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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	1000	-0.08912190953477618	--
Acacia nilotica	Plant	--	--		--
Acacia senegal	Plant	--	--		--
Acanthopanax gracilistylis	Root Bark	463	463	0.15523638032715706	--
Achillea millefolium	Plant	15	82	-0.2995388449907829	--
Achyranthes bidentata	Root	133	198	-0.42058071696274346	--
Aconitum carmichaelii	Tuber	204	204	-0.7638222388188537	--
Acorus calamus	Rhizome	459	459	-0.10043590174501253	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.

Plant	Part	Low PPM	High PPM	StdDev	Reference
Actaea dahurica	Rhizome	--	85	-0.531277760632496	Suziki, A., Morimoto, I., and Okitzu, T., Elution of Metals from Crude Drugs, Shoykugaku Zasshi 36(3):190-195.
Actinidia chinensis	Fruit	50	295	-0.1559762677649149	--
Aframomum melegueta	Fruit	--	9200	0.6884748812271212	Wealth of India.
Agathosma betulina	Leaf	2760	2760	-0.15708991303999795	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Akebia quinata	Stem	18	18	-0.7000776840192686	--
Albizia julibrissin	Bark	211	211	-0.2401427107225107	--
Alisma plantago-aquatica	Rhizome	151	322	-0.25825765219310143	--
Allium ampeloprasum	Leaf	50	472	-0.563454454383069	--
Allium cepa	Bulb	8	2052	1.4085638338778703	--
Allium sativum var. sativum	Bulb	158	559	-0.5949158142450202	--
Allium sativum var. sativum	Leaf	40	294	-0.5950684790155282	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Allium sativum var. sativum	Root	104	280	-0.3824002869842817	--
Allium schoenoprasum	Leaf	20	750	-0.5140797417548463	--
Alocasia macrorrhiza	Root	300	1010	-0.04250133717602438	--
Aloe spp.	Leaf	3	510	-0.5567053929446788	--
Aloe vera	Leaf	40	510	-0.5567053929446788	--
Althaea officinalis	Root	148	1370	0.12512006272941759	--
Amaranthus sp.	Leaf	110	2406	-0.2199627485450012	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Amaranthus spinosus	Leaf	60	168	-0.6174469458901903	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Amomum xanthioides	Seed	187	187	-0.4188692193048782	--
Amorphophallus campanulatus	Root	41	233	-0.40428419197193666	--
Amorphophallus konjac	Root	130	130	-0.45224253694488253	--
Anacardium occidentale	Seed	140	257	-0.30774995055826554	--
Ananas comosus	Fruit	10	180	-0.15104516616496144	--
Anemarrhena asphodeloides	Rhizome	52	289	-0.2962731103302323	--
Anethum graveolens	Fruit	158	262	-0.15910562070334694	--
Anethum graveolens	Plant	1097	3308	-0.12095943629882361	USDA's Ag Handbook 8 and sequelae)
Anethum graveolens	Seed	158	262	-0.29981285993350754	USDA's Ag Handbook 8 and sequelae)
Angelica dahurica	Root	143	143	-0.44618954194829713	--
Angelica laxiflora	Root	50	50	-0.48949173692386966	--
Angelica sinensis	Root	--	--		--
Annona cherimola	Fruit	57	285	-0.15692455653413676	--
Annona cherimola	Seed	68	88	-0.5760236136750875	--
Annona muricata	Fruit	65	1035	-0.0858028988424998	--
Annona reticulata	Fruit	25	275	-0.15787284530335857	--
Annona squamosa	Fruit	50	457	-0.14061398970352135	--
Anthriscus cerefolium	Leaf	830	895	-0.48832674416098903	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Apium graveolens	Pt	774	17135	1.413860124765121	--
Apium graveolens	Seed	445	1900	2.6496100162265814	--
Apium graveolens	Fruit	445	2120	0.01708643261806833	--
Arachis hypogaea	Seed	40	260	-0.30298769618341076	--
Aralia cordata	Leaf	20	425	-0.5718019777410779	--
Arctium lappa	Root	357	1520	0.1949623126900184	--
Arctostaphylos uva-ursi	Leaf	7	60	-0.636628488925615	--
Areca catechu	Seed	151	867	0.6605751056622157	--
Arisaema consanguineum	Rhizome	112	112	-0.5001742039748435	--
Aristolochia debilis	Fruit	136	136	-0.17105405919554195	--
Armoracia rusticana	Root	216	1200	0.045965512774069996	--
Artemisia capillaris	Plant	1010	1010	-0.24816820293680328	--
Artemisia dracunculus	Plant	620	620	-0.2697571581103508	--
Artemisia herba-alba	Plant	250	250	-0.2902389873775625	--
Artocarpus altilis	Fruit	11	98	-0.1746575565185849	--
Artocarpus heterophyllus	Fruit	20	150	-0.1697264549186314	--
Asiasarum heterotropoides	Root	226	278	-0.3833315169837564	--
Asiasarum sieboldii	Root	226	278	-0.3833315169837564	--
Aspalathus linearis	Leaf	--	--		--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Asparagus lucidus	Root	139	139	-0.4480520019472465	--
Asparagus officinalis	Shoot	18	685	1.246977776398358	--
Asparagus officinalis	Root	24	239	-0.4014905019735126	--
Astragalus membranaceus	Root	64	400	-0.32652648701580106	--
Atractylodes lancea	Rhizome	197	197	-0.40225559968223357	--
Atractylodes ovata	Rhizome	220	238	-0.35502427290579824	--
Avena sativa	Plant	862	3920	-0.08708138356494911	--
Avena sativa	Seed	100	1600	1.824152591251745	Jim Duke's personal files.*
Averrhoa bilimbi	Fruit	40	533	-0.13340699505743547	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Averrhoa carambola	Fruit	17	351	-0.1506658506572727	--
Barosma betulina	Leaf	2760	2760	-0.15708991303999795	--
Belamcanda chinensis	Rhizome	527	527	-0.022101018310924623	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	50	1500	-0.04170747107368489	--
Berberis vulgaris	Root	350	350	-0.34980723700266797	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Berberis vulgaris	Bark	--	350	-0.04229439782411715	--
Bertholletia excelsa	Seed	7	20	-0.6839680461717969	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Beta vulgaris	Leaf	1300	16571	2.2958387060549112	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Beta vulgaris	Root	590	6705	2.60917608632812	USDA's Ag Handbook 8 and sequelae)
Blechnum orientale	Rhizome	1930	1930	1.594131944307095	--
Bletilla striata	Tuber	45	45	-0.9475555761444178	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	Plant	800	11440	0.3291979572172995	--
Brassica chinensis	Leaf	295	21477	3.167178059127073	--
Brassica napus var. napobrassica	Root	200	1930	0.3858644625823273	USDA's Ag Handbook 8 and sequelae)
Brassica nigra	Leaf	274	4506	0.15301169936603431	USDA's Ag Handbook 8 and sequelae)
Brassica oleracea	Stem	200	2222	2.185328983729152	--
Brassica oleracea var. botrytis l.	Leaf	252	3091	-0.09830203577402047	--
Brassica oleracea var. botrytis l.	Flower	120	2300	0.7325478785988843	--
Brassica oleracea var. capitata l.	Leaf	141	4510	0.15372212688586484	--
Brassica oleracea var. gemmifera	Leaf	221	1990	-0.29384721060737773	USDA's Ag Handbook 8 and sequelae)
Brassica oleracea var. italica	Leaf	252	3091	-0.09830203577402047	USDA's Ag Handbook 8 and sequelae)
Brassica oleracea var. sabellica l.	Leaf	290	3650	0.000980210122297994	--
Brassica oleracea var. viridis l.	Leaf	280	4589	0.16775307040251808	--
Brassica pekinensis	Leaf	1463	1932	-0.3041484096449206	--
Brassica rapa	Root	400	11600	4.888361510042393	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Brassica rapa	Leaf	295	21477	3.167178059127073	USDA's Ag Handbook 8 and sequelae)
Broussonetia papyrifera	Fruit	135	135	-0.17114888807246414	--
Bupleurum chinense	Root	13	120	-0.45689868694225594	--
Cajanus cajan	Seed	156	205	-0.39029569305574924	--
Camellia sinensis	Leaf	300	500	-0.5584814617442552	--
Canavalia ensiformis	Seed	23	394	-0.09027366743989515	--
Capparis spinosa	Leaf	--	850	-0.49631905375908264	Wealth of India.
Capsicum annuum	Fruit	152	590	-0.12800174907287107	--
Capsicum frutescens	Fruit	50	734	-0.11434639079607677	--
Carica papaya	Fruit	60	444	-0.14184676510350971	--
Carica papaya	Leaf	160	711	-0.521006410073194	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Carthamus tinctorius	Flower	325	2320	0.7443077617414459	--
Carum carvi	Fruit	149	212	-0.16384706454945608	--
Carum carvi	Seed	149	212	-0.17599424618728202	--
Carya glabra	Shoot	12	297	-0.5317993458169468	--
Carya illinoensis	Seed	0	31	-0.6665064467973292	--
Carya ovata	Seed	2.8	2.8	-0.7112716379209646	--
Carya ovata	Shoot	5	270	-0.6555802280329606	--
Cassia tora	Seed	59	59	-0.6220587392986842	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Castanea dentata	Seed	30	53	-0.6315832480483937	--
Castanea mollisima	Seed	30	53	-0.6315832480483937	--
Castanea sativa	Seed	30	66	-0.6109468124240228	--
Catalpa ovata	Fruit	24	24	-0.1816748934108264	--
Caulophyllum thalictroides	Root	3.2	29	-0.49926965191835376	--
Celosia cristata	Flower	137	137	-0.5392834832691545	--
Centella asiatica	Leaf	1113	10400	1.1998266498363401	--
Chaenomeles lagenaria	Fruit	80	80	-0.1763644763031842	--
Chamaemelum nobile	Flower	2580	2580	0.8971862425947467	--
Chamissoa altissima	Leaf	28	280	-0.5975549753349351	Tramil
Chenopodium album	Leaf	250	250	-0.6028831817336642	--
Chenopodium ambrosioides	Leaf	10	70	-0.6348524201260386	--
Chondrus crispus	Plant	81200	81200	4.190853118516457	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Chrysanthemum coronarium	Bud	520	6990	1	--
Chrysanthemum coronarium	Leaf	1060	16300	2.247707241586392	--
Chrysanthemum parthenium	Plant	--	48	-0.3014209590315537	--
Chrysanthemum parthenium	Leaf	9	48	-0.6387597714851067	--
Chrysophyllum cainito	Fruit	50	270	-0.15834698968796948	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses

Plant	Part	Low PPM	High PPM	StdDev	Reference
Cicer arietinum	Seed	220	310	-0.22361678993583028	USDA's Ag Handbook 8 and sequelae)
Cichorium endivia	Leaf	179	4560	0.16260247088374666	--
Cichorium intybus	Leaf	70	1428	-0.3936622771435691	USDA's Ag Handbook 8 and sequelae)
Cichorium intybus	Root	500	2500	0.6512650124326103	--
Cimicifuga dahurica	Rhizome	--	85	-0.531277760632496	--
Cimicifuga racemosa	Root	12	58	-0.4857668169259709	--
Cinnamomum aromaticum	Bark	42	287	-0.13196665474928823	--
Cinnamomum verum	Bark	287	287	-0.13196665474928823	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Cistanche salsa	Plant	1970	1970	-0.19502615943268645	--
Citrullus lanatus	Fruit	135	236	-0.1615711715033237	--
Citrus aurantiifolia	Fruit	10	222	-0.16289877578023426	--
Citrus aurantium	Fruit	54	116	-0.1729506367339856	Suziki, A., Morimoto, I., and Okitzu, T., Elution of Metals from Crude Drugs, Shoykugaku Zasshi 36(3):190-195.
Citrus limon	Fruit	470	470	-0.13938121430353298	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Citrus medica	Fruit	113	113	-0.17323512336475216	--
Citrus paradisi	Fruit	0	175	-0.15161413942649452	--
Citrus reticulata	Fruit	8	154	-0.16934713941094268	--
Citrus sinensis	Fruit	0	29	-0.1812007490262155	--
Cnicus benedictus	Plant	162	1220	-0.23654338092027774	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Cnidium officinale	Rhizome	185	185	-0.41607940264119025	--
Cocos nucifera	Seed	145	626	0.2780073375488779	--
Coix lacryma-jobi	Seed	--	4	-0.7093667361710226	Suziki, A., Morimoto, I., and Okitzu, T., Elution of Metals from Crude Drugs, Shoykugaku Zasshi 36(3):190-195.
Colocasia esculenta	Leaf	20	484	-0.5613231718235774	--
Colocasia esculenta	Root	7	480	-0.28927728703681393	--
Coptis chinensis	Rhizome	54	296	-0.2882092252708409	--
Coptis japonica	Rhizome	54	296	-0.2882092252708409	--
Coptis spp	Rhizome	54	296	-0.2882092252708409	--
Corchorus olitorius	Leaf	80	755	-0.513191707355058	--
Coriandrum sativum	Fruit	308	430	-0.14317436938042027	USDA's Ag Handbook 8 and sequelae)
Coriandrum sativum	Leaf	940	7581	0.6991528552357646	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Cornus officinalis	Fruit	138	138	-0.1708644014416976	--
Corylus avellana	Seed	3.3	32	-0.6649190286723775	--
Crataegus cuneata	Fruit	73	73	-0.17702827844163946	--
Crataegus laevigata	Fruit	15	55	-0.17873519822623876	--
Crataegus rhipidophylla	Fruit	--	55	-0.17873519822623876	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Cucumis melo	Fruit	66	1115	-0.07821658868872519	USDA's Ag Handbook 8 and sequelae)
Cucumis sativus	Fruit	16	714	-0.11624296833452041	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Cucurbita pepo	Flower	50	1030	-0.014204700953778359	USDA's Ag Handbook 8 and sequelae)
Cucurbita pepo	Fruit	10	119	-0.17266615010321906	USDA's Ag Handbook 8 and sequelae)
Cucurbita pepo	Seed	180	193	-0.4093447105551685	--
Cucurbita spp	Fruit	20	315	-0.15407969022647128	--
Cuminum cyminum	Fruit	1680	2028	0.008362175941227531	--
Cuminum cyminum	Seed	1680	2028	2.5035675487310334	--
Curcuma longa	Rhizome	30	4290	4.312813192901911	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Curcuma longa	Plant	462	1490	-0.22159718118474486	--
Cydonia oblonga	Fruit	247	247	-0.1605280538571797	--
Cymbopogon citratus	Plant	640	640	-0.268650032204015	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Cynanchum atratum	Root	940	940	-0.0750943871576381	--
Cynara cardunculus	Flower	850	6840	3.402041351960371	--
Cyperus rotundus	Rhizome	254	254	-0.3365925356271893	--
Cypripedium pubescens	Root	--	--		Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Cyrtosperma chamissonis	Root	440	4855	1.7477883368140432	--
Daucus carota	Root	340	9504	3.912432470592931	--
Dendrobium nobile	Stem	156	156	-0.5194124752401025	--
Dioscorea alata	Root	22	335	-0.3567914619987281	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Dioscorea bulbifera	Rhizome	378	378	-0.1937465717179702	--
Dioscorea pentaphylla	Root	120	750	-0.16356123710773246	--
Dioscorea sp.	Root	36	36	-0.49601034692019236	--
Dioscorea villosa	Root	425	1770	0.3113660626243531	--
Diospyros virginiana	Fruit	10	28	-0.1812955779031377	--
Drynaria fortunei	Rhizome	68	68	-0.550861481491018	--
Durio zibethinus	Fruit	10	30	-0.1811059201492933	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Echinacea purpurea	Root	23	90	-0.4708671369343761	--
Echinacea spp	Root	90	90	-0.4708671369343761	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Eleocharis dulcis	Tuber	100	920	0.06355555693651582	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Elettaria cardamomum	Seed	180	196	-0.4045824561803137	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Eleutherococcus senticosus	Root	21	99	-0.46667660193674004	--
Elytrigia repens	Plant	--	--		Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Ephedra sinica	Plant	90	430	-0.28027485422054055	--
Ephedra spp	Plant	96	96	-0.2987638568563479	--
Equisetum arvense	Plant	120	560	-0.27307853582935804	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Equisetum hyemale	Plant	85	85	-0.29937277610483254	--
Eriobotrya japonica	Fruit	40	351	-0.1506658506572727	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Eriobotrya japonica	Leaf	63	63	-0.636095668285742	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	940	940	-0.48033443456289543	--
Eriodictyon californicum	Leaf	84	380	-0.5797942873391715	--
Erythroxylum coca	Leaf	400	435	-0.5700259089415015	--
Eucommia ulmoides	Bark	2820	2820	3.4734274213056127	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	34	34	-0.1807266046416046	--
Eupatorium perfoliatum	Plant	--	--		--
Euphrasia officinalis	Plant	--	--		--
Fagopyrum esculentum	Seed	--	0	-0.7157164086708291	Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.
Feijoa sellowiana	Fruit	50	310	-0.15455383461108219	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Ficus carica	Fruit	10	366	-0.14924341750343995	USDA's Ag Handbook 8 and sequelae)
Firmiana simplex	Seed	78	78	-0.5918977949246036	--
Foeniculum vulgare	Fruit	50	1980	0.0038103898489627655	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Foeniculum vulgare	Seed	77	710	0.41135046004481307	--
Forsythia suspensa	Fruit	105	105	-0.17399375438012962	--
Fragaria spp	Fruit	8	106	-0.17389892550320743	--
Frangula purshiana	Bark	26	93	-0.408100271312514	--
Fraxinus rhynchophylla	Bark	58	58	-0.457918191826498	--
Fritillaria thunbergii	Bulb	396	396	-0.8136480196328508	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	6620	56100	2.801410106065068	--
Garcinia mangostana	Fruit	10	64	-0.1778817383339391	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Gardenia jasminoides	Fruit	731	985	-0.09054434268860892	--
Gastrodia elata	Rhizome	228	228	-0.3665441087049288	--
Genipa americana	Fruit	50	250	-0.16024356722641314	--
Genipa americana	Seed	165	165	-0.4537924180538136	--
Gentiana lutea	Root	9	41	-0.49368227192150566	--
Gentiana scabra	Root	140	140	-0.44758638694750913	--
Geranium thunbergii	Plant	58	58	-0.3008673960783858	--
Ginkgo biloba	Seed	70	160	-0.4617295086785716	--
Ginkgo biloba	Leaf	72	300	-0.5940028377357823	--
Glehnia littoralis	Root	425	425	-0.3148861120223676	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Glycine max	Seed	9	3800	5.316472466145284	--
Glycine max	Sprout Seedling	300	1622	1.611978737919607	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Glycyrrhiza glabra	Root	1284	8180	3.295958210940695	--
Glycyrrhiza uralensis	Root	323	1340	0.11115161273729743	--
Gymnema sylvestre	Leaf	266	1400	-0.3986352697823829	--
Harpagophytum procumbens	Root	136	718	-0.17846091709932732	--
Helianthus annuus	Seed	30	32	-0.6649190286723775	--
Helianthus tuberosus	Tuber	140	2400	1.7737778163191231	Bonness, M. S., Promising new drugs from plants: poisons that heal, Herbarist, #56, 1990, 59-68
Hibiscus sabdariffa	Flower	42	382	-0.3952249147727747	--
Hordeum vulgare	Sprout Seedling	256	256	-1.0708880985082736	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	2240	2240	2.208894010961217	--
Houttuynia cordata	Plant	212	212	-0.2923425265996004	Suziki, A., Morimoto, I., and Okitzu, T., Elution of Metals from Crude Drugs, Shoykugaku Zasshi 36(3):190-195.
Humulus lupulus	Fruit	47	47	-0.17949382924161622	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Humulus lupulus	Flower	9	47	-0.5922029574106819	--
Hydrangea arborescens	Root	--	--		--
Hydrastis canadensis	Root	--	--		--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Hyoscyamus niger	Seed	327	327	-0.19663068181165294	--
Inula helenium	Root	128	580	-0.24271578706308006	--
Ipomoea aquatica	Leaf	440	15000	2.0168182976414655	--
Ipomoea batatas	Leaf	50	400	-0.5762421497400187	--
Ipomoea batatas	Root	10	1229	0.059468347766452816	--
Isatis tinctoria	Root	134	134	-0.4503800769459332	--
Juglans cinerea	Seed	2.7	12	-0.6966673911714097	--
Juglans nigra	Fruit	--	130	-0.17162303245707505	--
Juglans nigra	Seed	3	31	-0.6665064467973292	--
Juglans nigra	Pericarp	16	130		--
Juglans regia	Seed	20	130	-0.5093520524271199	--
Juncus effusus	Pith	291	291	1	--
Juniperus communis	Fruit	--	--		--
Juniperus virginiana	Shoot	3.8	422	0.041260294072004496	--
Jussiaea repens	Plant	438	438	-0.2798320038580062	--
Lablab purpureus	Seed	20	260	-0.30298769618341076	--
Lactuca sativa	Leaf	28	18560	2.649098790290649	--
Lagenaria siceraria	Fruit	20	450	-0.1412777918419766	--
Lantana camara	Leaf	8200	8200	0.8090915139295413	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Larrea tridentata	Plant	135	410	-0.2813819801268763	--
Lens culinaris	Seed	76	360	-0.14424588368824984	--
Lens culinaris	Sprout Seedling	56	545	-0.5032830357501057	USDA's Ag Handbook 8 and sequelae)
Lepidium meyenii	Root	--	190	-0.4243056369606422	Taylor, Leslie. 2005. The Healing Power of Rainforest Herbs. SquareOne Publisher, Garden City Park, NY. 519 pp.
Lepidium sativum	Leaf	140	1320	-0.4128438201789938	--
Ligustrum japonicum	Fruit	54	54	-0.17883002710316093	--
Ligustrum lucidum	Fruit	54	54	-0.17883002710316093	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	Seed	400	1014	0.8939255700301022	--
Liquidambar styraciflua	Plant	30	220	-0.2918996762370661	--
Lobelia inflata	Leaf	17	150	-0.6206438697294278	--
Lonicera japonica	Flower	80	80	-0.5727991502254551	--
Lophatherum gracile	Plant	128	128	-0.29699245540621066	--
Luffa aegyptiaca	Fruit	30	600	-0.12705346030364922	--
Lupinus albus	Seed	150	165	-0.4537924180538136	--
Lycium chinense	Fruit	2140	2140	0.018983010156511982	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.

Plant	Part	Low PPM	High PPM	StdDev	Reference
Lycium chinense	Leaf	1910	18365	2.61446544869891	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Lycium chinense	Root Bark	793	793	1.5861862548512324	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	10	6600	0.4419198012294464	--
Lycopodium clavatum	Plant	155	155	-0.29549783543265734	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	104	104		--
Macadamia spp	Seed	50	50	-0.6363455024232486	USDA's Ag Handbook 8 and sequelae)
Magnolia denudata	Flower	71	71	-0.5780910976396079	--
Magnolia fargesii	Flower	71	71	-0.5780910976396079	--
Magnolia kobus	Flower	71	71	-0.5780910976396079	--
Magnolia officinalis	Bark	27	27	-0.5020426357103125	--
Malpighia glabra	Fruit	35	1219	-0.0683543854888182	--
Malus domestica	Fruit	0	133	-0.1713385458263085	--
Mammea americana	Fruit	150	1085	-0.08106145499639067	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Mangifera indica	Fruit	13	143	-0.17039025705708669	--
Manihot esculenta	Root	62	2655	0.7234353373918977	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Manilkara zapota	Fruit	30	145	-0.17020059930324233	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Medicago sativa	Plant	32	170	-0.2946674910029055	--
Mentha arvensis var. piperascens	Plant	860	860	-0.25647164723432153	Suziki, A., Morimoto, I., and Okitzu, T., Elution of Metals from Crude Drugs, Shoykugaku Zasshi 36(3):190-195.
Mentha pulegium	Plant	2790	5410	-0.004600503542934433	--
Mentha spicata	Leaf	300	2075	-0.2787506258109787	USDA's Ag Handbook 8 and sequelae)
Mentha x piperita	Leaf	291	1950	-0.30095148580568315	--
Mentha x rotundifolia	Leaf	2520	2520	-0.19971556422983072	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Momordica charantia	Fruit	20	333	-0.15237277044187197	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Momordica charantia	Leaf	190	1234	-0.4281180118553505	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Morinda sp	Root	206	206	-0.41685579696484476	--
Moringa oleifera	Fruit	420	3560	0.15364001538601127	USDA's Ag Handbook 8 and sequelae)
Moringa oleifera	Shoot	90	420	0.03209133983378128	USDA's Ag Handbook 8 and sequelae)
Morus alba	Fruit	370	2467	0.04999205291006569	--
Morus alba	Root Bark	251	520	0.4024004495631337	--
Muntingia calabura	Fruit	20	80	-0.1763644763031842	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Murraya sp	Fruit	3	192	-0.16574364208789974	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Musa x paradisiaca	Fruit	8	670	-0.12041543891909645	--
Myrica cerifera	Bark	166	760	0.5412869567682672	--
Myristica fragrans	Aril	800	800		CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Myristica fragrans	Seed	109	160	-0.4617295086785716	--
Nardostachys chinensis	Rhizome	596	596	0.05738584870307634	--
Nasturtium officinale	Herb	410	8200	1	--
Nelumbo nucifera	Rhizome	395	1935	1.5998918622066602	--
Nelumbo nucifera	Seed	10	490	0.06211847255545912	--
Nepeta cataria	Plant	--	--		--
Nigella sativa	Seed	980	980	0.8399533537817474	--
Notopterygium incisum	Rhizome	79	79	-0.5381896621119744	--
Ocimum basilicum	Plant	294	386	-0.28271053121447925	--
Ocimum basilicum	Leaf	120	890	-0.4892147785607772	--
Oenothera biennis	Seed	180	180	-0.4299811461795394	--
Olea europaea	Fruit	24000	110092	10.255949931659968	--
Ophiopogon japonicus	Tuber	113	273	-0.684088903753043	--
Opuntia ficus-indica	Bud	90	90	-1	Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.
Opuntia ficus-indica	Seed	714	714	0.4177001325446195	Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.

Plant	Part	Low PPM	High PPM	StdDev	Reference
Origanum majorana	Plant	675	935	-0.25231992508556245	USDA's Ag Handbook 8 and sequelae)
Origanum vulgare	Plant	109	205	-0.2927300206668179	USDA's Ag Handbook 8 and sequelae)
Oryza sativa	Plant	3500	3500	-0.11033102759800023	--
Oryza sativa	Seed	90	939	0.7748692106587315	--
Pachira macrocarpa	Seed	720	760	0.4907213662923935	--
Pachyrhizus erosus	Tuber	60	555	-0.35822223000581643	--
Paeonia lactiflora	Root	196	286	-0.3796065969858577	--
Paeonia moutan	Root Bark	178	180	-1.071911542370762	--
Paeonia suffruticosa	Root Bark	178	180	-1.071911542370762	--
Panax ginseng	Root	5	24	-0.5015977269170404	--
Panax japonicus	Rhizome	499	499	-0.05435655854849023	--
Panax quinquefolius	Plant	500	4800	-0.038367843686175344	--
Panicum maximum	Leaf	4100	4100	0.08090330610323414	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Papaver somniferum	Seed	155	300	-0.23949097118534637	--
Parthenium integrifolium	Root	32	200	-0.4196494869632688	--
Passiflora edulis	Fruit	280	1124	-0.07736312879642554	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Passiflora incarnata	Flower	6	50	-0.5904389749392975	--
Pastinaca sativa	Root	100	575	-0.24504386206176676	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Peperomia pelucida	Leaf	80	1025	-0.46523784976649635	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Peperomia pereskiifolia	Leaf	70	465	-0.5646977025427724	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Perilla frutescens	Leaf	20	1429	-0.39348467026361145	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Perilla frutescens	Plant	204	204	-0.29278537696213475	Suziki, A., Morimoto, I., and Okitzu, T., Elution of Metals from Crude Drugs, Shoykugaku Zasshi 36(3):190-195.
Persea americana	Fruit	20	520	-0.13463977045742384	--
Petasites japonicus	Pt	70	1270	-0.6795501299617708	USDA's Ag Handbook 8 and sequelae)
Petroselinum crispum	Plant	404	5110	-0.021207392137970946	--
Phaseolus acutifolius	Seed	30	222	-0.3633095849315719	--
Phaseolus coccineus	Seed	42	42	-0.6490448474228615	--
Phaseolus lunatus	Seed	5	269	-0.28870093305884625	--
Phaseolus vulgaris	Fruit	5.4	707	-0.1169067704729757	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Phaseolus vulgaris	Seed	0.85	112	-0.5379255786762488	--
Phellodendron amurense	Bark	55	55	-0.46218829929912525	--
Phoenix dactylifera	Fruit	10	380	-0.1479158132265294	--
Phoenix dactylifera	Seed	15	820	0.5859664537894901	Abstract (See species file)
Phyllanthus acidus	Fruit	60	632	-0.12401893624213939	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Phyllanthus emblica	Fruit	42	1384	-0.05270762079665807	--
Physalis ixocarpa	Fruit	0	454	-0.1408984763342879	--
Physalis peruviana	Fruit	9	58	-0.1784507115954722	--
Phytelephas aequatorialis	Flower	30	105	-0.5580992962972531	KOZIOL & PEDERSEN. 1993. PHYTELEPHAS AEQUATORIALIS(ARECACEAE) IN HUMAN AND ANIMAL NUTRITION. ECON. BOT. 47:401-307.
Phytelephas aequatorialis	Mesocarp	180	1165		KOZIOL & PEDERSEN. 1993. PHYTELEPHAS AEQUATORIALIS(ARECACEAE) IN HUMAN AND ANIMAL NUTRITION. ECON. BOT. 47:401-307.
Pimenta dioica	Fruit	800	842	-0.10410487208848104	--
Pimpinella anisum	Fruit	--	177	-0.16716607524173246	--
Pimpinella anisum	Seed	160	177	-0.43474340055439425	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Pinellia ternata	Tuber	192	2200	1.5426667001863383	--
Pinus echinata	Shoot	3	63	-1.604566991689064	--
Pinus edulis	Seed	675	860	0.6494631787875544	--
Pinus pinea	Seed	40	43	-0.6474574292979098	USDA's Ag Handbook 8 and sequelae)
Piper nigrum	Fruit	320	627	-0.1244930806267503	USDA's Ag Handbook 8 and sequelae)
Pistacia vera	Seed	54	538	0.13831454255313635	--
Pisum sativum	Fruit	22	578	-0.12913969559593724	--
Pisum sativum	Seed	37	297	-0.2442532255602012	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Plantago asiatica	Plant	950	950	-0.2514895806558106	--
Plantago major	Seed	180	600	0.2367344663001361	--
Plantago psyllium	Seed	118	540	0.14148937880303955	--
Platycodon grandiflorum	Root	243	472	-0.29300220703471264	--
Polygala tenuifolia	Root	247	247	-0.3977655819756139	--
Polygonum multiflorum	Rhizome	117	117	-0.49441428607527815	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	42	42	-0.49321665692176836	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Portulaca oleracea	Herb	440	7400	-1	--
Prunella vulgaris	Flower	155	155	-0.5286995884408491	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	10	88	-0.17560584528780673	USDA's Ag Handbook 8 and sequelae)
Prunus armeniaca	Seed	18	19	-0.6855554642967485	Suziki, A., Morimoto, I., and Okitzu, T., Elution of Metals from Crude Drugs, Shoykugaku Zasshi 36(3):190-195.
Prunus cerasus	Plant	30	216	-0.29212110141833325	--
Prunus domestica	Fruit	0	54	-0.17883002710316093	--
Prunus dulcis	Seed	20	147	-0.48236594430294255	USDA's Ag Handbook 8 and sequelae)
Prunus persica	Bark	--	--		--
Prunus persica	Fruit	0	366	-0.14924341750343995	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Prunus persica	Seed	29	29	-0.6696812830472324	--
Psidium cattleianum	Fruit	40	1915	-0.002353487150979104	--
Psidium guajava	Fruit	26	246	-0.16062288273410188	USDA's Ag Handbook 8 and sequelae)
Psophocarpus tetragonolobus	Seed	31	429	-0.03471403306658902	--
Pueraria pseudohirsuta	Root	57	70	-0.48017943692912285	--
Pulsatilla chinensis	Root	213	213	-0.4135964919666834	--
Punica granatum	Fruit	9	350	-0.1507606795341949	--
Pyrus communis	Fruit	0	407	-0.14535543354963046	--
Quercus alba	Bark	12	54	-0.4636116684566676	--
Quercus alba	Stem	4	380	-0.22615880301884742	--
Quercus phellos	Stem	4	109	-0.5809433796793837	--
Quercus rubra	Seed	6	6	-0.7061918999211194	--
Quercus rubra	Stem	12	396	-0.2052121121459006	--
Quercus stellata	Stem	5	134	-0.5482141751904044	--
Quercus velutina	Stem	14	539	-0.01800106246893865	--
Quisqualis indica	Fruit	36	36	-0.18053694688776023	--
Raphanus sativus	Fruit	50	495	-0.1370104923804784	--
Raphanus sativus	Leaf	1100	9565	1.0515249050717141	--
Raphanus sativus	Root	100	5020	1.824614811770704	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Raphanus sativus	Seed	134	134	-0.5030023799273134	--
Rehmannia glutinosa	Root	626	626	-0.22129749707516247	--
Rheum palmatum	Rhizome	140	175	-0.42759923844032083	--
Rheum rhabarbarum	Pt	20	855	-0.7343099948033504	--
Rhizophora mangle	Leaf	9200	9200	0.9866983938871772	--
Rhodymenia palmata	Plant	99170	99170	5.185605745359144	--
Rhus glabra	Stem	2	107	-0.583561716038502	--
Ribes nigrum	Fruit	20	111	-0.17342478111859652	USDA's Ag Handbook 8 and sequelae)
Ribes rubrum	Fruit	8	72	-0.17712310731856165	--
Ribes uva-crispa	Fruit	10	82	-0.1761748185493398	--
Rosa canina	Fruit	8602	46000	4.178177551963441	--
Rosa laevigata	Fruit	73	73	-0.17702827844163946	--
Rosmarinus officinalis	Plant	462	592	-0.2713071343792208	--
Rosmarinus officinalis	Leaf	260	592	-0.5043113633571763	USDA's Ag Handbook 8 and sequelae)
Rubia cordifolia	Root	195	195	-0.4219775619619555	--
Rubus chingii	Fruit	97	97	-0.17475238539550708	--
Rubus idaeus	Leaf	13	77	-0.6336091719663351	--
Rubus idaeus	Fruit	0	1	-0.18385595758003662	Revised USDA data received 1993.
Rumex acetosa	Leaf	50	500	-0.5584814617442552	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Rumex crispus	Root	20	77	-0.4769201319309615	--
Ruscus aculeatus	Root	85	280	-0.3824002869842817	--
Salix alba	Bark	20	120	-0.36966930405886916	--
Salvia miltiorrhiza	Root	70	70	-0.48017943692912285	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	170	1080	-0.4554694713688264	--
Salvia officinalis	Plant	11	12	-0.30341378566295807	Father Nature's Farmacy: The aggregate of all these three-letter citations.
Sambucus nigra	Fruit	75	535	-0.1332173373035911	--
Santalum acuminatum	Fruit	510	2190	0.023724454002621114	--
Satureja hortensis	Plant	264	264	-0.28946399924312743	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Schisandra chinensis	Fruit	15	97	-0.17475238539550708	--
Schizonepeta tenuifolia	Plant	118	118	-0.29754601835937855	--
Scrophularia buergeriana	Root	96	96	-0.46807344693595204	--
Scutellaria baicalensis	Root	740	991	-0.05134802217103382	--
Scutellaria lateriflora	Plant	22	160	-0.2952210539560734	--
Secale cereale	Seed	45	70	-0.6045971399242164	USDA's Ag Handbook 8 and sequelae)
Sechium edule	Fruit	40	570	-0.1298983266113147	--
Sechium edule	Shoot	14	190	-1.0223383975618894	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Senna alexandrina	Leaf	335	1650	-0.35423354979297395	--
Senna obtusifolia	Seed	770	930	0.760582447534167	--
Senna occidentalis	Seed	45	45	-0.6442825930480066	--
Serenoa repens	Fruit	65	495	-0.1370104923804784	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Sesamum indicum	Seed	46	634	0.2907066825484908	--
Siegesbeckia orientalis	Plant	90	90	-0.2990959946282486	--
Silybum marianum	Plant	--	--		Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Silybum marianum	Leaf	--	--		--
Simmondsia chinensis	Seed	136	136	-0.4998275436774102	--
Sinapis alba	Seed	43	61	-0.6188839030487809	--
Sinomenium acutum	Rhizome	102	102	-0.511694039773974	--
Smilax officinalis	Root	4.4	21	-0.5029945719162524	--
Smilax spp	Root	4.4	21	-0.5029945719162524	--
Solanum melongena	Fruit	20	2150	0.01993129892573381	--
Solanum tuberosum	Tuber	2.6	323	-0.6263111247198467	--
Sophora angustifolia	Root	70	74	-0.4783169769301735	--
Sophora subprostrata	Root	76	76	-0.4773857469306988	--
Spinacia oleracea	Plant	585	10669	0.28651825352805566	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Spirulina pratensis	Plant	128	128	-0.29699245540621066	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Spirulina spp.	Plant	--	128	-0.29699245540621066	--
Spondias dulcis	Fruit	10	75	-0.1768386206877951	--
Spondias mombin	Fruit	--	--		--
Spondias pinnata	Fruit	--	--		--
Spondias purpurea	Fruit	20	83	-0.17607998967241764	--
Spondias tuberosa	Fruit	11.1	11.1	-0.18289818592312254	--
Stachys officinalis	Plant	0.5	3	-0.3039119923208092	--
Stellaria media	Plant	122	1470	-0.22270430709108063	--
Stevia rebaudiana	Leaf	892	892	-0.48885956480086196	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Stevia rebaudiana	Plant	--	310	-0.2869176096585552	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	11	176	-0.493229111648919	--
Symphytum officinale	Root	3510	3510	1.1215361621673223	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Symphytum officinale	Leaf	12	110	-0.6277481449277332	--
Syzygium aromaticum	Flower	200	3250	1.2911423278705607	--
Syzygium aromaticum	Fruit	200	3250	0.12424306354013467	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Syzygium cumini	Fruit	90	1605	-0.03175043899685571	--
Syzygium jambos	Fruit	340	2200	0.024672742771842938	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Syzygium malaccense	Fruit	20	235	-0.16166600038024587	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Tabebuia heptaphylla	Bark	--	--		--
Tamarindus indica	Flower	250	250	-0.4728401435136814	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Tamarindus indica	Fruit	49	743	-0.11349293090377711	--
Tamarindus indica	Leaf	351	351	-0.584944886857943	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Tanacetum parthenium	Plant	--	48	-0.3014209590315537	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Taraxacum mongolicum	Plant	763	763	-0.26184120788005	--
Taraxacum officinale	Leaf	760	5278	0.2940315620523972	--
Taraxacum officinale	Root	162	1130	0.013372462792456278	--
Tephrosia purpurea	Leaf	8700	8700	0.8978949539083592	--
Terminalia catappa	Seed	700	730	0.44309882254384525	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Tetragonia tetragonioides	Leaf	1300	21665	3.2005681525591085	--
Tetrapanax papyrifera	Pith	103	103	-1	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Thymus vulgaris	Leaf	250	1490	-0.3826506505861957	--
Thymus vulgaris	Plant	430	1341	-0.22984526918694634	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Trachyspermum ammi	Fruit	560	605	-0.12657931591903832	--
Tragopogon porrifolius	Root	80	870	-0.10768743713925182	--
Trichosanthes anguina	Fruit	250	4630	0.2551069136927467	--
Trifolium pratense	Flower	29	160	-0.5257596176552087	--
Trigonella foenum-graecum	Leaf	650	761	-0.5121260660753122	--
Trigonella foenum-graecum	Seed	75	580	0.2049861038011039	--
Triticum aestivum	Plant	200	3000	-0.13800917525639442	--
Triticum aestivum	Seed	0	2200	2.7766034662227104	--
Turnera diffusa	Leaf	12.2	58	-0.6369837026855303	--
Tussilago farfara	Flower	130	130	-0.5433994423690511	--
Ulmus rubra	Bark	1.6	10	-0.5262399113885332	--
Urtica dioica	Leaf	10	49	-0.6385821646051489	--
Urtica dioica	Root	--	700	-0.1868419870945994	--
Urtica dioica	Seed	--	660	0.3319795537972326	--
Vaccinium corymbosum	Fruit	56	414	-0.1446916314111752	--
Vaccinium macrocarpon	Fruit	48	400	-0.14601923568808575	--
Vaccinium myrtillus	Fruit	4	50	-0.17920934261084967	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Valeriana officinalis	Root	27	230	-0.40568103697114866	--
Valerianella locusta	Plant	321	331	-0.2857551274569026	--
Valerianella radicata	Plant	99.1	181	-0.29405857175442085	--
Verbascum thapsus	Leaf	334	760	-0.5123036729552699	--
Viburnum opulus	Bark	184	184	-0.2785736779761555	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Vicia faba	Fruit	435	2980	0.09863926677114537	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Vicia faba	Seed	500	2630	3.459193259951902	USDA's Ag Handbook 8 and sequelae)
Vigna aconitifolia	Seed	295	332	-0.1886935911868949	--
Vigna angularis	Seed	50	58	-0.6236461574236357	--
Vigna mungo	Seed	398	449	-0.0029656705675568428	--
Vigna radiata	Seed	129	311	-0.22202937181087867	--
Vigna radiata	Sprout Seedling	45	782	-0.03780760366122745	USDA's Ag Handbook 8 and sequelae)
Vigna unguiculata	Fruit	39	333	-0.15237277044187197	USDA's Ag Handbook 8 and sequelae)
Vigna unguiculata	Seed	170	186	-0.4204566374298298	USDA's Ag Handbook 8 and sequelae)
Vigna unguiculata	Shoot	70	685	1.246977776398358	--
Vigna unguiculata	Seed	38	200	-0.39823278368050724	USDA's Ag Handbook 8 and sequelae)
Vigna unguiculata	Shoot	70	685	1.246977776398358	USDA's Ag Handbook 8 and sequelae)
Viscum album	Leaf	49	49	-0.6385821646051489	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Vitis vinifera	Fruit	2	454	-0.1408984763342879	--
Vitis vinifera	Stem	156	156	-0.5194124752401025	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Xanthosoma sagittifolium	Leaf	87	540	-0.5513771865459498	--
Xanthosoma sagittifolium	Root	38	400	-0.32652648701580106	--
Yucca baccata	Root	23	110	-0.4615548369396293	--
Zea mays	Seed	0	757	0.48595911191753866	--
Zea mays	Silk Stigma Style	130	130		--
Zingiber officinale	Rhizome	60	709	0.18755999323325184	--
Zingiber officinale	Root	30	423	-0.31581734202184225	--
Zizyphus jujuba	Fruit	30	130	-0.17162303245707505	--