

P Helianthus tuberosus

Common Name(s)

Jerusalem Artichoke

How Used

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Chemical	Plant Part	Low PPM	High PPM	StdDev	Reference Citation
0	2,7(14),9-BISABOLATRIEN-11-OL	Plant	--	--	
3	ALANINE	Tuber	2573	2573	-1.0395005202506498 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.
14	ARGININE	Tuber	11627	11627	1.4137048510099204 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.
112	ASCORBIC-ACID	Tuber	40	306	-0.7242310715177989 CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
0	ASH	Tuber	11000	115500	1.67848958729065

Chemical	Plant Part	Low PPM	High PPM	StdDev	Reference Citation
3	ASPARTIC-ACID	Tuber	16852	16852	-1.326448129350463 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.
53	BETA-CAROTENE	Tuber	--	6	1.414212086777973 CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
14	BETAINE	Tuber	--	--	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
4	BORON	Root	3	3	-0.7782794876120274
28	CALCIUM	Tuber	140	9600	1.686845136728985
0	CARBOHYDRATES	Tuber	165000	847000	0.42719426616769435 CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
1	CATALASE	Tuber	--	--	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
20	CHOLINE	Tuber	--	--	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
12	COPPER	Plant	8	30	1.7700153652936705 Bonness, M. S., Promising new drugs from plants: poisons that heal, Herbarist, #56, 1990, 59-68
0	CYSTINE-(HALF)	Tuber	1715	1715	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.

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0	DILEVAN	Tuber	--	--	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
0	ENT-12-ACETOXY-16-KAUREN-19-OIC-ACID	Plant	--	--	
0	FAT	Tuber	4550	5000	-1.5869188511895223
15	FIBER	Tuber	8000	59000	-0.21703768186054473 CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
7	GLUCOSE	Tuber	--	--	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
8	GLUTAMIC-ACID	Tuber	26493	26493	0.992368582660606 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.
12	GLYCINE	Tuber	2478	2478	-0.9589643883137438 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.
0	HELIANGINE	Plant	--	--	
0	HELIANTHIN	Tuber	--	--	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
0	HEMICELLULOSE	Tuber	7000	7000	Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.

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7	HISTIDINE	Tuber 1906	1906	-0.9223195022041148	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.
0	INULASE	Tuber --	--		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
0	INULENIN	Tuber --	--		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
19	INULIN	Tuber --	--		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
12	IODINE	Tuber 0.012	0.012		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
6	IRON	Tuber 6	168	0.24468218049039905	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
3	ISOLEUCINE	Tuber 3145	3145	-0.796664986919976	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.
0	KILOCALORIES	Tuber 70	3520	-1.790675713976659	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses

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2	LEUCINE	Tuber 4384	4384	-0.7698166425359898	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.
1	LEVULOSE	Tuber --	--		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
4	LYSINE	Tuber 4288	4288	-0.812095239335622	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.
65	MAGNESIUM	Tuber 600	1800	0.18285907019650285	Bonness, M. S., Promising new drugs from plants: poisons that heal, Herbarist, #56, 1990, 59-68
14	MANGANESE	Tuber 3	228	2.2128521901130793	
15	METHIONINE	Tuber 858	858	-0.921338732376355	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.
39	NIACIN	Tuber 1	64	0.5397578926492557	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
0	PHENOLASE	Tuber --	--		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.

Chemical	Plant Part	Low PPM	High PPM	StdDev	Reference Citation
7	PHENYLALANINE	Tuber 2668	2668	-0.8719715399187278	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.
0	PHOSPHATASE	Tuber --	--		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
4	PHOSPHORUS	Tuber 660	5200	1.3911427637816502	Bonness, M. S., Promising new drugs from plants: poisons that heal, Herbarist, #56, 1990, 59-68
0	POLYPHENOLASE	Plant --	--		
14	POTASSIUM	Tuber 3820	39700	1.896677694990649	
0	PROLINE	Tuber 2573	2573	-0.9342964673469841	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.
0	PROTEIN	Tuber 18000	132000	-0.04463634516171526	
15	RIBOFLAVIN	Tuber 0.5	3	-0.4172054143150914	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
1	SERINE	Tuber 2954	2954	-0.9611294548660699	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.
1	SODIUM	Tuber 140	2400	1.7737778163191231	Bonness, M. S., Promising new drugs from plants: poisons that heal, Herbarist, #56, 1990, 59-68

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5	STARCH	Tuber 262600	262600	-0.8559350203790045	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.
0	SUGAR	Tuber 516500	516500		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.
0	SYNANTHRIN	Tuber --	--		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
31	THIAMIN	Tuber 2	10	1.6248118455149858	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
4	THREONINE	Tuber 3431	3431	-0.64514832719124	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.
29	TRYPTOPHAN	Tuber 1811	1811	-0.8230428749556821	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.
8	TYROSINE	Tuber 1715	1715	-0.8793170369065902	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.

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3	VALINE	Tuber 4098	4098	-0.7311563564093865	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.
0	WATER	Tuber 370000	860000	0.7361766154103386	
77	ZINC	Tuber 16	64	1.8672816597577366	Bonness, M. S., Promising new drugs from plants: poisons that heal, Herbarist, #56, 1990, 59-68