

Dr. Duke's Phytochemical and Ethnobotanical Database

List of Plants for THIAMIN

Plant	Part	Low PPM	High PPM	StdDev	Reference
Abelmoschus esculentus	Fruit	0.8	20	1.8774907750760779	--
Abelmoschus esculentus	Seed	--	6.9	0.07535737236571377	Wealth of India.
Acacia farnesiana	Leaf	2	11	0.5617191393000665	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Acacia nilotica	Plant	--	--		--
Achillea millefolium	Plant	--	--		Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Actaea racemosa	Root	--	58	4.565797101129107	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Actinidia chinensis	Fruit	0.2	1	-0.5546097657802712	--
Aegle marmelos	Fruit	1.3	33	3.541559566188317	--
Agathosma betulina	Leaf	7	19	2.2289490986880964	--
Agrimonia eupatoria	Leaf	2.4	2.4	-1.2305530670420655	Watt, J.M. and Breyer-Brandwijk, M.G. 1962. The Medicinal and Poisonous Plants of Southern and Eastern Africa. E. & S. Livingstone, Ltd. Edinburg & London. 1457 pp.
Aleurites moluccana	Seed	0.6	0.6	-1.4277167034693148	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Allium ampeloprasum	Flower	1.4	8.3	0.8756075364489447	--
Allium ampeloprasum	Leaf	0.9	8.5	0.040709776991307144	--
Allium ampeloprasum	Root	1.1	8	0.11791616274938575	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Allium cepa	Bulb	0.3	6	-1	--
Allium cepa	Leaf	0.5	6.4	-0.39693808734805064	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Allium sativum var. sativum	Bulb	0	8	1	--
Allium sativum var. sativum	Flower	1.1	9.5	1.226854112674882	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Allium sativum var. sativum	Leaf	1.1	8.1	-0.04265172097809442	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Allium sativum var. sativum	Shoot	1.4	6.3	-0.6401693937758542	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Allium schoenoprasum	Leaf	0.5	12	0.7701228842235702	--
Alocasia macrorrhiza	Leaf	0.1	0.9	-1.543158684427321	--
Alocasia macrorrhiza	Root	0.2	3	-0.32687193108858614	--
Aloe vera	Leaf	0.8	0.8	-1.5639990589196717	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Alpinia galanga	Rhizome	1	4	-0.7518094115561123	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Althaea officinalis	Root	1	1	-0.5047871686237749	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Amaranthus sp.	Leaf	1	7	-0.2718958403939485	--
Amaranthus spinosus	Leaf	0.1	0.6	-1.6056798079043724	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Amorphophallus campanulatus	Root	0.5	2.8	-0.34466345484210514	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Amorphophallus konjac	Root	--	--		--
Anacardium occidentale	Fruit	0.3	2.1	-0.413803944993851	--
Anacardium occidentale	Leaf	0.1	0.3	-1.6682009313814234	--
Anacardium occidentale	Seed	2	8.7	0.5048071083185783	--
Ananas comosus	Fruit	0	7	0.21342198396383905	--
Anethum graveolens	Fruit	4	5	-0.0425885992841977	--
Anethum graveolens	Plant	4	5	-0.2209949208584362	USDA's Ag Handbook 8 and sequelae)
Anethum graveolens	Seed	4	5	-0.37795068225120004	USDA's Ag Handbook 8 and sequelae)
Angelica sinensis	Root	--	--		Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Annona cherimola	Fruit	1	4	-0.17059389090821606	--
Annona diversifolia	Fruit	0.2	8	0.3414272755878574	--
Annona glabra	Fruit	0.4	3	-0.29859918253223444	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Annona muricata	Fruit	0.7	4.8	-0.06818965760900128	--
Annona reticulata	Fruit	0.7	5	-0.0425885992841977	--
Annona squamosa	Fruit	1	5	-0.0425885992841977	--
Apium graveolens	Pt	0	10	1.2611720796963626	--
Arachis hypogaea	Leaf	2.3	11	0.5617191393000665	--
Arachis hypogaea	Seed	6	17	2.485047557434568	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Aralia cordata</i>	Leaf	0.6	13	0.978526629147074	--
<i>Arctium lappa</i>	Root	1	11	0.384789019052169	--
<i>Arctostaphylos uva-ursi</i>	Leaf	1	1	-1.5223183099349709	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Areca catechu</i>	Seed	1.7	1.9	-1.11755856083669	--
<i>Armoracia rusticana</i>	Root	0	3	-0.32687193108858614	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Arracacia xanthorrhiza</i>	Root	0.7	2.4	-0.38024650234914276	--
<i>Artemisia dracuncululus</i>	Plant	2	3	-0.3909910138264638	--
<i>Artemisia vulgaris</i>	Leaf	1.5	12	0.7701228842235702	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Artocarpus altilis</i>	Fruit	1	4	-0.17059389090821606	--
<i>Artocarpus altilis</i>	Seed	2	10	0.8149652509512033	--
<i>Artocarpus heterophyllus</i>	Fruit	0.3	3	-0.29859918253223444	--
<i>Asparagus officinalis</i>	Shoot	1	26	1.1875606145407158	--
<i>Avena sativa</i>	Plant	0.9	4	-0.3059929673424499	Jim Duke's personal files.*
<i>Avena sativa</i>	Seed	2.6	12.1	1.3159899428962132	--
<i>Averrhoa bilimbi</i>	Fruit	0.1	2.7	-0.33700077001944	--
<i>Averrhoa carambola</i>	Fruit	0.2	6.57	0.15837970856551117	--
<i>Bactris gasipaes</i>	Fruit	0.3	1.4	-0.5034076491306638	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
Barosma betulina	Leaf	7	19	2.2289490986880964	--
Basella alba	Leaf	0.5	7	-0.2718958403939485	--
Benincasa hispida	Fruit	0	10	0.5974378588358942	--
Berberis vulgaris	Root	10	10	0.29583140028457455	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Bertholletia excelsa	Seed	10	10	0.8149652509512033	USDA's Ag Handbook 8 and sequelae)
Beta vulgaris	Leaf	0.6	14	1.1869303740705777	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Beta vulgaris	Root	0.1	2.4	-0.38024650234914276	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Bixa orellana	Seed	--	2.3	-1.0221252861804977	Duke, J. A. and duCellier, J. L. 1993. CRC Handbook of Alternative Cash Crops. CRC Press. Boca Raton, FL 33431. 536 pp. US \$312.50.
Blighia sapida	Aril	1.3	4	1.0933271415320287	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Blighia sapida	Seed	0.7	7	0.09921569102976133	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Boehmeria nivea	Leaf	0.3	2.3	-1.2513934415344161	--
Boehmeria nivea	Shoot	7	7	-0.5752246726681589	--
Borago officinalis	Leaf	1	9	0.144911649453059	USDA's Ag Handbook 8 and sequelae)
Brassica chinensis	Leaf	0.4	9	0.144911649453059	--
Brassica napus var. napobrassica	Root	1	9	0.20687378151698016	USDA's Ag Handbook 8 and sequelae)

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Brassica nigra</i>	Leaf	0.44	7.66	-0.13434936874443595	USDA's Ag Handbook 8 and sequelae)
<i>Brassica oleracea</i>	Stem	0.5	5.5	-1.3665296611918556	--
<i>Brassica oleracea</i> var. <i>botrytis</i> l.	Leaf	0.6	8	-0.06349209547044472	--
<i>Brassica oleracea</i> var. <i>botrytis</i> l.	Flower	0.6	12	1.9586178131455851	--
<i>Brassica oleracea</i> var. <i>capitata</i> l.	Leaf	0.5	10	0.35331539437656273	--
<i>Brassica oleracea</i> var. <i>gemmifera</i>	Leaf	1.3	11	0.5617191393000665	USDA's Ag Handbook 8 and sequelae)
<i>Brassica oleracea</i> var. <i>italica</i>	Leaf	0.6	8	-0.06349209547044472	USDA's Ag Handbook 8 and sequelae)
<i>Brassica oleracea</i> var. <i>sabellica</i> l.	Leaf	1	7	-0.2718958403939485	--
<i>Brassica oleracea</i> var. <i>viridis</i> l.	Leaf	0.3	4.75	-0.7408042664718318	--
<i>Brassica rapa</i>	Root	0.4	5	-0.1489566935533975	--
<i>Brassica rapa</i>	Leaf	0.4	9	0.144911649453059	USDA's Ag Handbook 8 and sequelae)
<i>Bromelia pinguin</i>	Shoot	0.2	3.8	-0.8721148263033377	--
<i>Brosimum alicastrum</i>	Fruit	0.5	3.1	-0.2857986533698326	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Byrsonima crassifolia</i>	Fruit	0.1	1.2	-0.5290087074554676	--
<i>Cajanus cajan</i>	Fruit	3.4	12.4	0.9046505587335385	--
<i>Cajanus cajan</i>	Seed	4	13	1.5307148108726454	--
<i>Calathea macrosepala</i>	Flower	0.4	5.2	-0.03177945213472767	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Camellia sinensis</i>	Leaf	1	4	-0.8971070751644596	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses

Plant	Part	Low PPM	High PPM	StdDev	Reference
Canavalia ensiformis	Fruit	1	10	0.5974378588358942	--
Canavalia ensiformis	Seed	4.6	8.6	0.48094878965453075	--
Canna indica	Root	0.3	1	-0.5047871686237749	--
Cannabis sativa	Seed	3.2	3.7	-0.6881088248838246	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Capparis spinosa	Flower	0.7	0.72	-1.3431000033782277	--
Capsella bursa-pastoris	Plant	2.5	21.2	1.1559734321825887	--
Capsicum annuum	Fruit	1	15	1.237464316955986	USDA's Ag Handbook 8 and sequelae)
Capsicum frutescens	Fruit	0	8	0.3414272755878574	USDA's Ag Handbook 8 and sequelae)
Carica papaya	Fruit	0.2	2.6	-0.34980129918184183	USDA's Ag Handbook 8 and sequelae)
Carica papaya	Leaf	1	4	-0.8971070751644596	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Carica pentagona	Fruit	0.2	3	-0.29859918253223444	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Carthamus tinctorius	Seed	5.9	6.2	-0.09165085828262295	--
Carum carvi	Fruit	3	4	-0.17059389090821606	--
Carum carvi	Seed	3	4	-0.6165338688916807	USDA's Ag Handbook 8 and sequelae)
Carya illinoensis	Seed	7.2	8.9	0.5525237456466752	--
Casimiroa edulis	Fruit	0.4	2.2	-0.4010034158314492	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Catha edulis	Leaf	0.5	0.5	-1.6265201823967228	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Caulophyllum thalictroides	Root	9.3	9.3	0.23356106714725886	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Centella asiatica	Leaf	1.5	14	1.1869303740705777	--
Chamaemelum nobile	Flower	0.8	0.8	-1.319683564963165	--
Chenopodium album	Leaf	1	10	0.35331539437656273	--
Chenopodium album	Seed	1	2	-1.0937002421726418	--
Chenopodium ambrosioides	Leaf	0.6	4	-0.8971070751644596	--
Chondrus crispus	Plant	2.3	2.3	-0.4504896463652736	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Chrysanthemum coronarium	Bud	0.3	4.2	0.9999999999999998	--
Chrysanthemum coronarium	Leaf	0.9	14	1.1869303740705777	--
Chrysanthemum parthenium	Plant	--	4.1	-0.2974931626940486	--
Chrysophyllum cainito	Fruit	0.1	2.3	-0.3882028866690472	--
Cicer arietinum	Seed	4	6	-0.13936749561071934	USDA's Ag Handbook 8 and sequelae)
Cichorium endivia	Leaf	0.7	14	1.1869303740705777	--
Cichorium intybus	Leaf	1	14	1.1869303740705777	USDA's Ag Handbook 8 and sequelae)
Cichorium intybus	Root	0	2	-0.41582954985618054	USDA's Ag Handbook 8 and sequelae)
Cimicifuga racemosa	Root	58	58	4.565797101129107	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Cinnamomum aromaticum	Bark	1	1	-0.0940720868383599	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses

Plant	Part	Low PPM	High PPM	StdDev	Reference
Cinnamomum verum	Bark	1	1	-0.0940720868383599	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Citrullus lanatus	Fruit	4	9	0.46943256721187576	--
Citrus aurantiifolia	Fruit	0	3	-0.29859918253223444	--
Citrus aurantium	Fruit	1	6	0.08541669233982067	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Citrus limon	Fruit	4	6	0.08541669233982067	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Citrus paradisi	Fruit	0	6	0.08541669233982067	--
Citrus reticulata	Fruit	1	8	0.3414272755878574	--
Citrus sinensis	Fruit	1	7	0.21342198396383905	--
Cnicus benedictus	Plant	2.7	2.7	-0.41649042777166784	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Cnidioscolus chayamansa	Leaf	2	15	1.3953341189940813	--
Cocos nucifera	Seed	0.3	1	-1.3322834288131225	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Coffea arabica	Seed	2	2	-1.0937002421726418	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Coix lacryma-jobi	Seed	2.8	3.2	-0.8074004182040649	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Cola acuminata	Seed	1	1	-1.3322834288131225	--
Colocasia esculenta	Leaf	1.3	17	1.8121416088410889	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Colocasia esculenta	Root	0.3	5	-0.1489566935533975	--
Corchorus olitorius	Leaf	1.3	10.8	0.5200383903153659	--
Coriandrum sativum	Fruit	2	3	-0.29859918253223444	Lawrence, B.M., Essential Oils 1976-1977, Essential Oils 1978, Essential Oils 1979-1980.
Coriandrum sativum	Leaf	1	16	1.6037378639175852	--
Corylus avellana	Seed	1.6	6	-0.13936749561071934	--
Crataegus laevigata	Fruit	--	--		Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Crataegus rhipidophylla	Fruit	--	--		Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Crescentia alata	Seed	7.3	7.6	0.24236560301405008	--
Crocus sativus	Silk Stigma Style	0.7	4	1.0000000000000009	--
Cucumis melo	Fruit	0.3	4.4	-0.11939177425860867	USDA's Ag Handbook 8 and sequelae)
Cucumis sativus	Fruit	0.3	7.6	0.29022515893825	--
Cucurbita pepo	Flower	0.4	8.6	0.9634191805054287	USDA's Ag Handbook 8 and sequelae)
Cucurbita pepo	Fruit	0.5	5.9	0.07261616317741888	USDA's Ag Handbook 8 and sequelae)
Cucurbita pepo	Seed	1.9	3.7	-0.6881088248838246	--
Cucurbita spp	Fruit	0.6	10	0.5974378588358942	--
Cuminum cyminum	Fruit	6	7	0.21342198396383905	--
Cuminum cyminum	Seed	6	7	0.09921569102976133	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Curcuma longa	Rhizome	0	8	0.17349447958987207	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Cyclanthera pedata	Fruit	0.4	8	0.3414272755878574	--
Cydonia oblonga	Fruit	0.2	1.9	-0.43940500331865456	--
Cynara cardunculus	Flower	0.7	6	0.20238493201589755	--
Cyphomandra betacea	Fruit	0.3	7	0.21342198396383905	--
Cyrtosperma chamissonis	Root	0.1	1.2	-0.48699564487025615	--
Daucus carota	Root	1	6	-0.05999907478580307	--
Dioscorea alata	Root	0.3	1.4	-0.46920412111673715	--
Dioscorea pentaphylla	Root	1	7	0.02895854398179134	--
Dioscorea sp.	Root	3.5	3.5	-0.2823931217047889	--
Durio zibethinus	Fruit	2.4	18	1.621480191828041	--
Echinacea spp	Root	2.6	2.6	-0.3624549785956239	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Elaeagnus commutata	Fruit	0.3	2.2	-0.4010034158314492	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Elaeagnus umbellatus	Fruit	0.7	4.3	-0.13219230342101046	--
Elaeis guineensis	Fruit	2	3.5	-0.23459653672022523	--
Eleocharis dulcis	Tuber	0.3	6	-0.07433779685362712	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Elettaria cardamomum</i>	Seed	1	2	-1.0937002421726418	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Ephedra sinica</i>	Plant	47	47	3.3489230314701466	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Equisetum arvense</i>	Plant	--	0	-0.6459851532785054	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Eriobotrya japonica</i>	Fruit	0.2	1.8	-0.4522055324810564	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Eryngium floridanum</i>	Shoot	6	6	-0.6680028456791524	--
<i>Erythrina berteroana</i>	Shoot	1.9	12	-0.11133380761319199	--
<i>Erythrina fusca</i>	Leaf	2.4	9	0.144911649453059	--
<i>Erythroxylum coca</i>	Leaf	3.5	8	-0.06349209547044472	--
<i>Eugenia brasiliensis</i>	Fruit	0.4	2.7	-0.33700077001944	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Eugenia floribunda</i>	Fruit	0.2	1.6	-0.4778065908058602	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Eugenia uniflora</i>	Fruit	0.2	2.1	-0.413803944993851	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Euphrasia officinalis</i>	Plant	4.3	4.3	-0.28049355339724585	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Fagopyrum esculentum</i>	Seed	2.7	9	0.5763820643107227	--
<i>Ficus carica</i>	Fruit	0	3.3	-0.2601975950450288	--
<i>Foeniculum vulgare</i>	Fruit	4	5	-0.0425885992841977	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Foeniculum vulgare	Plant	1	11	0.2889933580456471	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Foeniculum vulgare	Seed	4	5	-0.37795068225120004	USDA's Ag Handbook 8 and sequelae)
Fragaria spp	Fruit	0.2	4	-0.17059389090821606	--
Frangula purshiana	Bark	--	0	-0.6585046078685182	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Fucus vesiculosus	Plant	--	0	-0.6459851532785054	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Garcinia mangostana	Fruit	0.3	1.9	-0.43940500331865456	--
Genipa americana	Fruit	0.4	1.2	-0.5290087074554676	--
Gentiana lutea	Root	48	4.8	-0.1667482173069163	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Ginkgo biloba	Seed	2	5	-0.37795068225120004	USDA's Ag Handbook 8 and sequelae)
Gliricidia sepium	Flower	1.1	8	0.7877958923924601	--
Gliricidia sepium	Leaf	1.4	9	0.144911649453059	--
Glycine max	Fruit	4.4	14	1.1094590253319676	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Glycine max	Seed	4	10	0.8149652509512033	--
Glycine max	Sprout Seedling	1.9	17	0.07899870143001875	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Glycyrrhiza glabra	Root	2.1	2.1	-0.40693378797942115	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.

Plant	Part	Low PPM	High PPM	StdDev	Reference
Gossypium sp	Seed	3.2	3.2	-0.8074004182040649	--
Helianthus annuus	Seed	22	24	4.155129863917932	--
Helianthus tuberosus	Tuber	2	10	1.6248118455149858	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Hibiscus rosa-sinensis	Flower	0.3	3	-0.6757315085489463	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Hibiscus sabdariffa	Flower	0	3	-0.6757315085489463	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Hibiscus sabdariffa	Leaf	0	12	0.7701228842235702	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Hordeum vulgare	Seed	1	10	0.8149652509512033	--
Hordeum vulgare	Stem	13	13	0.99861782933251	--
Humulus lupulus	Fruit	3.4	3.4	-0.24739706588262703	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Hydrastis canadensis	Root	--	2.6	-0.3624549785956239	--
Hylocereus guatemalensis	Fruit	0.3	2.5	-0.3626018283442436	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Hylocereus undatus	Fruit	0.4	2.6	-0.34980129918184183	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Inga edulis	Seed	1.9	5.2	-0.33023404492310365	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Inga feuillei	Aril	0.2	1.2	-1.3235012765914023	J Cell Biochem VOL. 22=1995

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Ipomoea aquatica</i>	Leaf	0.3	9	0.144911649453059	--
<i>Ipomoea batatas</i>	Leaf	0.8	9.8	0.31163464539186214	--
<i>Ipomoea batatas</i>	Root	0.6	5.1	-0.1400609316766379	--
<i>Juglans nigra</i>	Fruit	--	2	-0.4266044741562528	--
<i>Juglans nigra</i>	Seed	--	2	-1.0937002421726418	--
<i>Juglans regia</i>	Seed	3	5	-0.37795068225120004	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Juniperus communis</i>	Fruit	--	1.2	-0.5290087074554676	--
<i>Justicia pectoralis</i>	Leaf	0.4	2.7	-1.1680319435650144	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Lablab purpureus</i>	Seed	0.77	12	1.2921316242321648	--
<i>Lactuca sativa</i>	Leaf	0.5	8.3	-0.0009709719933934542	--
<i>Lagenaria siceraria</i>	Fruit	0.3	6.5	0.14941933815182984	--
<i>Larrea tridentata</i>	Plant	5.1	5.1	-0.2124951162100347	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Lens culinaris</i>	Seed	2.6	6	-0.13936749561071934	--
<i>Lens culinaris</i>	Sprout Seedling	2	8	-0.63198961144015	USDA's Ag Handbook 8 and sequelae)
<i>Lepidium meyenii</i>	Root	--	2	-0.41582954985618054	--
<i>Lepidium sativum</i>	Leaf	0.8	7.5	-0.1676939679321966	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Licania platypus	Fruit	0.05	4.5	-0.10659124509620688	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Linum usitatissimum	Seed	1.8	1.8	-1.141416879500738	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Lobelia inflata	Leaf	--	3.2	-1.0638300711032627	--
Luffa aegyptiaca	Fruit	0.5	10	0.5974378588358942	--
Luffa aegyptiaca	Leaf	0.5	5	-0.688703330240956	--
Lupinus albus	Seed	6	7	0.09921569102976133	--
Lupinus mutabilis	Fruit	0.9	3.1	-0.2857986533698326	--
Lupinus mutabilis	Seed	4.7	5.2	-0.33023404492310365	--
Lycium chinense	Leaf	0.8	7.7	-0.12601321894749598	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.
Lycium chinense	Fruit	--	0.8	-0.5802108241050747	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Lycopersicon esculentum	Fruit	1	10	0.5974378588358942	--
Macadamia spp	Seed	3	4	-0.6165338688916807	USDA's Ag Handbook 8 and sequelae)
Malpighia glabra	Fruit	0.2	2.3	-0.3882028866690472	--
Malus domestica	Fruit	1	2	-0.4266044741562528	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Malva parviflora	Plant	1	1	-0.5609871067944916	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Malva sylvestris	Leaf	1	20	2.4373528436116003	--
Mammea americana	Fruit	0.2	2.3	-0.3882028866690472	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Mangifera indica	Fruit	0.4	3.4	-0.24739706588262703	--
Mangifera indica	Leaf	0.4	1.8	-1.3555953139961678	--
Manihot esculenta	Leaf	2	10	0.35331539437656273	--
Manihot esculenta	Root	0.3	7.1	0.03785430585855091	--
Manilkara zapota	Fruit	0	0.4	-0.6314129407546821	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Maranta arundinacea	Root	0.8	4	-0.23791431232099172	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	1.2	2.6	-0.34980129918184183	J Cell Biochem VOL. 22=1995
Medicago sativa	Plant	1.3	7.5	-0.008499804648401508	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Mentha spicata	Plant	1	3	-0.3909910138264638	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Mentha spicata	Leaf	0.8	3	-0.688703330240956	--
Mentha x piperita	Leaf	--	12.1	0.7909632587159201	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.

Plant	Part	Low PPM	High PPM	StdDev	Reference
Mimosa pudica	Leaf	1.2	17	1.8121416088410889	--
Mimulus glabratus	Shoot	0.8	8	-0.4824464996571655	--
Momordica charantia	Fruit	0.2	12	0.8534484420839309	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Momordica charantia	Leaf	1.3	8	-0.06349209547044472	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Morinda citrifolia	Leaf	1.6	7	-0.2718958403939485	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Moringa oleifera	Fruit	0.5	4.5	-0.10659124509620688	USDA's Ag Handbook 8 and sequelae)
Moringa oleifera	Shoot	2	12	-0.11133380761319199	USDA's Ag Handbook 8 and sequelae)
Morus alba	Fruit	0	2	-0.4266044741562528	--
Mucuna pruriens	Seed	1.4	5.7	-0.2109424516028633	--
Muntingia calabura	Fruit	0.3	2.9	-0.3113997116946362	--
Murraya koenigii	Leaf	0	3	-1.1055108200879633	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Murraya sp	Fruit	0.48	1.6	-0.4778065908058602	--
Musa x paradisiaca	Fruit	0.3	6.9	0.20062145480143725	--
Myrciaria cauliflora	Fruit	0.1	0.6	-0.6058118824298786	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Myrciaria dubia	Fruit	0.1	1.7	-0.4650060616434584	--
Myrica cerifera	Bark	--	--		Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.

Plant	Part	Low PPM	High PPM	StdDev	Reference
Myristica fragrans	Aril	3	3	0.23017413505937473	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Myristica fragrans	Seed	3	4	-0.6165338688916807	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Nasturtium officinale	Herb	1	18	1	--
Nelumbo nucifera	Rhizome	2.2	14	1.5614503163088487	--
Nelumbo nucifera	Seed	1.5	7.5	0.21850728435000166	--
Ocimum basilicum	Leaf	1	6	-0.4802995853174522	--
Opuntia ficus-indica	Bud	0.1	0.1	-0.9999999999999998	Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.
Opuntia ficus-indica	Fruit	0.1	1.3	-0.5162081782930655	--
Origanum majorana	Plant	3	3	-0.3909910138264638	USDA's Ag Handbook 8 and sequelae)
Origanum vulgare	Plant	3	4	-0.3059929673424499	USDA's Ag Handbook 8 and sequelae)
Oryza sativa	Seed	2.2	3.9	-0.6403921875557287	--
Oxalis tuberosa	Root	0.5	3.1	-0.31797616921182675	--
Pachira macrocarpa	Seed	0.3	0.3	-1.499291659461459	--
Pachyrhizus erosus	Tuber	0.4	3.7	-1.0513488412155791	--
Panax ginseng	Root	1.7	1.7	-0.4425168354864589	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Papaver somniferum	Seed	7.8	9.9	0.7911069322871558	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Passiflora edulis</i>	Fruit	0	1.4	-0.5034076491306638	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Passiflora foetida</i>	Fruit	0.1	0.6	-0.6058118824298786	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Passiflora ligularis</i>	Fruit	0	5.2	-0.016987540959394115	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Passiflora quadrangularis</i>	Fruit	--	--		--
<i>Passiflora quadrangularis</i>	Seed	--	--		--
<i>Pastinaca sativa</i>	Root	0.8	11.4	0.42037206655920695	--
<i>Peperomia pelucida</i>	Leaf	0.3	3.8	-0.9387878241491603	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Peperomia pereskiifolia</i>	Leaf	1.5	10	0.35331539437656273	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Pereskia aculeata</i>	Fruit	0.2	6.3	0.12381827982702627	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Perilla frutescens</i>	Leaf	1	5	-0.688703330240956	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Perilla frutescens</i>	Seed	1	7	0.09921569102976133	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Persea americana</i>	Fruit	0.5	4.2	-0.14499283258341247	--
<i>Persea schiedeana</i>	Fruit	0.5	3	-0.29859918253223444	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Petasites japonicus</i>	Pt	0.2	3.6	-1.184737408199613	USDA's Ag Handbook 8 and sequelae)

Plant	Part	Low PPM	High PPM	StdDev	Reference
Petroselinum crispum	Plant	0	7	-0.050998827890408445	--
Phaseolus acutifolius	Seed	3.3	3.6	-0.7119671435478726	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Phaseolus coccineus	Fruit	3.4	5.4	0.008613517365409695	Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.
Phaseolus coccineus	Seed	3	3.5	-0.7358254622119208	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Phaseolus lunatus	Seed	1.6	7.4	0.1946489656859541	--
Phaseolus lunatus	Sprout Seedling	0.1	4.7	-0.8926853261592119	--
Phaseolus vulgaris	Fruit	0.5	8.8	0.4438315088870722	--
Phaseolus vulgaris	Leaf	1.8	13.6	1.1035688761011757	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Phaseolus vulgaris	Seed	3.7	10	0.8149652509512033	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Phaseolus vulgaris	Sprout Seedling	3.7	40	1.89596883432045	USDA's Ag Handbook 8 and sequelae)
Phoenix dactylifera	Fruit	0.1	1.7	-0.4650060616434584	--
Phyllanthus acidus	Fruit	0.1	6	0.08541669233982067	--
Phyllanthus emblica	Fruit	0.3	1.9	-0.43940500331865456	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Physalis ixocarpa	Fruit	0.5	6	0.08541669233982067	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Physalis peruviana</i>	Fruit	0.5	4.7	-0.0809901867714033	--
<i>Phytolacca americana</i>	Shoot	1	10	-0.2968901536351788	--
<i>Picrasma excelsa</i>	Plant	--	--		--
<i>Pimenta dioica</i>	Fruit	1.1	1.1	-0.5418092366178694	--
<i>Pimenta dioica</i>	Leaf	1.1	1.7	-1.3764356884885183	--
<i>Pinus cembroides</i>	Seed	7	12	1.2921316242321648	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Pinus edulis</i>	Seed	12	13	1.5307148108726454	USDA's Ag Handbook 8 and sequelae)
<i>Pinus pinea</i>	Seed	6	9	0.5763820643107227	--
<i>Piper auritum</i>	Leaf	1.2	6.7	-0.33441696387099973	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Piper betel</i>	Leaf	0.1	4.8	-0.7303840792256565	--
<i>Piper nigrum</i>	Fruit	0.5	1.644	-0.4778065908058602	--
<i>Pisum sativum</i>	Fruit	1.5	15	1.237464316955986	--
<i>Pisum sativum</i>	Seed	2.4	13.9	1.7454396788490785	--
<i>Plantago psyllium</i>	Seed	--	0	-1.5708666154536033	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Platonia insignis</i>	Fruit	0.4	1.4	-0.5034076491306638	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Platycodon grandiflorum</i>	Root	1	1.3	-0.4780998829934966	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Plectranthus amboinicus	Leaf	0.3	5.4	-0.6053418322715544	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Polygonum multiflorum	Root	0.1	0.1	-0.5848490255146099	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Polymnia edulis	Root	0.2	1.1	-0.49589140674701554	--
Portulaca oleracea	Herb	1	10	-1	--
Pourouma cecropiaefolia	Fruit	0	0	-0.6826150574042895	J Cell Biochem VOL. 22=1995
Pouteria caimito	Fruit	0.2	7.7	0.3030256881006518	--
Pouteria campechiana	Fruit	0.2	4.5	-0.10659124509620688	--
Pouteria viridis	Fruit	0.1	0.3	-0.644213469917084	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Prunus armeniaca	Fruit	0.3	2.5	-0.3626018283442436	USDA's Ag Handbook 8 and sequelae)
Prunus armeniaca	Seed	1.5	1.5	-1.2129918354928821	--
Prunus cerasus	Fruit	0	5	-0.0425885992841977	--
Prunus domestica	Fruit	0.4	2.9	-0.3113997116946362	USDA's Ag Handbook 8 and sequelae)
Prunus dulcis	Seed	2.2	2.6	-0.9505503301883533	USDA's Ag Handbook 8 and sequelae)
Prunus persica	Fruit	1	2	-0.4266044741562528	--
Prunus salicifolia	Fruit	0.2	1.3	-0.5162081782930655	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Psidium cattleianum	Fruit	0.2	1.9	-0.43940500331865456	--
Psidium guajava	Fruit	0.4	4	-0.17059389090821606	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Psophocarpus tetragonolobus	Seed	1.4	11.2	1.10126507491978	--
Punica granatum	Fruit	0	4	-0.17059389090821606	--
Pyrus communis	Fruit	0.2	1.2	-0.5290087074554676	--
Quararibea cordata	Fruit	0.2	2.1	-0.413803944993851	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Quercus alba	Bark	--	0	-0.6585046078685182	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Raphanus sativus	Fruit	0.3	7.9	0.3286267464254556	--
Raphanus sativus	Leaf	1.4	7	-0.2718958403939485	--
Raphanus sativus	Root	0.3	9.7	0.2691441146542965	--
Rheum rhabarbarum	Leaf	0.2	3.3	-1.0429896966109122	--
Rheum rhabarbarum	Pt	0.2	6.5	-0.07643467149674896	--
Rhizophora mangle	Leaf	--	--		--
Rhodymenia palmata	Plant	1.6	1.6	-0.5099882789040833	--
Ribes nigrum	Fruit	1	3	-0.29859918253223444	USDA's Ag Handbook 8 and sequelae)
Ribes rubrum	Fruit	1	2	-0.4266044741562528	--
Ribes uva-crispa	Fruit	0	3	-0.29859918253223444	--
Rollinia mucosa	Fruit	0.4	1.8	-0.4522055324810564	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Rosa canina	Fruit	3.8	3.8	-0.19619494923301964	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.

Plant	Part	Low PPM	High PPM	StdDev	Reference
Rosmarinus officinalis	Plant	5	6	-0.13599687437442232	USDA's Ag Handbook 8 and sequelae)
Rosmarinus officinalis	Leaf	3	6	-0.4802995853174522	USDA's Ag Handbook 8 and sequelae)
Rubus idaeus	Leaf	3.4	3.4	-1.0221493221185618	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Rubus idaeus	Fruit	0.3	2.2	-0.4010034158314492	Revised USDA data received 1993.
Rumex acetosa	Leaf	0.8	9	0.144911649453059	--
Rumex crispus	Leaf	0.6	8.1	-0.04265172097809442	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Rumex crispus	Root	8.1	8.1	0.12681192462614532	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Ruscus aculeatus	Root	8.3	8.3	0.14460344837966446	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Salix alba	Bark	--	0	-0.6585046078685182	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Salvia officinalis	Leaf	7	8	-0.06349209547044472	Father Nature's Farmacy: The aggregate of all these three-letter citations.
Sambucus canadensis	Fruit	1	3	-0.29859918253223444	USDA's Ag Handbook 8 and sequelae)
Sambucus nigra	Plant	1	1	-0.5609871067944916	--
Satureja hortensis	Plant	4	4	-0.3059929673424499	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Schisandra chinensis	Fruit	--	0	-0.6826150574042895	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.

Plant	Part	Low PPM	High PPM	StdDev	Reference
Sclerocarya caffra	Fruit	0.3	3.6	-0.22179600755782344	--
Sclerocarya caffra	Seed	0.4	0.4	-1.4754333407974107	--
Scutellaria lateriflora	Plant	2.8	2.8	-0.40799062312326667	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Secale cereale	Seed	3	3	-0.8551170555321612	USDA's Ag Handbook 8 and sequelae)
Sechium edule	Plant	--	--		--
Sechium edule	Shoot	0.3	4	-0.853559191701139	--
Serenoa repens	Fruit	0.6	5	-0.0425885992841977	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Sesamum indicum	Seed	5	10	0.8149652509512033	USDA's Ag Handbook 8 and sequelae)
Sicana odorifera	Fruit	0.5	4	-0.17059389090821606	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Sida rhombifolia	Leaf	2.2	11	0.5617191393000665	--
Sinapis alba	Seed	5	6	-0.13936749561071934	--
Solanum melongena	Fruit	0.4	10	0.5974378588358942	--
Solanum nigrum	Leaf	1	12	0.7701228842235702	--
Solanum quitoensis	Fruit	0.4	7	0.21342198396383905	--
Solanum sessiliflorum	Fruit	0.25	2.5	-0.3626018283442436	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Solanum torvum	Fruit	1.2	8	0.3414272755878574	--
Solanum tuberosum	Tuber	1	5	-0.49912520744578037	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Sonchus oleraceus</i>	Leaf	0.7	19	2.2289490986880964	--
<i>Sphenostylis stenocarpa</i>	Seed	6.9	7.6	0.24236560301405008	--
<i>Spinacia oleracea</i>	Plant	0.7	10.2	0.2209949208584362	USDA's Ag Handbook 8 and sequelae)
<i>Spirulina pratensis</i>	Plant	51	51	3.688915217406202	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Spondias dulcis</i>	Fruit	0.5	4	-0.17059389090821606	--
<i>Spondias mombin</i>	Fruit	0.4	4.5	-0.10659124509620688	--
<i>Spondias pinnata</i>	Fruit	0.2	2.1	-0.413803944993851	--
<i>Spondias purpurea</i>	Fruit	0.7	3.7	-0.20899547839542165	--
<i>Stellaria media</i>	Plant	0.2	2.1	-0.46748925566207633	--
<i>Stevia rebaudiana</i>	Leaf	--	--		Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Symphytum officinale</i>	Root	1.2	1.2	-0.48699564487025615	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Syzygium aromaticum</i>	Flower	--	1	-1.2611424689255089	--
<i>Syzygium aromaticum</i>	Fruit	1	1	-0.5546097657802712	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Syzygium cumini</i>	Fruit	0	1.8	-0.4522055324810564	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Syzygium jambos</i>	Fruit	0.1	1.1	-0.5418092366178694	--
<i>Syzygium malaccense</i>	Fruit	0.1	3.5	-0.23459653672022523	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Tabebuia heptaphylla	Bark	--	--		Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Tamarindus indica	Flower	4	4	-0.383026028360665	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Tamarindus indica	Fruit	2	9	0.46943256721187576	USDA's Ag Handbook 8 and sequelae)
Tamarindus indica	Leaf	4	4	-0.8971070751644596	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Tanacetum parthenium	Plant	--	4.1	-0.2974931626940486	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Taraxacum officinale	Leaf	1	13	1.8121416088410889	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Taraxacum officinale	Root	--	--		Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Terminalia catappa	Seed	3	7	0.09921569102976133	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Tetragonia tetragonioides	Leaf	0.4	6.7	-0.33441696387099973	--
Theobroma bicolor	Fruit	18	85	10.197834730637272	J Cell Biochem VOL. 22=1995
Theobroma bicolor	Seed	2.2	2.3	-1.0221252861804977	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Theobroma cacao	Fruit	1.8	4.2	-0.14499283258341247	J Cell Biochem VOL. 22=1995
Theobroma cacao	Seed	1	3	-0.8551170555321612	--
Theobroma speciosum	Fruit	9	25	2.51751723319617	J Cell Biochem VOL. 22=1995

Plant	Part	Low PPM	High PPM	StdDev	Reference
Thymus vulgaris	Plant	5	6	-0.13599687437442232	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Trachyspermum ammi	Fruit	2.1	2.3	-0.3882028866690472	--
Tragopogon porrifolius	Root	1	3	-0.32687193108858614	--
Trichosanthes anguina	Fruit	0.4	7.4	0.26462410061344643	--
Trifolium pratense	Flower	4.2	4.2	-0.32448493232300896	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Trigonella foenum-graecum	Seed	3	14	1.769297997513126	--
Triticum aestivum	Plant	3.3	4	-0.3059929673424499	--
Triticum aestivum	Seed	1.1	12	1.2921316242321648	--
Tropaeolum majus	Shoot	0.9	6.5	-0.6216137591736556	--
Tropaeolum tuberosum	Root	0.6	9.3	0.23356106714725886	--
Turnera diffusa	Leaf	1.8	1.8	-1.3555953139961678	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Ullucus tuberosus	Root	0.4	4.3	-0.2112270266907135	--
Ulmus rubra	Bark	5	5	2.1636579972822734	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Urtica dioica	Leaf	0.3	5.4	-0.6053418322715544	--
Vaccinium corymbosum	Fruit	0.5	3.1	-0.2857986533698326	--
Vaccinium macrocarpon	Fruit	0.3	2.5	-0.3626018283442436	--
Vaccinium myrtillus	Fruit	7	8	0.3414272755878574	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Valeriana officinalis	Root	1.6	1.6	-0.45141259736321837	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Verbascum thapsus	Leaf	--	--		Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Vicia faba	Fruit	0.8	5.4	0.008613517365409695	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Vicia faba	Seed	1.7	9	0.5763820643107227	USDA's Ag Handbook 8 and sequelae)
Vigna aconitifolia	Seed	5.6	6.2	-0.09165085828262295	--
Vigna angularis	Seed	3.4	6.6	0.003782416373569394	--
Vigna mungo	Seed	4.2	6.5	-0.020075902290479012	--
Vigna radiata	Seed	5.4	7.7	0.26622392167809805	USDA's Ag Handbook 8 and sequelae)
Vigna radiata	Sprout Seedling	0.7	10.3	-0.45029259815110706	USDA's Ag Handbook 8 and sequelae)
Vigna subterranea	Seed	1.8	5.2	-0.33023404492310365	--
Vigna unguiculata	Fruit	0.8	10	0.5974378588358942	USDA's Ag Handbook 8 and sequelae)
Vigna unguiculata	Seed	9	10	0.8149652509512033	USDA's Ag Handbook 8 and sequelae)
Vigna unguiculata	Shoot	3.5	35	2.0225641716396563	--
Vigna unguiculata	Seed	1.1	10	0.8149652509512033	USDA's Ag Handbook 8 and sequelae)
Vigna unguiculata	Shoot	3.5	35	2.0225641716396563	USDA's Ag Handbook 8 and sequelae)
Vitellaria paradoxa	Seed	--	5.6	-0.2348007702669113	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Vitis vinifera	Fruit	0.8	4.9	-0.05538912844659949	USDA's Ag Handbook 8 and sequelae)
Vitis vinifera	Stem	11	11	0.36791183185934545	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Xanthosoma sagittifolium	Root	1.3	3.8	-0.2557058360745107	--
Yucca baccata	Root	2.4	2.4	-0.38024650234914276	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Zea mays	Fruit	2	8	0.3414272755878574	--
Zea mays	Silk Stigma Style	2.1	2.1	-0.9999999999999999	--
Zingiber officinale	Rhizome	0	3	-0.9831353843426084	--
Zingiber officinale	Root	0	3	-0.32687193108858614	--
Zizyphus jujuba	Fruit	0.2	1.3	-0.5162081782930655	--
Zizyphus spina-christi	Fruit	0.4	0.4	-0.6314129407546821	--