musa x paradisiaca	Fruit	355	1118	-0.46849293958071714	--
Myrica cerifera	Bark	107	490	-0.8592515899594639	--
Myristica fragrans	Aril	1630	1630		CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Myristica fragrans	Seed	1830	2030	-0.36194664273049376	--
Nardostachys chinensis	Rhizome	2590	2590	0.9749556771069214	--
Nasturtium officinale	Herb	210	4200	-0.6852790240602671	USDA's Ag Handbook 8 and sequelae)
Nelumbo nucifera	Rhizome	200	1215	-0.4416127218596474	--
Nelumbo nucifera	Seed	560	2650	-0.1169887078856715	--
Nepeta cataria	Plant	248	2070	-0.6197173176801558	--
Notopterygium incisum	Rhizome	2980	2980	1.3767459866319847	--
Nyssa sylvatica	Leaf	500	9100	1.9207299687962087	--
Nyssa sylvatica	Stem	300	4400	-0.15315107642970374	--
Ocimum basilicum	Leaf	4100	4340	0.08273170384575512	USDA's Ag Handbook 8 and sequelae)
Oenothera biennis	Herb	2700	3900	-0.7287122016415516	--
Oenothera biennis	Seed	4300	5300	0.9300089168542945	--
Ophiopogon japonicus	Tuber	390	410	-0.9468036301285592	--
Opuntia ficus-indica	Bud	1420	1420	-1	Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.

Plant	Part	Low PPM	High PPM	StdDev	Reference
Opuntia ficus-indica	Seed	790	790	-0.8518625124201381	Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.
Origanum majorana	Plant	3300	3900	-0.0516230386408005	USDA's Ag Handbook 8 and sequelae)
Origanum vulgare	Plant	2600	3016	-0.32604672316035793	USDA's Ag Handbook 8 and sequelae)
Oryza sativa	Plant	1100	2200	-0.5793608934861032	--
Pachyrhizus erosus	Tuber	160	1475	-0.08127069786511237	--
Paeonia lactiflora	Root	580	990	-0.836226916584038	--
Paeonia moutan	Root Bark	930	1180	-1.2065855919594075	--
Paeonia suffruticosa	Root Bark	930	1180	-1.2065855919594075	--
Panax ginseng	Root	102	481	-1.107068199242284	--
Panax japonicus	Rhizome	2400	2400	0.7792116801588138	--
Panax quinquefolius	Plant	980	2200	-0.5793608934861032	--
Panicum maximum	Leaf	4500	4500	0.14451315812980398	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Papaver somniferum	Seed	3148	15600	4.99947138282473	--
Parthenium integrifolium	Root	320	2000	-0.29880118871600586	--
Passiflora incarnata	Flower	275	2500	-0.22564857199406282	--
Pastinaca sativa	Root	230	2100	-0.2455907206102601	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Perideridia gairdneri	Root	500	500	-1.0969582103021922	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	Plant	3830	3830	-0.0733534208991365	Suziki, A., Morimoto, I., and Okitzu, T., Elution of Metals from Crude Drugs, Shoykugaku Zasshi 36(3):190-195.
Persea americana	Fruit	370	1740	-0.1804708015187646	--
Petasites japonicus	Pt	140	2545	1	USDA's Ag Handbook 8 and sequelae)
Petroselinum crispum	Plant	250	3160	-0.28134422251463814	--
Phaseolus acutifolius	Seed	1500	1865	-0.42713706087468034	--
Phaseolus coccineus	Seed	1780	1780	-0.46072000355501885	--
Phaseolus lunatus	Seed	580	7000	1.6016677704610653	--
Phaseolus vulgaris	Fruit	210	18000	7.348853900872472	--
Phaseolus vulgaris	Seed	510	3430	0.1911841778868468	--
Phaseolus vulgaris	Sprout Seedling	210	2258	0.6301981860332678	USDA's Ag Handbook 8 and sequelae)
Phellodendron amurense	Bark	650	650	-0.7501402769487383	--
Phoenix dactylifera	Fruit	325	790	-0.6203759963079205	--
Phyllanthus emblica	Fruit	118	584	-0.7157659648622006	--
Physalis ixocarpa	Fruit	230	2150	0.009383019390239524	--
Physalis peruviana	Fruit	310	1810	-0.14805673453430046	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Phytelephas aequatorialis	Flower	440	1505	-0.9447528290071695	KOZIOL & PEDERSEN. 1993. PHYTELEPHAS AEQUATORIALIS(ARECACEAE) IN HUMAN AND ANIMAL NUTRITION. ECON. BOT. 47:401-307.
Phytelephas aequatorialis	Mesocarp	320	1005		KOZIOL & PEDERSEN. 1993. PHYTELEPHAS AEQUATORIALIS(ARECACEAE) IN HUMAN AND ANIMAL NUTRITION. ECON. BOT. 47:401-307.
Pimenta dioica	Fruit	1200	1480	-0.3008659074610599	--
Pimpinella anisum	Fruit	--	1878	-0.11656878374939247	--
Pimpinella anisum	Seed	1878	1878	-0.42200084611180505	--
Pinellia ternata	Tuber	560	710	-0.702991536533222	--
Pinus echinata	Shoot	255	2100	-0.7463296175015178	--
Pinus edulis	Seed	2180	2650	-0.1169887078856715	USDA's Ag Handbook 8 and sequelae)
Piper nigrum	Fruit	1809	2319	0.08763983825273146	USDA's Ag Handbook 8 and sequelae)
Pistacia vera	Seed	949	1644	-0.5144527118435606	--
Pisum sativum	Fruit	218	2591	0.21359164139236345	--
Pisum sativum	Plant	2200	3700	-0.11370984509318906	--
Pisum sativum	Seed	319	1700	-0.4923274790188669	--
Plantago asiatica	Plant	5320	5320	0.38919328717115825	--
Plantago major	Seed	318	1060	-0.745187282729651	--
Plantago psyllium	Seed	111	510	-0.9624886765436063	--
Platycodon grandiflorum	Root	1250	1510	-0.5595324824341601	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Polygala tenuifolia	Root	960	960	-0.8521900570157618	--
Polygonum multiflorum	Rhizome	890	890	-0.7764379797972003	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	2340	2340	-0.11788559715647026	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Portulaca oleracea	Herb	670	18700	1.4139912257018183	--
Prunella vulgaris	Flower	4560	4560	1.2631501912692535	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.
Prunus armeniaca	Fruit	76	615	-0.7014111637690807	USDA's Ag Handbook 8 and sequelae)
Prunus armeniaca	Seed	1750	1750	-0.47257280685396186	Suziki, A., Morimoto, I., and Okitzu, T., Elution of Metals from Crude Drugs, Shoykugaku Zasshi 36(3):190-195.
Prunus cerasus	Fruit	90	648	-0.6861302464764049	--
Prunus domestica	Fruit	68	3400	0.5882056441128131	--
Prunus dulcis	Seed	2297	3126	0.07107577112422428	USDA's Ag Handbook 8 and sequelae)
Prunus persica	Bark	4220	4220	1.6844058946030764	--
Prunus persica	Fruit	68	850	-0.5925925103212369	--
Prunus persica	Seed	3810	3810	0.341319686340125	--
Prunus serotina	Leaf	435	9600	2.1137970134338615	--
Prunus serotina	Stem	28	5400	0.26836564768874727	--
Psidium cattleianum	Fruit	170	880	-0.5787007673278952	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Psidium guajava	Fruit	98	735	-0.6458441917957137	USDA's Ag Handbook 8 and sequelae)
Psophocarpus tetragonolobus	Leaf	80	346	-1.4594878487198142	--
Psophocarpus tetragonolobus	Seed	340	2623	-0.12765623085472022	--
Psoralea esculenta	Root	1400	1400	-0.6180639973504805	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	Shoot	800	850	-0.9192138294810521	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Pueraria pseudohirsuta	Root	1470	3690	0.6004557222710976	--
Pulsatilla chinensis	Root	3190	3190	0.3344033817423687	--
Punica granatum	Fruit	120	120	-0.9306249231592199	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Pyrus communis	Fruit	54	1110	-0.47219740437894164	--
Quercus alba	Bark	37	160	-1.0842936730440853	--
Quercus alba	Stem	100	5320	0.2346443097592712	--
Quercus phellos	Stem	210	2940	-0.7685654936426423	--
Quercus rubra	Seed	500	500	-0.9664396109765873	--
Quercus rubra	Stem	200	8580	1.6087888303854219	--
Quercus stellata	Stem	175	5880	0.47069367526560413	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Quercus velutina	Stem	235	6820	0.8669193959369481	--
Quisqualis indica	Fruit	1040	1040	-0.5046114713634058	--
Raphanus sativus	Root	85	3570	0.5366031605442027	--
Raphanus sativus	Seed	3960	3960	0.40058370283484	--
Rehmannia glutinosa	Root	1190	1190	-0.7298059803725465	--
Rheum palmatum	Rhizome	1980	2560	0.9440487302203782	--
Rheum rhabarbarum	Pt	90	1975	-1	--
Rhizophora mangle	Leaf	8800	8800	1.8048897420136172	--
Rhodymenia palmata	Plant	5930	5930	0.5785580468509434	--
Rhus copallina	Leaf	405	9600	2.1137970134338615	--
Rhus copallina	Stem	375	4270	-0.20794825056510238	--
Rhus glabra	Stem	147	4690	-0.030911226435352948	--
Ribes nigrum	Fruit	220	1720	-0.18973196351432575	--
Ribes rubrum	Fruit	122	935	-0.5532325718401019	--
Ribes uva-crispa	Fruit	86	938	-0.5518433975407677	--
Rosa canina	Fruit	260	1390	-0.3425411364410852	--
Rosa laevigata	Fruit	2830	2830	0.32426252723931953	--
Rosmarinus officinalis	Plant	2142	2483	-0.49150806235597344	USDA's Ag Handbook 8 and sequelae)
Rosmarinus officinalis	Leaf	910	2483	-0.5022614414063324	USDA's Ag Handbook 8 and sequelae)

Plant	Part	Low PPM	High PPM	StdDev	Reference
Rubia cordifolia	Root	1870	1870	-0.36797479725347537	--
Rubus chamaemorus	Fruit	270	1875	-0.11795795804872665	--
Rubus chingii	Fruit	2740	2740	0.28258729825929424	--
Rubus idaeus	Leaf	539	3190	-0.361322498820846	--
Rubus idaeus	Fruit	175	1400	-0.33791055544330456	Revised USDA data received 1993.
Rumex acetosa	Leaf	460	4600	0.1831265670573345	--
Rumex crispus	Root	822	3200	0.33972442855294327	--
Ruscus aculeatus	Root	707	2340	-0.11788559715647026	--
Salix alba	Bark	941	5600	2.6254909693205843	--
Salvia miltiorrhiza	Root	3230	3230	0.355687568984667	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	444	2830	-0.5003307709599559	--
Sambucus nigra	Fruit	265	1635	-0.22909190199546076	--
Santalum acuminatum	Fruit	400	1715	-0.19204725401321607	--
Sassafras albidum	Leaf	990	6800	1.0326215634630065	--
Sassafras albidum	Stem	77	4760	-0.0014050557470613755	--
Schisandra chinensis	Fruit	414	2760	0.2918484602548554	--
Schizonepeta tenuifolia	Plant	3390	3390	-0.20994439509439133	--
Scrophularia buergeriana	Root	2060	2060	-0.2668749078525584	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Scutellaria baicalensis	Root	7170	7220	2.478785246403923	--
Scutellaria lateriflora	Plant	155	1130	-0.911525308006382	--
Secale cereale	Seed	1185	1740	-0.47652374128694286	USDA's Ag Handbook 8 and sequelae)
Sechium edule	Fruit	140	2000	-0.060075695576469294	--
Sechium edule	Leaf	670	3785	-0.13157271570203932	--
Senna alexandrina	Leaf	1577	7770	1.4071716300600525	--
Senna obtusifolia	Seed	2820	3220	0.10821455479424573	--
Senna occidentalis	Seed	2880	2880	-0.026117215927108417	--
Serenoa repens	Fruit	510	3930	0.8336264369951842	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Sesamum indicum	Seed	3052	4082	0.4487851029172083	USDA's Ag Handbook 8 and sequelae)
Siegesbeckia orientalis	Plant	2660	2660	-0.43656123864560953	--
Silybum marianum	Plant	4030	4030	-0.01126661444674794	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Silybum marianum	Leaf	887	4030	-0.03696986382958952	--
Simmondsia chinensis	Seed	1410	1410	-0.6069045775753158	--
Sinapis alba	Seed	2863	3282	0.13271034827872796	--
Sinomenium acutum	Rhizome	360	360	-1.3224607081261324	--
Smilax officinalis	Root	351	1670	-0.4743957334649669	--
Smilax spp	Root	351	1670	-0.4743957334649669	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Solanum melongena	Fruit	85	1563	-0.262432085179481	--
Solanum tuberosum	Tuber	190	4250	2.173991167891756	--
Sophora angustifolia	Root	2140	3720	0.6164188627028213	--
Sophora subprostrata	Root	1880	1880	-0.36265375044290077	--
Sorbus aucubaria	Fruit	190	1190	-0.4351527563966969	--
Spinacia oleracea	Plant	420	11000	2.1524585904189935	--
Spirulina pratensis	Plant	2550	2550	-0.47070898219442325	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Spirulina spp.	Plant	--	2550	-0.47070898219442325	--
Spondias dulcis	Fruit	48	240	-0.8750579511858528	--
Spondias dulcis	Seed	1200	1200	-0.6898742006679169	--
Spondias tuberosa	Fruit	90	90	-0.9445166661525616	--
Stachys officinalis	Plant	185	1100	-0.9208383289742403	--
Stellaria media	Plant	439	5290	0.37988026620329995	--
Stevia rebaudiana	Leaf	3490	3490	-0.24548227203825437	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Stevia rebaudiana	Plant	--	2890	-0.3651614112253627	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	380	8800	1.7015225096914812	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Symphytum officinale	Root	1700	1700	-0.45843259303324313	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Symphytum officinale	Leaf	77	700	-1.3227963811163561	--
Syzygium aromaticum	Flower	2640	3020	0.15016470805298793	--
Syzygium aromaticum	Fruit	2640	3020	0.4122435661971507	--
Syzygium cumini	Fruit	350	2145	0.00706772889134923	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Syzygium jambos	Fruit	40	260	-0.8657967891902916	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Tabebuia heptaphylla	Bark	145	810	-0.6410289639380128	--
Tamarindus indica	Fruit	920	1341	-0.36523098333021004	USDA's Ag Handbook 8 and sequelae)
Tamarindus indica	Leaf	710	710	-1.318935040223603	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Tanacetum parthenium	Plant	--	2400	-0.5172740870337147	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Taraxacum mongolicum	Plant	4050	4050	-0.0050579338015090845	--
Taraxacum officinale	Leaf	360	2500	-0.6277550204208067	--
Taraxacum officinale	Root	225	1570	-0.5276062015707126	--
Tephrosia purpurea	Leaf	10300	10300	2.384090875926575	--
Tetragonia tetragonioides	Leaf	390	6500	0.916781336680415	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Tetrapanax papyrifera	Pith	2120	2120	1	--
Thymus vulgaris	Leaf	733	4360	0.09045438563126122	--
Thymus vulgaris	Plant	1630	2992	-0.3334971399346445	USDA's Ag Handbook 8 and sequelae)
Tragopogon porrifolius	Root	140	1000	-0.8309058697734635	--
Trichosanthes anguina	Fruit	530	9815	3.5587233541890604	--
Trifolium pratense	Flower	628	3490	0.4898420957878223	--
Trifolium pratense	Hay	2400	8100	1	--
Trigonella foenum-graecum	Seed	157	1210	-0.6859232662349359	--
Triticum aestivum	Plant	300	7000	0.9107224613712221	--
Triticum aestivum	Seed	530	3500	0.21884071891771384	--
Turnera diffusa	Leaf	428	2040	-0.8053767014874471	--
Tussilago farfara	Flower	1080	1080	-1.2519079136610092	--
Ulmus rubra	Bark	95	580	-0.7978764763909307	--
Urtica dioica	Leaf	1720	8600	1.727662924158556	--
Urtica dioica	Fruit Juice	--	--		Jim Duke's personal files.
Vaccinium corymbosum	Fruit	48	332	-0.8324566060062714	--
Vaccinium macrocarpon	Fruit	240	2000	-0.060075695576469294	--
Vaccinium myrtillus	Fruit	312	3900	0.8197346940018424	--
Vaccinium vitis-idaea	Fruit	80	600	-0.7083570352657517	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Valeriana officinalis	Root	375	3180	0.3290823349317941	--
Valerianella locusta	Plant	3773	3798	-0.08328730993151867	--
Valerianella radicata	Plant	2940	3226	-0.26085557638534995	--
Verbascum thapsus	Leaf	1421	3230	-0.34587713524983377	--
Viburnum opulus	Bark	3110	3110	0.9274461605911677	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Vicia faba	Fruit	330	2260	0.06031941036582599	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Vicia faba	Seed	380	2000	-0.37379944602943677	USDA's Ag Handbook 8 and sequelae)
Vigna aconitifolia	Seed	2250	4962	0.7964673330195366	--
Vigna angularis	Seed	1270	1467	-0.5843842513073241	--
Vigna mungo	Seed	1850	2076	-0.3437723443387811	--
Vigna radiata	Seed	1777	2203	-0.2935954770399224	USDA's Ag Handbook 8 and sequelae)
Vigna radiata	Sprout Seedling	176	2560	1.2536866452701125	USDA's Ag Handbook 8 and sequelae)
Vigna unguiculata	Fruit	374	4160	0.9401297999441377	USDA's Ag Handbook 8 and sequelae)
Vigna unguiculata	Seed	3141	3952	0.3974229552884552	USDA's Ag Handbook 8 and sequelae)
Vigna unguiculata	Shoot	430	4207	-0.4549159897888148	--
Vigna unguiculata	Seed	389	14400	4.52535925086701	--
Vigna unguiculata	Shoot	430	4207	-0.4549159897888148	USDA's Ag Handbook 8 and sequelae)
Viscum album	Leaf	3110	3110	-0.3922132259628704	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Vitis vinifera	Fruit	58	2310	0.08347231535472893	--
Vitis vinifera	Stem	4360	4360	-0.17001174539444178	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Xanthosoma sagittifolium	Leaf	510	3170	-0.36904518060635205	--
Xanthosoma sagittifolium	Root	270	2100	-0.2455907206102601	--
Yucca baccata	Root	106	510	-1.0916371634916178	--
Zea mays	Seed	100	1600	-0.531836823348677	--
Zea mays	Silk Stigma Style	1790	1790		--
Zingiber officinale	Rhizome	430	2690	1.0779788333953992	--
Zingiber officinale	Root	188	2690	0.0683510412136399	--
Zizyphus jujuba	Fruit	620	620	-0.6990958732701904	--