

C NIACIN

Chemid

NIACIN

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	10	100	0.525398020316708	USDA's Ag Handbook 8 and sequelae)
Acacia farnesiana	Leaf	85	457	4.37280098796833	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Achillea millefolium	Plant	--	--		--
Actaea racemosa	Root	--	31.5	-0.5430960054757538	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Actinidia chinensis	Fruit	5	30	-0.41038049882634875	--
Aegle marmelos	Fruit	1	26	-0.4638535570630949	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Agathosma betulina	Leaf	--	42	-0.6750885614025129	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Albizia lebeck	Seed	--	52	0.2728180171173407	Wealth of India.

Plant	Part	Low PPM	High PPM	StdDev	Reference
Allium ampeloprasum	Flower	9	53	-0.40857249469813267	--
Allium ampeloprasum	Leaf	5	57	-0.49263472226862703	--
Allium cepa	Bulb	1	75	1	--
Allium cepa	Leaf	7	90	-0.09123627617407809	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Allium sativum var. sativum	Bulb	4	17	-1	--
Allium sativum var. sativum	Flower	4	34	-0.5956297814273982	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Allium sativum var. sativum	Leaf	6	44	-0.6507613828513281	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Allium sativum var. sativum	Shoot	5	22	-1.0720100032147943	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Allium sativum var. sativum	Root	3	7.4	-1.2415693146230473	--
Allium schoenoprasum	Leaf	5	88	-0.11556345472526287	USDA's Ag Handbook 8 and sequelae)
Alocasia macrorrhiza	Root	4.8	16	-0.9923215777489093	--
Aloe spp.	Leaf	0.3	64	-0.4074895973394803	--
Aloe vera	Leaf	--	64	-0.4074895973394803	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Alpinia galanga	Rhizome	10	71	-0.858429840924418	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Althaea officinalis	Root	3.4	31	-0.5575871529684362	--
Amaranthus sp.	Leaf	6	118	0.2493442235425089	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Amaranthus spinosus	Leaf	14	86	-0.13989063327644766	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Amorphophallus campanulatus	Root	7	79	0.8335630063290778	--
Amorphophallus konjac	Root	--	--		--
Anacardium occidentale	Fruit	3	21	-0.5306948798590275	--
Anacardium occidentale	Leaf	14	46	-0.6264342043001434	--
Anacardium occidentale	Seed	18	22	-0.6252053381989392	--
Ananas comosus	Fruit	2	33	-0.3702757051487892	--
Anethum graveolens	Fruit	28	30	-0.41038049882634875	--
Anethum graveolens	Plant	28	30	-0.6546703629814054	Lawrence, B.M., Essential Oils 1976-1977, Essential Oils 1978, Essential Oils 1979-1980.
Anethum graveolens	Seed	28	30	-0.3857324434479313	Lawrence, B.M., Essential Oils 1976-1977, Essential Oils 1978, Essential Oils 1979-1980.
Angelica sinensis	Root	15	68	0.5147577614900641	--
Annona cherimola	Fruit	9	50	-0.14301520764261824	--
Annona diversifolia	Fruit	21	75	0.19119140633704487	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Annona glabra	Fruit	6	45	-0.20985653043855088	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Annona muricata	Fruit	9	77	0.21792793545541794	--
Annona reticulata	Fruit	5	38	-0.3034343823528566	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Annona squamosa	Fruit	8	36	-0.3301709114712296	--
Apium graveolens	Pt	3	57	0.7071067811865468	--
Apium graveolens	Fruit	3	12	-0.6510092608917062	--
Apium graveolens	Seed	2.5	12	-0.9245464566376991	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Arachis hypogaea	Leaf	16	74	-0.28585370458355636	--
Arachis hypogaea	Seed	141	182	4.16425255682122	--
Aralia cordata	Leaf	8	170	0.8818508658733134	--
Arctium lappa	Root	3	13	-1.079268462705004	--
Arctostaphylos uva-ursi	Leaf	1.4	12	-1.0399962396702847	--
Areca catechu	Seed	6	6.8	-1.0802038382258543	--
Armoracia rusticana	Root	16	90	1.1523682511680913	--
Arracacia xanthorrhiza	Root	36	125	2.1667485756558618	--
Artemisia dracunculus	Plant	90	90	0.18616654712916966	USDA's Ag Handbook 8 and sequelae)
Artemisia vulgaris	Leaf	30	235	1.6724841687868186	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Artocarpus altilis	Fruit	9	30	-0.41038049882634875	--
Artocarpus heterophyllus	Fruit	4	15	-0.6109044672141466	--
Asparagus officinalis	Shoot	11	366	3.2237146691656355	--
Asparagus officinalis	Root	18	181	3.7897570948362946	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Astragalus membranaceus	Root	--	--		--
Avena sativa	Plant	17	75	-0.024042680398474098	--
Avena sativa	Seed	6	44	0.03334512236633281	Jim Duke's personal files.*
Averrhoa bilimbi	Fruit	2	52	-0.1162786785242452	--
Averrhoa carambola	Fruit	3	53	-0.10291041396505868	USDA's Ag Handbook 8 and sequelae)
Bactris gasipaes	Fruit	6	40	-0.27669785323448354	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Barosma betulina	Leaf	--	--		--
Basella alba	Leaf	5	70	-0.33450806168592595	--
Benincasa hispida	Fruit	2	102	0.5521345494350811	--
Berberis vulgaris	Root	--	81	0.8915275962998075	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Berberis vulgaris	Bark	--	81	0.2578378448300648	--
Bertholletia excelsa	Seed	2	17	-0.7748758974183192	--
Beta vulgaris	Leaf	4	68	-0.3588352402371107	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Beta vulgaris	Root	2	32	-0.5286048579830713	--
Bixa orellana	Fruit	3	19	-0.5574314089774005	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Blighia sapida	Aril	14	88		--

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Blighia sapida</i>	Seed	16	84	1.2307095961213725	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Boehmeria nivea</i>	Leaf	7	54	-0.5291254900954042	--
<i>Boehmeria nivea</i>	Shoot	67	67	-0.5100692757231685	--
<i>Borago officinalis</i>	Leaf	9	129	0.3831437055740252	USDA's Ag Handbook 8 and sequelae)
<i>Brassica chinensis</i>	Leaf	5	107	0.11554474151099259	--
<i>Brassica napus</i> var. <i>napobrassica</i>	Root	7	68	0.5147577614900641	USDA's Ag Handbook 8 and sequelae)
<i>Brassica nigra</i>	Leaf	3.03	47.87	-0.6036882923547856	USDA's Ag Handbook 8 and sequelae)
<i>Brassica oleracea</i>	Stem	4	44		--
<i>Brassica oleracea</i> var. <i>botrytis</i> l.	Leaf	--	--		--
<i>Brassica oleracea</i> var. <i>botrytis</i> l.	Flower	5	85	-0.09352864336463278	--
<i>Brassica oleracea</i> var. <i>capitata</i> l.	Leaf	3	40	-0.6994157399536978	--
<i>Brassica oleracea</i> var. <i>gemmifera</i>	Leaf	6	64	-0.4074895973394803	USDA's Ag Handbook 8 and sequelae)
<i>Brassica oleracea</i> var. <i>italica</i>	Leaf	6.4	83	-0.17638140110322484	--
<i>Brassica oleracea</i> var. <i>sabellica</i> l.	Leaf	10	65	-0.3953260080638879	--
<i>Brassica oleracea</i> var. <i>viridis</i> l.	Leaf	3.7	61	-0.4439803651662575	--
<i>Brassica rapa</i>	Root	4	49	-0.03590584323186845	--
<i>Brassica rapa</i>	Leaf	5	107	0.11554474151099259	USDA's Ag Handbook 8 and sequelae)
<i>Bromelia pinguin</i>	Shoot	4	57	-0.6349449929435298	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Brosimum alicastrum	Fruit	8	50	-0.14301520764261824	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Bupleurum chinense	Root	2	19	-0.9053746927928147	--
Byrsonima crassifolia	Fruit	3	23	-0.5039583507406544	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Cajanus cajan	Fruit	18	75	0.19119140633704487	--
Cajanus cajan	Seed	22	77	1.0211708132142405	--
Calathea macrosepala	Flower	7	91	-0.03445792123960155	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Camellia sinensis	Leaf	46	76	-0.2615265260323716	--
Canavalia ensiformis	Fruit	20	93	0.43182016840240234	--
Canavalia ensiformis	Seed	18	35	-0.23606188422855112	--
Canna indica	Root	4	13	-1.079268462705004	--
Cannabis sativa	Seed	21	24	-0.5653371145111872	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Capsella bursa-pastoris	Plant	4	34	-0.5986145689740338	--
Capsicum annuum	Fruit	21	80	0.25803272913297753	--
Capsicum frutescens	Fruit	9	158	1.3007573647495265	--
Carica papaya	Fruit	4	30	-0.41038049882634875	--
Carica papaya	Leaf	21	93	-0.05474550834730091	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses

Plant	Part	Low PPM	High PPM	StdDev	Reference
Carica pentagona	Fruit	10	145	1.1269699254801016	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Carthamus tinctorius	Seed	5	5.3	-1.1251050059916683	--
Carthamus tinctorius	Flower	--	--		--
Carum carvi	Fruit	21	56	-0.0628056202874991	--
Carum carvi	Seed	21	56	0.3925544644928447	USDA's Ag Handbook 8 and sequelae)
Carya illinoensis	Seed	8.9	9.3	-1.0053685586161643	--
Casimiroa edulis	Fruit	5	28	-0.4371170279447218	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Catha edulis	Leaf	148	148	0.6142519018102807	--
Caulophyllum thalictroides	Root	1.3	12	-1.1082507576903688	--
Centella asiatica	Leaf	12	112	0.17636268788895457	--
Chamaemelum nobile	Flower	--	--		--
Chenopodium album	Leaf	12	76	-0.2615265260323716	--
Chenopodium album	Seed	35	35	-0.23606188422855112	--
Chenopodium ambrosioides	Leaf	5	40	-0.6994157399536978	--
Chondrus crispus	Plant	--	83	0.08806890761626925	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Chrysanthemum coronarium	Bud	8	115	0.9999999999999998	--
Chrysanthemum coronarium	Leaf	6	92	-0.06690909762289331	--
Chrysanthemum parthenium	Plant	--	--		--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Chrysanthemum parthenium	Leaf	69	385	3.4970225601256777	--
Chrysophyllum cainito	Fruit	9	58	-0.03606909116912605	--
Cicer arietinum	Seed	15	18	-0.7449417855744431	USDA's Ag Handbook 8 and sequelae)
Cichorium endivia	Leaf	4	64	-0.4074895973394803	--
Cichorium intybus	Leaf	5	102	0.05472679513303063	USDA's Ag Handbook 8 and sequelae)
Cichorium intybus	Root	4	20	-0.8763923978074498	USDA's Ag Handbook 8 and sequelae)
Cimicifuga racemosa	Root	6.6	31.5	-0.5430960054757538	--
Cinnamomum verum	Bark	8	8	-0.8750524278110635	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Citrullus lanatus	Fruit	15	27	-0.45048529250390834	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Citrus aurantiifolia	Fruit	1	29	-0.4237487633855353	--
Citrus aurantium	Fruit	3	24	-0.49059008618146793	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Citrus limon	Fruit	10	19	-0.5574314089774005	--
Citrus paradisi	Fruit	2	44	-0.2232247949977374	--
Citrus reticulata	Fruit	1	35	-0.3435391760304161	Lawrence, B.M., Essential Oils 1976-1977, Essential Oils 1978, Essential Oils 1979-1980.
Citrus sinensis	Fruit	2	31	-0.39701223426716226	--
Cnicus benedictus	Plant	0.4	3.1	-1.0316455776809799	--
Cnidioscolus chayamansa	Leaf	2	85	-0.15205422255204007	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Cocos nucifera	Seed	5	10	-0.9844146803254511	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Coffea arabica	Leaf	52	56	-0.5047983115442195	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Coffea arabica	Seed	13	14	-0.8646782329499472	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Coix lacryma-jobi	Seed	13	48	0.1530815697418368	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Colocasia esculenta	Leaf	8	105	0.0912175629598078	--
Colocasia esculenta	Root	4	40	-0.2967464981001523	--
Corchorus olitorius	Leaf	11	102	0.05472679513303063	--
Coriandrum sativum	Fruit	21	23	-0.5039583507406544	USDA's Ag Handbook 8 and sequelae)
Coriandrum sativum	Leaf	13	136	0.468288830503172	--
Corylus avellana	Seed	10	54	0.33268624080509274	--
Crataegus laevigata	Fruit	--	--		--
Crataegus rhipidophylla	Fruit	--	--		Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Crescentia alata	Seed	9	9	-1.014348792169327	--
Cucumis melo	Fruit	4.6	68	0.0976135544227392	USDA's Ag Handbook 8 and sequelae)
Cucumis sativus	Fruit	3	76	0.2045596708962314	--
Cucurbita pepo	Flower	7	142	0.4676432168231639	USDA's Ag Handbook 8 and sequelae)

Plant	Part	Low PPM	High PPM	StdDev	Reference
Cucurbita pepo	Fruit	6	71	0.1377183481002988	USDA's Ag Handbook 8 and sequelae)
Cucurbita pepo	Seed	14	22	-0.6252053381989392	--
Cucurbita spp	Fruit	5	85	0.3248740519289101	--
Cuminum cyminum	Fruit	46	49	-0.1563834722018048	--
Cuminum cyminum	Seed	46	49	0.18301568158571277	--
Curcuma longa	Rhizome	5	62	-1.1295129485847604	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Curcuma longa	Plant	22	70	-0.09411242290768869	--
Cyclanthera pedata	Fruit	3	75	0.19119140633704487	--
Cydonia oblonga	Fruit	2	22	-0.5173266152998409	--
Cynara cardunculus	Flower	10	82	-0.12306400442714839	--
Cyphomandra betacea	Fruit	10	85	0.3248740519289101	--
Cyrtosperma chamissonis	Root	4	22	-0.81842780783672	--
Daucus carota	Root	--	--		--
Dioscorea alata	Root	0.7	17	-0.9633392827635444	--
Dioscorea pentaphylla	Root	4	29	-0.6155517429391659	--
Dioscorea sp.	Root	--	--		--
Dioscorea villosa	Root	2.4	10	-1.1662153476610986	--
Diospyros digyna	Fruit	2	10	-0.6777457900100793	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.

Plant	Part	Low PPM	High PPM	StdDev	Reference
Durio zibethinus	Fruit	7	37	-0.3168026469120431	J Cell Biochem VOL. 22=1995
Echinacea purpurea	Root	17	68	0.5147577614900641	--
Echinacea spp	Root	--	17	-0.9633392827635444	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Elaeagnus commutata	Fruit	4	30	-0.41038049882634875	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Elaeagnus umbellatus	Fruit	8.3	45	-0.20985653043855088	--
Elaeis guineensis	Fruit	13	19	-0.5574314089774005	--
Eleocharis dulcis	Tuber	10	53	-0.1021163580687781	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Elettaria cardamomum	Seed	11	12	-0.9245464566376991	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Eleutherococcus senticosus	Root	15	72	0.6306869414315236	--
Ephedra sinica	Plant	19	90	0.18616654712916966	--
Equisetum arvense	Plant	9	42	-0.4865029809592904	--
Eriobotrya japonica	Fruit	2	25	-0.4772218216222814	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Eriodictyon californicum	Leaf	15	70	-0.33450806168592595	--
Eryngium floridanum	Shoot	70	70	-0.4726065605570601	--
Erythrina berteroana	Shoot	12	75	-0.41016870194687943	--
Erythrina fusca	Leaf	47	65	-0.3953260080638879	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Erythroxylum coca	Leaf	13	61	-0.4439803651662575	--
Eugenia brasiliensis	Fruit	3.3	20	-0.544063144418214	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Eugenia floribunda	Fruit	2	16	-0.5975362026549601	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Eugenia uniflora	Fruit	0.3	21	-0.5306948798590275	--
Eupatorium perfoliatum	Plant	8	90	0.18616654712916966	--
Euphrasia officinalis	Plant	52	337	3.647611827084371	--
Fagopyrum esculentum	Seed	20	44	0.03334512236633281	--
Ficus carica	Fruit	3	32	-0.3836439697079757	--
Foeniculum vulgare	Fruit	60	66	0.07087702530436615	--
Foeniculum vulgare	Plant	7	65	-0.16418216541690328	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Foeniculum vulgare	Seed	7	66	0.6918955829316046	--
Fragaria spp	Fruit	2.3	27	-0.45048529250390834	USDA's Ag Handbook 8 and sequelae)
Frangula purshiana	Bark	8	29	-0.5491524863663554	--
Fucus vesiculosus	Plant	6	47	-0.4164332384500758	--
Garcinia mangostana	Fruit	6	38	-0.3034343823528566	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Genipa americana	Fruit	5	15	-0.6109044672141466	--
Gentiana lutea	Root	13	61	0.31188169659251	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Ginkgo biloba	Seed	12	134	2.727415188315172	--
Ginkgo biloba	Leaf	84	350	3.071296935479944	--
Gliricidia sepium	Flower	6	43	-0.5070236982398514	--
Gliricidia sepium	Leaf	10	65	-0.3953260080638879	--
Glycine max	Fruit	14	46	-0.19648826587936435	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Glycine max	Seed	13	32	-0.3258642197601791	--
Glycine max	Sprout Seedling	8	58	-0.5121152930992617	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Glycyrrhiza glabra	Root	11	70	0.5727223514607939	--
Gossypium sp	Seed	16	16	-0.8048100092621951	--
Gymnema sylvestre	Leaf	4.2	22	-0.9183603469143609	--
Harpagophytum procumbens	Root	15	79	0.8335630063290778	--
Helianthus annuus	Seed	45	48	0.1530815697418368	--
Helianthus tuberosus	Tuber	1	64	0.5397578926492557	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Hibiscus rosa-sinensis	Flower	6	60	-0.33965665221892954	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Hibiscus sabdariffa	Flower	1.3	12	-0.8122224292191794	--
Hibiscus sabdariffa	Leaf	12	132	0.4196344734008024	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses

Plant	Part	Low PPM	High PPM	StdDev	Reference
Hordeum vulgare	Seed	17	115	2.1586670632815284	Jim Duke's personal files.*
Hordeum vulgare	Stem	--	--		--
Humulus lupulus	Fruit	--	435	5.003766647644194	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Humulus lupulus	Flower	81	435	3.352263480595522	--
Hydrangea arborescens	Root	44	125	2.1667485756558618	--
Hydrastis canadensis	Root	17	62	0.3408639915778749	--
Hylocereus guatemalensis	Fruit	3	25	-0.4772218216222814	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Hylocereus undatus	Fruit	3	19	-0.5574314089774005	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Inga edulis	Seed	12	33	-0.2959301079163031	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Inula helenium	Root	15	70	0.5727223514607939	--
Ipomoea aquatica	Leaf	7	120	0.2736714020936937	--
Ipomoea batatas	Leaf	7	68	-0.3588352402371107	--
Ipomoea batatas	Root	6	26	-0.7024986278952605	--
Juglans nigra	Fruit	--	--		--
Juglans nigra	Seed	7	7	-1.0742170158570792	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Juglans nigra	Pericarp	0.8	7		--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Juglans regia	Seed	6	31	-0.35579833160405505	--
Juniperus communis	Fruit	4	12	-0.6510092608917062	--
Justicia pectoralis	Leaf	25	165	0.8210329194953514	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Lablab purpureus	Fruit	8	45	-0.20985653043855088	--
Lablab purpureus	Seed	5.2	42.87	-0.0004804240172473494	--
Lactuca sativa	Leaf	4	67	-0.37099882951270313	--
Lagenaria siceraria	Fruit	3.2	72	0.1510866126594853	--
Larrea tridentata	Plant	--	0	-1.0750888180366929	--
Lens culinaris	Seed	17	30	-0.3857324434479313	--
Lens culinaris	Sprout Seedling	10	40	-0.6887067734783175	USDA's Ag Handbook 8 and sequelae)
Lepidium meyenii	Root	--	56	0.16697022166568568	Taylor, Leslie. 2005. The Healing Power of Rainforest Herbs. SquareOne Publisher, Garden City Park, NY. 519 pp.
Lepidium sativum	Leaf	10	95	-0.030418329796116125	--
Licania platypus	Fruit	15	43	-0.23659305955692395	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Linum usitatissimum	Seed	14.9	15	-0.8347441211060711	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Lobelia inflata	Leaf	3.7	33	-0.7845608648828445	--
Luffa aegyptiaca	Fruit	4	80	0.25803272913297753	--
Lupinus albus	Seed	22	24	-0.5653371145111872	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Lupinus mutabilis	Fruit	8	28	-0.4371170279447218	--
Lupinus mutabilis	Seed	25	29	-0.4156665552918073	--
Lycium chinense	Leaf	8	77	-0.2493629367567792	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Lycium chinense	Fruit	6	7	-0.7178505836876389	Hansel, R., Keller, K., Rimpler, H., and Schneider, G. eds. 1992. Hager's Handbuch der Pharmazeutischen Praxis, Drogen (A-D), 1209 pp., 1993 (E-O), 970 pp., 1994 (P-Z), 1196 pp. Springer-Verlag, Berlin.
Lycopersicon esculentum	Fruit	6	99	0.5120297557575215	--
Macadamia spp	Seed	13	22	-0.6252053381989392	--
Malpighia glabra	Fruit	4	47	-0.18312000132017783	--
Malus domestica	Fruit	1	7	-0.7178505836876389	--
Malva parviflora	Plant	9	9	-0.9489632815201067	--
Malva sylvestris	Leaf	4	60	-0.4561439544418499	--
Mammea americana	Fruit	2	50	-0.14301520764261824	--
Mangifera indica	Fruit	6.5	63	0.030772231626806576	--
Mangifera indica	Leaf	22	100	0.03039961658184584	--
Manihot esculenta	Leaf	15	75	-0.273690115307964	--
Manihot esculenta	Root	6	44	-0.1808173181586928	--
Manilkara zapota	Fruit	2	10	-0.6777457900100793	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses

Plant	Part	Low PPM	High PPM	StdDev	Reference
Maranta arundinacea	Root	5	16	-0.9923215777489093	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Matricaria recutita	Plant	--	--		Kameoka, H. and Nakai, K. 1987. Components of essential oil from the root of Glycyrrhiza-glabra. Nippon Gogeikagaku Kaishi 61(9): 1119-1122.
Mauritia flexuosa	Fruit	2.9	6.3	-0.7272083688790695	J Cell Biochem VOL. 22=1995
Medicago sativa	Plant	18	97	0.2842641866420701	--
Melicoccus bijugatas	Fruit	1	32	-0.3836439697079757	--
Mentha spicata	Plant	4	24	-0.16418216541690328	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Mentha x piperita	Leaf	17	114	0.20068986644013934	--
Mimulus glabratus	Shoot	9	92	-0.19787998267226514	--
Momordica charantia	Fruit	3	50	-0.14301520764261824	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Momordica charantia	Leaf	15	103	0.06689038440862302	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Morinda citrifolia	Leaf	72	321	2.718552846487764	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Moringa oleifera	Fruit	2	52	-0.1162786785242452	--
Moringa oleifera	Shoot	8	105	-0.03554155028579542	USDA's Ag Handbook 8 and sequelae)
Morus alba	Fruit	7	54	-0.08954214940587216	--
Mucuna pruriens	Seed	17	34	-0.2659959960724271	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Muntingia calabura	Fruit	4	25	-0.4772218216222814	--
Murraya koenigii	Leaf	23	85	-0.15205422255204007	--
Murraya sp	Fruit	6.8	20	-0.544063144418214	--
Musa x paradisiaca	Fruit	5	29	-0.4237487633855353	--
Musa x paradisiaca	Flower	--	6	-0.8712931513442106	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Musa x paradisiaca	Hull Husk	--	50		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Musa x paradisiaca	Pith	--	2		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Myrciaria cauliflora	Fruit	2	18	-0.5707996735365871	--
Myrciaria dubia	Fruit	6	100	0.525398020316708	--
Myrica cerifera	Bark	6	28	-0.5646715311970558	--
Nasturtium officinale	Herb	2	113	1	--
Nelumbo nucifera	Rhizome	21	130	0.9186705315156052	--
Nelumbo nucifera	Seed	4	78	1.0511049250581166	--
Nepeta cataria	Plant	--	--		--
Ocimum basilicum	Leaf	8	69	-0.34667165096151836	--
Opuntia ficus-indica	Bud	4.6	4.6	-0.9999999999999999	Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.
Opuntia ficus-indica	Fruit	3	27	-0.45048529250390834	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Origanum majorana	Plant	41	44	-0.45847508395560455	USDA's Ag Handbook 8 and sequelae)
Origanum vulgare	Plant	62	67	-0.13615426841321743	USDA's Ag Handbook 8 and sequelae)
Oryza sativa	Seed	40	65	0.66196147110877286	--
Oxalis tuberosa	Root	4	25	-0.7314809228806254	--
Pachira macrocarpa	Seed	38	40	-0.08639132500917115	--
Pachyrhizus erosus	Tuber	3	28	-1.5609214733370365	--
Panax ginseng	Root	17	80	0.8625453013144426	--
Panax quinquefolius	Plant	47	60	-0.23425190792611786	--
Papaver somniferum	Seed	9.2	11	-0.9544805684815751	--
Parthenium integrifolium	Root	--	--		--
Passiflora edulis	Fruit	15	60	-0.009332562050753002	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Passiflora foetida	Fruit	14	78	0.23129620001460446	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Passiflora incarnata	Flower	11	95	0.004922560177085936	--
Passiflora ligularis	Fruit	14	100	0.525398020316708	--
Passiflora mollissima	Fruit	25	310	3.3327335777458784	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Passiflora quadrangularis	Fruit	38	680	8.278991464644891	--
Passiflora quadrangularis	Seed	19	88	1.3504460434968764	--
Pastinaca sativa	Root	2	34	-0.47064026801234154	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Peperomia pelucida	Leaf	5	75	-0.273690115307964	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Peperomia pereskiifolia	Leaf	7	45	-0.6385977935757358	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Pereskia aculeata	Fruit	5	312	3.3594701068642516	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Perilla frutescens	Leaf	8	57	-0.49263472226862703	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Perilla frutescens	Seed	5	42	-0.026523101321419173	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Persea americana	Fruit	14	101	0.5387662848758945	--
Persea schiedeana	Fruit	6	30	-0.41038049882634875	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Petasites japonicus	Pt	2	36	-1.4142135623730951	USDA's Ag Handbook 8 and sequelae)
Petroselinum crispum	Plant	7	87	0.1441247016236409	--
Phaseolus acutifolius	Seed	28	31	-0.35579833160405505	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Phaseolus coccineus	Fruit	23	23	-0.5039583507406544	Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.
Phaseolus coccineus	Seed	21	26	-0.5054688908234353	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Phaseolus lunatus	Seed	10	49.5	0.19798273750765077	--
Phaseolus lunatus	Sprout Seedling	8	56	-0.5317365686969346	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Phaseolus vulgaris	Fruit	5	77	0.21792793545541794	--
Phaseolus vulgaris	Leaf	13	98	0.006072438030661054	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Phaseolus vulgaris	Seed	15	38	-0.14625954869692315	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Phaseolus vulgaris	Sprout Seedling	29	312	1.9797867078051916	USDA's Ag Handbook 8 and sequelae)
Phoenix dactylifera	Fruit	10	135	0.9932872798882364	--
Phyllanthus acidus	Fruit	4	58	-0.03606909116912605	--
Phyllanthus emblica	Fruit	2	12	-0.6510092608917062	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Physalis ixocarpa	Fruit	20	253	2.5707424978722466	--
Physalis peruviana	Fruit	3	81	0.271400993692164	--
Phytolacca americana	Shoot	12	143	0.4389861751515776	--
Pimenta dioica	Leaf	1.4	1.8	-1.1640648502813271	--
Pimenta dioica	Fruit	--	3.1	-0.7699868154684664	Lawrence, B.M., Essential Oils 1976-1977, Essential Oils 1978, Essential Oils 1979-1980.
Pinus cembroides	Seed	45	100	1.7096553856233883	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Pinus edulis	Seed	43	46	0.0932133460540848	USDA's Ag Handbook 8 and sequelae)
Pinus pinea	Seed	35	38	-0.14625954869692315	USDA's Ag Handbook 8 and sequelae)
Piper auritum	Leaf	9	100	0.03039961658184584	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Piper betel	Leaf	6	48	-0.6021070257489586	--
Piper nigrum	Fruit	2	14.541	-0.6175885994937399	--
Pistacia vera	Seed	11	15	-0.8347441211060711	--
Pisum sativum	Fruit	6	59	-0.022700826609939526	--
Pisum sativum	Seed	20	105	1.8593259448427684	--
Plantago major	Seed	20	65	0.6619614710877286	--
Plantago psyllium	Seed	--	0	-1.283755798764211	--
Platonia insignis	Fruit	5	18	-0.5707996735365871	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Platycodon grandiflorum	Root	78	103	1.5291380859778347	--
Plectranthus amboinicus	Leaf	2	36	-0.7480700970560673	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Polymnia edulis	Root	14	82	0.9205098912851724	--
Portulaca oleracea	Herb	5	79	-1	--
Pourouma cecropiaefolia	Fruit	3	16.7	-0.5881784174635295	J Cell Biochem VOL. 22=1995
Pouteria caimito	Fruit	34	130	0.9264459570923038	--
Pouteria campechiana	Fruit	4	94	0.4451884329615889	--
Pouteria viridis	Fruit	19	60	-0.009332562050753002	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Prunus armeniaca	Fruit	6	61	0.004035702508433525	USDA's Ag Handbook 8 and sequelae)
Prunus armeniaca	Seed	17	17	-0.7748758974183192	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Prunus cerasus	Fruit	4	32	-0.3836439697079757	--
Prunus domestica	Fruit	5	34	-0.35690744058960266	USDA's Ag Handbook 8 and sequelae)
Prunus dulcis	Seed	26	63	0.6020932473999766	USDA's Ag Handbook 8 and sequelae)
Prunus persica	Fruit	10	82	0.2847692582513506	--
Prunus salicifolia	Fruit	6	49	-0.1563834722018048	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Psidium cattleianum	Fruit	3	38	-0.3034343823528566	--
Psidium guajava	Fruit	0.3	86	0.33824231648809666	--
Psophocarpus tetragonolobus	Seed	9	69	0.7816979184632326	--
Punica granatum	Fruit	3	50	-0.14301520764261824	--
Pyrus communis	Fruit	1	6	-0.7312188482468254	--
Quararibea cordata	Fruit	3	31	-0.39701223426716226	--
Quercus alba	Bark	--	--		--
Raphanus sativus	Fruit	2	59	-0.022700826609939526	--
Raphanus sativus	Leaf	40	348	3.046969756928759	--
Raphanus sativus	Root	3	68	0.5147577614900641	--
Rheum rhabarbarum	Leaf	1	33	-0.7845608648828445	--
Rheum rhabarbarum	Pt	2	57	0.7071067811865468	--
Rhizophora mangle	Leaf	--	--		--
Rhodomenia palmata	Plant	--	--		--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Ribes nigrum	Fruit	3	17	-0.5841679380957736	USDA's Ag Handbook 8 and sequelae)
Ribes rubrum	Fruit	1	6	-0.7312188482468254	--
Ribes uva-crispa	Fruit	3	25	-0.4772218216222814	--
Ricinus communis	Seed	13	13	-0.8946123447938231	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Rollinia mucosa	Fruit	5	22	-0.5173266152998409	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Rosa canina	Fruit	13	68	0.0976135544227392	--
Rosmarinus officinalis	Plant	10	11	-0.9209353845164209	USDA's Ag Handbook 8 and sequelae)
Rosmarinus officinalis	Leaf	9	11	-0.8210516327096217	USDA's Ag Handbook 8 and sequelae)
Rubus idaeus	Leaf	65	382	3.4605317922989003	--
Rubus idaeus	Fruit	9	67	0.08424528986355267	Revised USDA data received 1993.
Rumex acetosa	Leaf	5	50	-0.5777798471977739	--
Rumex crispus	Leaf	4	54	-0.5291254900954042	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Rumex crispus	Root	14	54	0.10900563169495592	--
Ruscus aculeatus	Root	25	81.4	0.9031205142939536	--
Salix alba	Bark	17	99	0.5371806517826718	--
Salvia officinalis	Leaf	10	62	-0.4318167758906651	--
Sambucus canadensis	Fruit	5	25	-0.4772218216222814	USDA's Ag Handbook 8 and sequelae)

Plant	Part	Low PPM	High PPM	StdDev	Reference
Sambucus nigra	Fruit	4	7	-0.7178505836876389	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Satureja hortensis	Plant	45	45	-0.44446113545376165	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Schisandra chinensis	Fruit	--	--		--
Sclerocarya caffra	Fruit	2	24	-0.49059008618146793	--
Sclerocarya caffra	Seed	7	7	-1.0742170158570792	--
Scutellaria lateriflora	Plant	5	35	-0.5846006204721909	--
Secale cereale	Seed	10	111	2.038930615906024	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Sechium edule	Fruit	5	70	0.12435008354111225	--
Sechium edule	Shoot	8	110	0.026896308324385245	--
Senna alexandrina	Leaf	15	73.9	-0.2870700635111155	--
Serenoa repens	Fruit	10	75	0.19119140633704487	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Sesamum indicum	Seed	36	57	0.4224885763367207	--
Sicana odorifera	Fruit	8	64	0.044140496185993104	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Sida rhombifolia	Leaf	21	105	0.0912175629598078	--
Silybum marianum	Plant	--	10	-0.9349493330182638	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.

Plant	Part	Low PPM	High PPM	StdDev	Reference
Silybum marianum	Leaf	2.2	10	-1.0643234182214696	--
Sinapis alba	Seed	79	84	1.2307095961213725	--
Smilax officinalis	Root	--	--		--
Smilax spp	Root	--	--		--
Solanum melongena	Fruit	0.9	98	0.49866149119833497	--
Solanum quitoensis	Fruit	12	180	1.59485918505163	--
Solanum sessiliflorum	Fruit	5	50	-0.14301520764261824	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Solanum torvum	Fruit	26	178	1.568122655933257	--
Solanum tuberosum	Tuber	148	74	1.123279938756559	USDA's Ag Handbook 8 and sequelae)
Sonchus oleraceus	Leaf	8	118	0.2493442235425089	--
Spinacia oleracea	Plant	6.9	89.8	0.18336375742880084	USDA's Ag Handbook 8 and sequelae)
Spirulina pratensis	Plant	--	160	1.1671429422581738	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Spirulina spp.	Plant	--	160	1.1671429422581738	--
Spondias dulcis	Fruit	14	105	0.5922393431126406	--
Spondias mombin	Fruit	5	117	0.752658517822879	--
Spondias pinnata	Fruit	3	31	-0.39701223426716226	--
Spondias purpurea	Fruit	4	42	-0.24996132411611047	--
Stachys officinalis	Plant	--	--		--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Stellaria media	Plant	4	47	-0.4164332384500758	--
Stevia rebaudiana	Leaf	--	--		Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Symphytum officinale	Root	--	67	0.48577546650469927	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Symphytum officinale	Leaf	10	89	-0.10339986544967049	--
Syzygium cumini	Fruit	2	21	-0.5306948798590275	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Syzygium jambos	Fruit	5	34	-0.35690744058960266	--
Syzygium malaccense	Fruit	1	35	-0.3435391760304161	--
Tabebuia heptaphylla	Bark	1	5.7	-0.9107462309216744	--
Tamarindus indica	Flower	60	60	-0.33965665221892954	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Tamarindus indica	Fruit	16	33	-0.3702757051487892	USDA's Ag Handbook 8 and sequelae)
Tamarindus indica	Leaf	66	66	-0.38316241878829554	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Tanacetum parthenium	Plant	--	285	2.918886504988539	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Taraxacum officinale	Root	4.7	33.1	-0.4967243334991701	--
Taraxacum officinale	Leaf	8	71	-0.32234447241033354	--
Terminalia catappa	Seed	6	7	-1.0742170158570792	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses

Plant	Part	Low PPM	High PPM	StdDev	Reference
Tetragonia tetragonioides	Leaf	5	85	-0.15205422255204007	--
Theobroma bicolor	Fruit	32	155	1.260652571071967	--
Theobroma bicolor	Seed	16	17	-0.7748758974183192	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Theobroma cacao	Fruit	19	45	-0.20985653043855088	J Cell Biochem VOL. 22=1995
Theobroma cacao	Seed	17	18	0.21294979342958875	--
Theobroma speciosum	Fruit	12	30	-0.41038049882634875	J Cell Biochem VOL. 22=1995
Thymus vulgaris	Plant	54	54	-0.3183355989371754	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Thymus vulgaris	Leaf	9	54	-0.5291254900954042	--
Tragopogon porrifolius	Root	5	22	-0.81842780783672	--
Trichosanthes anguina	Fruit	3	56	-0.0628056202874991	--
Trifolium pratense	Flower	23	125	0.30027617080224206	--
Trigonella foenum-graecum	Seed	2.1	16	-0.8048100092621951	--
Triticum aestivum	Plant	20	73	-0.05207057740215993	--
Triticum aestivum	Seed	15	117	2.21853528696928	--
Tropaeolum majus	Shoot	10	75	-0.41016870194687943	--
Tropaeolum tuberosum	Root	6	50	-0.006923548246503574	--
Turnera diffusa	Leaf	21	102	0.05472679513303063	--
Ullucus tuberosus	Root	3	39	-0.32572879308551717	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Ulmus rubra	Bark	33	200	2.104604179683411	--
Urtica dioica	Leaf	10	52	-0.553452668646589	--
Vaccinium corymbosum	Fruit	3.4	24	-0.49059008618146793	--
Vaccinium macrocarpon	Fruit	10	80	0.25803272913297753	--
Vaccinium myrtillus	Fruit	5	65	0.057508760745179625	--
Valeriana officinalis	Root	6	52	0.051041041724226174	--
Verbascum thapsus	Leaf	42	95	-0.030418329796116125	--
Vicia faba	Fruit	8	55	-0.07617388484668562	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Vicia faba	Seed	15	75	0.9613025895264885	USDA's Ag Handbook 8 and sequelae)
Vigna aconitifolia	Seed	28	31	-0.35579833160405505	--
Vigna angularis	Seed	21	36	-0.2061277723846751	--
Vigna mungo	Seed	20	26	-0.5054688908234353	--
Vigna radiata	Seed	21	27	-0.47553477897955926	USDA's Ag Handbook 8 and sequelae)
Vigna radiata	Sprout Seedling	6.8	85	-0.2472280725306782	USDA's Ag Handbook 8 and sequelae)
Vigna subterranea	Seed	18	20	-0.6850735618866912	--
Vigna unguiculata	Fruit	1	59	-0.022700826609939526	USDA's Ag Handbook 8 and sequelae)
Vigna unguiculata	Seed	21	24	-0.5653371145111872	USDA's Ag Handbook 8 and sequelae)
Vigna unguiculata	Shoot	11.2	110	0.026896308324385245	--
Vigna unguiculata	Seed	13	48	0.1530815697418368	USDA's Ag Handbook 8 and sequelae)

Plant	Part	Low PPM	High PPM	StdDev	Reference
Vigna unguiculata	Shoot	11.2	110	0.026896308324385245	USDA's Ag Handbook 8 and sequelae)
Vitis vinifera	Fruit	3	15.4	-0.605557161390472	USDA's Ag Handbook 8 and sequelae)
Vitis vinifera	Stem	--	--		Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Xanthosoma sagittifolium	Root	7	20	-0.8763923978074498	--
Yucca baccata	Root	--	0	-1.4560382975147472	--
Zea mays	Cob	4	16		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Zea mays	Seed	16	71	0.8415661421509846	--
Zea mays	Silk Stigma Style	--	25		--
Zingiber officinale	Rhizome	5	135	1.0692722579935732	--
Zingiber officinale	Root	3.6	51	0.0220587467388613	--
Zizyphus jujuba	Fruit	0.7	53	-0.10291041396505868	--
Zizyphus spina-christi	Fruit	41	41	-0.263329588675297	--