

C WATER

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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	880000	895000	0.5410083440065604	--
Abelmoschus esculentus	Seed	--	98900	-0.49390282770605765	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Abelmoschus manihot	Leaf	884000	884000	0.38097023554195547	--
Abelmoschus moschatus	Seed	--	114000	-0.43595782900284474	Wealth of India.
Abrus precatorius	Leaf	790000	790000	-0.08799406702171589	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Acacia farnesiana	Leaf	814000	814000	0.031741499590285306	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Acalypha indica	Leaf	--	805000	-0.013159337889215141	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.

Plant	Part	Low PPM	High PPM	StdDev	Reference
Achillea millefolium	Plant	--	823000	0.22291061491730124	--
Acrocomia totai	Fruit	43100	43100	-3.1631325969462516	--
Acrocomia totai	Seed	31700	31700	-0.7517772590210184	--
Actaea racemosa	Root	--	790000	0.13584730298158998	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Actinidia chinensis	Fruit	812000	837000	0.2888189149946306	--
Aegle marmelos	Fruit	549600	615000	-0.6764578650165498	--
Aesculus hippocastanum	Seed	30000	400000	0.661543470938804	--
Aframomum melegueta	Fruit	--	210000	-2.437435774496405	--
Aleurites moluccana	Seed	70000	70000	-0.6048041828400215	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Allium ampeloprasum	Flower	831000	831000	0.12305748225364066	--
Allium ampeloprasum	Leaf	854000	894000	0.4308600549636226	--
Allium ampeloprasum	Root	863000	863000	0.6136511331039769	--
Allium cepa	Bulb	866000	918000	0.778867813617976	--
Allium cepa	Leaf	922000	922000	0.5705515493442906	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Allium sativum var. sativum	Bulb	585000	678000	-1.4116979121825834	--
Allium sativum var. sativum	Flower	884000	884000	0.46844769491404276	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses

Plant	Part	Low PPM	High PPM	StdDev	Reference
Allium sativum var. sativum	Leaf	864000	864000	0.2811905966986211	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Allium sativum var. sativum	Shoot	777000	777000	-2.1655989517785237	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Allium sativum var. sativum	Root	--	630000	-0.911393968519532	--
Allium schoenoprasum	Leaf	906500	920000	0.5605735854599573	--
Alocasia macrorrhiza	Root	630000	870000	0.659467938732151	--
Aloe spp.	Leaf	--	995000	0.9347472311224609	--
Aloe vera	Plant	995000	995000	0.9592516998257824	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Alpinia galanga	Rhizome	859000	859000	0.7689347486732349	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Althaea officinalis	Root	--	892000	0.8034636135635553	--
Amaranthus sp.	Leaf	916000	916000	0.5406176576912903	--
Amaranthus spinosus	Leaf	837000	850000	0.2113448495082871	--
Amorphophallus campanulatus	Root	750000	894000	0.8165541294573193	--
Amorphophallus konjac	Leaf	974000	974000	0.82997861033696	--
Amphicarpaea bracteata	Seed	500000	500000	1.0452851842051147	--
Anacardium occidentale	Fruit	856000	879000	0.471438846348097	--
Anacardium occidentale	Leaf	699000	699000	-0.5419914237588871	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Anacardium occidentale	Resin, Exudate, Sap	79000	95000	-0.8914970367173853	--
Anacardium occidentale	Seed	27000	52000	-0.6738776912279574	--
Ananas comosus	Fruit	812000	890000	0.5192678759882906	--
Anethum graveolens	Fruit	70310	83690	-2.9866434775739372	--
Anethum graveolens	Plant	73000	830000	0.2528779846519487	--
Anethum graveolens	Seed	70310	83690	-0.5522699422938635	USDA's Ag Handbook 8 and sequelae)
Angelica sinensis	Root	--	780000	0.07039472351276986	--
Anisomeles indica	Seed	82000	82000	-0.5587551772480641	Wealth of India.
Annona cherimola	Fruit	687000	771000	0.0018447371534684681	--
Annona cherimola	Seed	225000	225000	-0.010004527277239833	--
Annona diversifolia	Fruit	715000	720000	-0.21990803663288366	--
Annona glabra	Fruit	860000	860000	0.3888250678786717	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Annona muricata	Fruit	811600	832000	0.26707844697636074	--
Annona reticulata	Fruit	683000	801000	0.13228754526308736	--
Annona squamosa	Fruit	728000	775000	0.01923711156808432	--
Anogeissus latifolia	Leaf	123000	128000	-3.390700112736082	--
Anredera baselloides	Tuber	850000	850000	0.6377384815445818	Wealth of India.
Anthriscus cerefolium	Leaf	72000	72000	-3.6700831014974185	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Apium graveolens	Pt	927000	947000	1	USDA's Ag Handbook 8 and sequelae)
Apium graveolens	Root	890000	890000	0.7903730976697912	ACTA AGRIC SCAND SUPPL 22: 1980
Apium graveolens	Seed	60400	790000	2.1581361526774154	--
Apium graveolens	Fruit	--	790000	0.08445851562289378	--
Arachis hypogaea	Leaf	785000	785000	-0.11293897673254948	--
Arachis hypogaea	Plant	628000	842000	0.304250618482773	--
Arachis hypogaea	Seed	56000	422000	0.7459666478573923	--
Aralia cordata	Leaf	953000	953000	0.7252099895514589	--
Arctium lappa	Leaf	730000	738000	-0.3474211280143851	Wealth of India.
Arctium lappa	Root	--	765000	-0.02778414569046033	--
Arctostaphylos uva-ursi	Leaf	--	884000	0.38097023554195547	--
Areca catechu	Seed	123000	313000	0.3276881803971136	--
Areca catechu	Sprout Seedling	864000	864000	0.5266956633958348	--
Armoracia rusticana	Root	--	820000	0.33220504138805035	--
Arracacia xanthorrhiza	Root	711000	711000	-0.38122807482208904	--
Artemisia vulgaris	Leaf	873000	873000	0.3260914341781216	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Artocarpus altilis	Fruit	706000	891600	0.526224825754137	--
Artocarpus altilis	Seed	562700	562700	1.2858912384230914	USDA's Ag Handbook 8 and sequelae)
Artocarpus heterophyllus	Fruit	712740	772000	0.0061928307571224315	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Artocarpus heterophyllus	Latex Exudate	650000	750000	0.7071067811865475	--
Artocarpus heterophyllus	Seed	516000	577000	1.3407663034201738	--
Asimina triloba	Fruit	695000	766000	-0.01989573086480135	--
Asparagus officinalis	Plant	914000	950000	0.7666043229601914	--
Asparagus officinalis	Root	--	900000	0.8558256771386106	--
Astragalus membranaceus	Root	--	840000	0.4631102003256906	--
Avena sativa	Plant	--	780000	0.038825343690180966	--
Avena sativa	Seed	48000	213000	-0.05605353286919712	Jim Duke's personal files.*
Averrhoa bilimbi	Fruit	942000	947000	0.7671092113965665	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Averrhoa carambola	Fruit	874000	923000	0.6627549649088714	--
Bacopa monnieri	Shoot	--	884000	0.13973591871908117	Wealth of India.
Bactris gasipaes	Fruit	364000	609000	-0.7025464266384736	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Bactris gasipaes	Seed	69000	69000	-0.6086415999726845	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Basella alba	Leaf	931000	931000	0.6154523868237911	--
Benincasa hispida	Fruit	958000	962000	0.832330615451376	--
Bertholletia excelsa	Seed	32860	38770	-0.7246467198930903	USDA's Ag Handbook 8 and sequelae)
Beta vulgaris	Leaf	864000	926000	0.5905074771129576	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses

Plant	Part	Low PPM	High PPM	StdDev	Reference
Beta vulgaris	Root	865000	881340	0.733691163849793	USDA's Ag Handbook 8 and sequelae)
Bixa orellana	Fruit	844000	844000	0.3192555702202083	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Bixa orellana	Seed	--	114000	-0.43595782900284474	Wealth of India.
Blighia sapida	Aril	576000	692000	0.43881832192187564	--
Blighia sapida	Seed	715000	798000	2.1888354897387203	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Boehmeria nivea	Leaf	870000	870000	0.31112448835162143	--
Boehmeria nivea	Stem	105000	105000	-1.9701027401281699	--
Borago officinalis	Herb	0	930000	-1.412953309430929	USDA's Ag Handbook 8 and sequelae)
Brassica chinensis	Leaf	950000	956400	0.7421725281548257	--
Brassica juncea	Leaf	908000	908000	0.5007058021539567	--
Brassica juncea	Seed	62000	62000	-0.6355035199013263	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Brassica napus var. napobrassica	Root	891260	901940	0.8685234775555617	USDA's Ag Handbook 8 and sequelae)
Brassica nigra	Leaf	930030	933900	0.6299204344560746	USDA's Ag Handbook 8 and sequelae)
Brassica nigra	Seed	76000	76000	-0.5817796800440428	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Brassica oleracea	Stem	910000	921000	0.6202998314873419	--
Brassica oleracea var. botrytis l.	Leaf	890000	910230	0.5118312318849885	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Brassica oleracea var. botrytis l.	Plant	894000	926000	0.6638590552985428	--
Brassica oleracea var. capitata l.	Leaf	891000	950000	0.7102430437249587	USDA's Ag Handbook 8 and sequelae)
Brassica oleracea var. gemmifera	Leaf	846000	945500	0.6877926249852085	--
Brassica oleracea var. italica	Leaf	890000	910230	0.5118312318849885	USDA's Ag Handbook 8 and sequelae)
Brassica oleracea var. sabellica l.	Leaf	839000	850000	0.2113448495082871	--
Brassica oleracea var. viridis l.	Leaf	932500	945500	0.6877926249852085	--
Brassica pekinensis	Leaf	947000	954000	0.7301989714936256	--
Brassica rapa	Root	900000	921120	0.9940615249767587	--
Brassica rapa	Leaf	950000	956400	0.7421725281548257	USDA's Ag Handbook 8 and sequelae)
Bromelia pinguin	Shoot	916000	925000	1.0230885326480699	--
Brosimum alicastrum	Fruit	840000	840000	0.30186319580559245	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Bupleurum chinense	Root	--	890000	0.7903730976697912	--
Byrsonima crassifolia	Fruit	793000	832000	0.26707844697636074	--
Cajanus cajan	Fruit	644000	694000	-0.3329584703278867	--
Cajanus cajan	Seed	99000	695000	1.7935815250744205	--
Calathea macrosepala	Flower	923000	923000	0.7226027570603756	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Calotropis sp.	Seed	74000	74000	-0.589454514309369	--
Camellia sinensis	Leaf	40000	120000	-3.430611968273416	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses

Plant	Part	Low PPM	High PPM	StdDev	Reference
Canarium indicum	Seed	37600	37600	-0.7291364979383061	--
Canavalia ensiformis	Fruit	785000	886000	0.5018755015736748	--
Canavalia ensiformis	Seed	107000	120000	-0.41293332620686607	--
Canna indica	Root	668000	668000	-0.6626741665380156	--
Cannabis sativa	Seed	87500	136000	-0.3515346520842564	--
Capparis spinosa	Flower	696000	795000	-0.11154719049682113	--
Capparis spinosa	Leaf	696000	696000	-0.5569583695853872	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Capsella bursa-pastoris	Plant	882000	882000	0.4754927312521872	--
Capsicum annum	Fruit	742000	937000	0.7236282753600269	--
Capsicum frutescens	Fruit	70000	889550	0.5173112338666463	--
Carica papaya	Fruit	--	865000	0.41056553589694156	--
Carica papaya	Leaf	697000	703000	-0.5220354959902203	--
Carica papaya	Latex Exudate	750000	750000	0.7071067811865475	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Carica pentagona	Fruit	930000	932000	0.701887807341757	--
Carthamus tinctorius	Flower	--	860000	0.31204457974706823	--
Carthamus tinctorius	Seed	48000	50000	-0.6815525254932836	--
Carum carvi	Seed	91880	155000	-0.27862372656365736	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Carya glabra	Plant	--	--		--
Carya illinoensis	Seed	30000	50540	-0.6794803202416455	--
Casimiroa edulis	Fruit	783000	820000	0.2149013237325132	--
Caulophyllum thalictroides	Root	--	890000	0.7903730976697912	--
Ceiba pentandra	Wood	98000	98000		--
Cenchrus biflorus	Seed	98000	98000	-0.49735650312545443	--
Centella asiatica	Plant	893000	893000	0.5225843122637761	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Centella asiatica	Leaf	--	893000	0.4258710730214559	--
Ceratonia siliqua	Fruit	37000	247000	-2.276556311161208	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Ceratonia siliqua	Seed	88900	136300	-0.32812640757501144	--
Chamaemelum nobile	Flower	812000	812000	-0.0007616505868808395	--
Chenopodium album	Leaf	840300	840300	0.16295172466926994	--
Chenopodium album	Seed	88000	94000	-0.5127061716561069	--
Chenopodium ambrosioides	Leaf	855000	855000	0.23628975921912068	--
Chondrus crispus	Plant	834000	834000	0.27000219592889013	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Chrysanthemum coronarium	Bud	925600	925600	-1	--
Chrysanthemum coronarium	Leaf	935000	935000	0.635408314592458	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Chrysanthemum parthenium	Plant	--	895000	0.5311464179022468	--
Chrysanthemum parthenium	Leaf	--	820000	0.0616753912432856	--
Chrysophyllum cainito	Fruit	784000	857000	0.37578078706770984	--
Cicer arietinum	Seed	108220	122380	-0.4038002734311279	USDA's Ag Handbook 8 and sequelae)
Cichorium endivia	Leaf	934000	943800	0.6793113556835251	--
Cichorium intybus	Leaf	931000	951000	0.7152320256671255	USDA's Ag Handbook 8 and sequelae)
Cichorium intybus	Root	240000	800000	0.2012998824504101	--
Cimicifuga racemosa	Root	--	790000	0.13584730298158998	--
Cinnamomum verum	Bark	--	107000	-2.016026635005471	Wealth of India.
Citrullus lanatus	Fruit	915100	957000	0.8105901474331062	--
Citrullus lanatus	Seed	71000	81000	-0.5625925943807273	--
Citrus aurantiifolia	Fruit	877000	911000	0.6105778416650238	--
Citrus aurantium	Fruit	857000	892000	0.5279640631955985	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Citrus limon	Fruit	850000	894000	0.5366602504029064	--
Citrus mitis	Fruit Juice	896000	896000		Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Citrus mitis	Fruit	870800	871200	0.4375237162395961	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Citrus paradisi	Fruit	847000	930000	0.6931916201344491	--
Citrus reticulata	Fruit	879720	886000	0.5018755015736748	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Citrus sinensis	Fruit	839000	898000	0.5540526248175224	--
Cnicus benedictus	Plant	--	867000	0.41127693896365686	--
Cnidioscolus chayamansa	Leaf	764000	811000	0.016774553763785158	--
Coccinia grandis	Fruit	--	931000	0.6975397137381031	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Cocos nucifera	Hull Husk	80000	80000	-1	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Cocos nucifera	Leaf	84500	84500	-3.6077208272203345	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Cocos nucifera	Seed	363000	546000	1.2218063723076176	--
Coffea arabica	Seed	60000	100000	-0.4896816688601282	--
Coix lacryma-jobi	Seed	89000	113000	-0.43979524613550786	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Cola acuminata	Seed	120000	629000	1.5403119943186554	--
Colocasia esculenta	Leaf	810000	900000	0.46079394661662293	--
Colocasia esculenta	Root	660530	754000	-0.09978198310616247	--
Commelina benghalensis	Leaf	862000	862000	0.2712126328142877	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Corchorus olitorius	Leaf	804000	877200	0.3470451583352218	--
Coriandrum sativum	Fruit	86000	91200	-2.8635489476544933	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Coriandrum sativum	Leaf	73000	73000	-3.6650941195552518	USDA's Ag Handbook 8 and sequelae)
Corylus avellana	Seed	50000	74000	-0.589454514309369	--
Crataegus laevigata	Fruit	--	721000	-0.2155599430292297	--
Crataegus rhipidophylla	Fruit	--	721000	-0.2155599430292297	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Crescentia alata	Seed	34000	34000	-0.7429511996158933	--
Crocus sativus	Silk Stigma Style	85000	156000	-1	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Crotalaria juncea	Seed	86000	86000	-0.5434055087174118	--
Croton tiglium	Seed	60000	60000	-0.6431783541666525	--
Cucumis melo	Fruit	896000	938000	0.7279763689636809	--
Cucumis sativus	Fruit	944000	971000	0.8714634578842616	--
Cucurbita foetidissima	Fruit	899000	899000	0.5584007184211763	Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.
Cucurbita foetidissima	Root	653000	653000	-0.7608530357412457	Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.
Cucurbita maxima	Leaf	859000	859000	0.25624568698778755	--
Cucurbita pepo	Fruit	916000	916000	0.6323183096832936	USDA's Ag Handbook 8 and sequelae)
Cucurbita pepo	Seed	65200	73110	-0.5928698155574392	--
Cucurbita spp	Fruit	936800	936800	0.7227586566392961	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Cuminum cyminum	Fruit	--	81000	-2.9983398493677664	--
Cuminum cyminum	Seed	81000	81000	-0.5625925943807273	--
Curcuma longa	Rhizome	--	133000	-1.1144884211539199	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Curcuma longa	Plant	--	690000	-0.346469410041001	--
Cyamopsis tetragonoloba	Fruit	--	825000	0.236641791750783	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Cycas revoluta	Fruit	618000	618000	-0.6634135842055879	--
Cycas revoluta	Seed	721000	721000	1.8933543705236613	--
Cyclanthera pedata	Fruit	881000	945000	0.7584130241892586	--
Cydonia oblonga	Fruit	824000	857000	0.37578078706770984	--
Cymbopogon citratus	Plant	798000	798000	0.11588429443641736	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Cynara cardunculus	Flower	773000	854870	0.2786134138801274	--
Cyphomandra betacea	Fruit	827000	87800	-2.968772812862919	--
Cyrtosperma chamissonis	Leaf	890000	890000	0.4109041271949558	--
Cyrtosperma chamissonis	Root	600000	794000	0.16202833476911804	--
Daucus carota	Root	858000	907000	0.9016424827667847	--
Dioscorea alata	Root	650000	786000	0.10966627119406193	--
Dioscorea bulbifera	Tuber	710000	710000	-0.7403953925760133	--
Dioscorea pentaphylla	Root	796950	831850	0.40976634805860224	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Dioscorea sp.	Root	690000	690000	-0.5186784917066113	--
Dioscorea villosa	Root	--	760000	-0.0605104354248704	--
Diospyros digyna	Fruit	794600	831000	0.2627303533727068	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Diospyros virginiana	Fruit	644000	644000	-0.5503631505105849	--
Dipteryx odorata	Seed	69000	102000	-0.48200683459480204	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Durio zibethinus	Fruit	580000	810000	0.17142038769597304	--
Echinacea purpurea	Root	--	749000	-0.13250827284057254	--
Echinacea spp	Root	749000	749000	-0.13250827284057254	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Elaeagnus commutata	Fruit	862000	862000	0.39752125508597963	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Elaeagnus umbellatus	Fruit	795600	815300	0.19446528379533903	--
Elaeis guineensis	Fruit	262000	280000	-2.1330692222406276	--
Eleocharis dulcis	Tuber	773000	811000	0.25382975946813036	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Eleutherococcus senticosus	Root	--	790000	0.13584730298158998	--
Elytrigia repens	Plant	789000	789000	0.07735481906329916	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Ephedra sinica	Plant	--	790000	0.08163587188253452	--
Equisetum arvense	Plant	--	786000	0.0645116606055931	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Eriobotrya japonica	Fruit	865000	886000	0.5018755015736748	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Eriodictyon californicum	Leaf	--	780000	-0.13788388644338306	--
Eryngium creticus	Shoot	887000	887000	0.20437147583583645	Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.
Eryngium floridanum	Shoot	857000	857000	-0.4419840953317163	--
Erythrina berteroana	Shoot	842000	842000	-0.7651618809154926	--
Erythrina fusca	Leaf	815000	815000	0.03673048153245202	--
Erythroxylum coca	Leaf	65000	800000	-0.03810424760004873	--
Erythroxylum novogranatense	Leaf	100000	800000	-0.03810424760004873	--
Eugenia floribunda	Fruit	871000	871000	0.4366540975188653	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Eugenia uniflora	Fruit	854000	907000	0.593185467250408	--
Eupatorium perfoliatum	Plant	--	910000	0.5953622101907772	--
Euphorbia hirta	Leaf	781400	781400	-0.13089931172434965	--
Euphrasia officinalis	Plant	--	846000	0.32137482975971443	--
Fagopyrum esculentum	Seed	110000	128000	-0.3822339891455612	--
Feijoa sellowiana	Fruit	792000	840000	0.30186319580559245	--
Ficus carica	Fruit	250000	877000	0.4627426591407891	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Ficus carica	Leaf	676000	676000	-0.6567380084287215	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Foeniculum vulgare	Fruit	80670	104796	-2.8948726139752163	--
Foeniculum vulgare	Plant	842000	900000	0.5525516819984236	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Foeniculum vulgare	Seed	--	892000	2.5495527002090523	--
Fragaria spp	Fruit	870000	917000	0.6366664032869477	--
Frangula purshiana	Bark	--	723000	0.24192319620065653	--
Fucus vesiculosus	Plant	--	882000	0.4754927312521872	--
Garcinia mangostana	Fruit	802000	849000	0.3409960382384781	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Genipa americana	Fruit	676000	676000	-0.41122415519365807	--
Gentiana lutea	Root	--	780000	0.07039472351276986	--
Ginkgo biloba	Seed	124000	552000	1.2448308751035961	USDA's Ag Handbook 8 and sequelae)
Ginkgo biloba	Leaf	--	760000	-0.2376635252867174	--
Gliricidia sepium	Flower	855000	860000	0.31204457974706823	--
Gliricidia sepium	Leaf	847000	847000	0.19637790368178695	--
Gliricidia sepium	Seed	132000	132000	-0.3668843206149088	--
Glycine max	Fruit	692000	692000	-0.34165465753519464	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses

Plant	Part	Low PPM	High PPM	StdDev	Reference
Glycine max	Seed	83980	682000	1.7436951023498002	--
Glycine max	Sprout Seedling	815000	863000	0.5168771895861816	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Glycyrrhiza glabra	Root	--	843000	0.48274597416633663	--
Gossypium sp	Seed	67700	87700	-0.5368818995918845	--
Gymnema sylvestre	Leaf	--	810000	0.011785571821618442	--
Harpagophytum procumbens	Root	--	810000	0.26675246191923024	--
Helianthus annuus	Seed	53600	72900	-0.5936756731552985	--
Helianthus tuberosus	Tuber	370000	860000	0.7361766154103386	--
Hibiscus rosa-sinensis	Flower	898000	898000	0.5596828454281104	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Hibiscus sabdariffa	Flower	--	890000	0.5075484737057864	--
Hibiscus sabdariffa	Leaf	--	856000	0.2412787411612874	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Hibiscus sabdariffa	Seed	76000	129000	-0.3783965720128981	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Hippophae rhamnoides	Fruit	825000	825000	0.236641791750783	Abstract (See species file)
Hordeum vulgare	Plant	883000	883000	0.47977378407142257	Jim Duke's personal files.*
Hordeum vulgare	Seed	6000	178000	-0.19036313251240586	Jim Duke's personal files.*
Hordeum vulgare	Stem	860000	860000	0.42665454120726076	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Humulus lupulus	Fruit	60000	120000	-2.8287641988252616	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Humulus lupulus	Flower	--	814000	0.012271942343700371	--
Hydnocarpus wightiana	Seed	84800	84800	-0.5480104092766075	--
Hydrangea arborescens	Root	--	650000	-0.7804888095818918	--
Hydrastis canadensis	Root	--	723000	-0.30268497945950484	--
Hylocereus guatemalensis	Fruit	825000	830000	0.2583822597690528	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Hylocereus undatus	Fruit	844000	922000	0.6584068713052175	--
Ilex paraguariensis	Leaf	55000	55000	-3.7548957945142525	--
Ilex paraguariensis	Seed	72000	72000	-0.5971293485746952	--
Inga edulis	Seed	633000	633000	1.5556616628493078	--
Inga feuillei	Aril	840000	840000	0.9448841269434676	J Cell Biochem VOL. 22=1995
Inula helenium	Root	--	780000	0.07039472351276986	--
Ipomoea aquatica	Leaf	850000	929350	0.6072205666192161	--
Ipomoea batatas	Leaf	830000	878000	0.35103634388895516	--
Ipomoea batatas	Root	682000	806000	0.24057143013170218	--
Jatropha curcas	Seed	66000	66000	-0.6201538513706739	--
Juglans cinerea	Seed	30000	36000	-0.7352763653505671	--
Juglans nigra	Fruit	--	876000	0.45839456553713515	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Juglans nigra	Seed	31000	43600	-0.7061119951423275	--
Juglans nigra	Pericarp	--	880000		--
Juglans regia	Seed	25000	42000	-0.7122518625545884	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Juniperus communis	Fruit	--	690000	-0.35035084474250255	--
Justicia pectoralis	Leaf	850000	850000	0.2113448495082871	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Lablab purpureus	Fruit	824000	824000	0.23229369814712902	--
Lablab purpureus	Seed	878000	878000	2.495828860351769	--
Lactuca sativa	Leaf	920000	971000	0.8150116645104598	--
Lagenaria siceraria	Fruit	955400	963000	0.83667870905503	--
Lagenaria siceraria	Seed	24700	24700	-0.7786391789496602	--
Lantana camara	Fruit	760000	760000	-0.04598429248672513	--
Larrea tridentata	Plant	--	671000	-0.4278094136064728	--
Lawsonia inermis	Seed	106000	106000	-0.4666571660641496	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Lawsonia inermis	Leaf	--	90000	-3.5802814265384173	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.
Lens culinaris	Seed	111900	124000	-0.3975836576762137	--
Lens culinaris	Sprout Seedling	650000	700000	-1.0835340413873007	USDA's Ag Handbook 8 and sequelae)

Plant	Part	Low PPM	High PPM	StdDev	Reference
Lepidium meyenii	Root	--	153000	-4.0334820091822525	--
Lepidium sativum	Leaf	823000	894000	0.4308600549636226	--
Lepidium sativum	Seed	56900	56900	-0.6550743472779081	--
Licania platypus	Fruit	646000	674000	-0.419920342400966	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Limonia acidissima	Fruit	695000	695000	-0.32861037672423277	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Limonia acidissima	Seed	40000	40000	-0.7199266968199146	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Liquidambar orientalis	Resin, Exudate, Sap	150000	300000	0.8006964126072812	--
Liquidambar styraciflua	Resin, Exudate, Sap	150000	300000	0.8006964126072812	--
Lobelia inflata	Leaf	--	887000	0.3959371813684556	--
Luffa aegyptiaca	Fruit	930000	950000	0.7801534922075284	--
Luffa aegyptiaca	Leaf	901000	940000	0.6603532243032916	--
Lupinus albus	Seed	104400	104400	-0.47279703347641056	--
Lupinus mutabilis	Fruit	714000	714000	-0.24599659825480744	--
Lupinus mutabilis	Seed	77000	104000	-0.4743320003294758	--
Lycium chinense	Leaf	896000	896000	0.44083801884795604	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Lycopersicon esculentum	Fruit	910000	982000	0.9192924875244552	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Macadamia spp	Seed	28800	31000	-0.7544634510138826	--
Maclura pomifera	Fruit	--	800000	0.1279394516594334	Smith, J. L. and Perino, J. V. 1981. Osage Orange (Maclura pomifera): History and Economic Uses. Economic Botany 35(1): 24-41
Malpighia glabra	Fruit	914000	923000	0.6627549649088714	--
Malus domestica	Fruit	809000	896000	0.5453564376102144	--
Malva parviflora	Plant	859000	863000	0.39415272768671544	--
Malva sylvestris	Leaf	920000	920000	0.5605735854599573	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Mammea americana	Fruit	855000	890000	0.5192678759882906	--
Mangifera indica	Fruit	754300	900000	0.5627488120248303	--
Mangifera indica	Leaf	782000	782000	-0.12790592255904962	--
Manihot esculenta	Leaf	748000	810000	0.011785571821618442	--
Manihot esculenta	Root	607000	694250	-0.49086114543236276	--
Manilkara zapota	Fruit	690000	793000	0.09750279643385566	--
Maranta arundinacea	Root	572000	674000	-0.6234026188567234	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Mauritia flexuosa	Fruit	540000	540000	-1.002564885290597	J Cell Biochem VOL. 22=1995
Medicago sativa	Plant	--	812000	0.17581903390571232	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Medicago sativa	Seed	117000	117000	-0.4244455776048554	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Melicoccus bijugatas	Fruit	688000	825000	0.236641791750783	--
Mentha pulegium	Plant	912000	912000	0.6039243158292479	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Mentha spicata	Plant	0	830000	0.2528779846519487	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Mentha spicata	Leaf	0	830000	0.23628975921912068	--
Mentha x piperita	Leaf	--	851000	0.21633383145045382	--
Mimosa pudica	Leaf	749000	930000	0.6104634048816244	--
Mimulus glabratus	Shoot	900000	900000	0.4844588900084426	--
Mirabilis expansa	Root	650000	815000	0.2994787516536403	--
Momordica charantia	Fruit	795000	934000	0.710583994549065	--
Momordica charantia	Leaf	801000	846000	0.19138892173962024	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Morinda citrifolia	Leaf	776000	776000	-0.15783981421204993	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Moringa oleifera	Fruit	882000	882000	0.4844831271590589	USDA's Ag Handbook 8 and sequelae)
Moringa oleifera	Leaf	750000	750000	-0.28755334470838456	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.

Plant	Part	Low PPM	High PPM	StdDev	Reference
Moringa oleifera	Seed	40000	40000	-0.7199266968199146	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Moringa oleifera	Shoot	786600	786600	-1.9587651690049068	USDA's Ag Handbook 8 and sequelae)
Morus alba	Fruit	850000	875000	0.4540464719334812	--
Mucuna pruriens	Cr	91000	114000		--
Mucuna pruriens	Seed	71000	114000	-0.43595782900284474	--
Muntingia calabura	Fruit	751000	778000	0.03228139237904621	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Murraya koenigii	Leaf	663000	730000	-0.38733298355171886	--
Murraya sp	Fruit	642170	663430	-0.4658796917915884	--
Musa x paradisiaca	Fruit	626000	757000	-0.05902857329768702	--
Musa x paradisiaca	Shoot	--	926000	1.044633718353655	Rizk, A.F.M. and Al-Nowaihi, A.S., The Phytochemistry of the Horticultural Plants of Qatar, Scientific and Applied Research Centre, University of Qatar.
Musa x paradisiaca	Bulb	--	902000	0.6328300985646054	--
Musa x paradisiaca	Flower	--	902000	0.5857500312892728	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Musa x paradisiaca	Latex Exudate	--	114600	-1.4142135623730951	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.

Plant	Part	Low PPM	High PPM	StdDev	Reference
Musa x paradisiaca	Pith	--	883000		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Myrciaria cauliflora	Fruit	835000	871000	0.4366540975188653	--
Myrciaria dubia	Fruit	930000	940000	0.7366725561709888	--
Myrica cerifera	Bark	--	782000	0.4581878715921525	--
Myristica fragrans	Aril	82000	159000	-1.3837024488653438	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Myristica fragrans	Seed	62000	143000	-0.3246727321556146	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Myroxylon balsamum	Seed	46000	46000	-0.696902194023936	--
Nasturtium officinale	Herb	897000	951000	0.7581700684751388	--
Nelumbo nucifera	Rhizome	750000	838000	0.7144555660749288	--
Nelumbo nucifera	Seed	143000	80200	-0.5656625280868578	--
Nepeta cataria	Plant	--	880000	0.4669306256137165	--
Nicotiana tabacum	Leaf	800000	900000	0.46079394661662293	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Nigella sativa	Seed	55000	55000	-0.6623654398299681	--
Nyssa sylvatica	Resin, Exudate, Sap	150000	300000	0.8006964126072812	--
Ocimum basilicum	Leaf	771000	865000	0.28617957864078786	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Ocimum tenuiflorum	Plant	74800	74800	-2.980173104434592	--
Oenothera biennis	Seed	63000	83000	-0.5549177601154011	--
Olea europaea	Fruit	782000	782000	0.04967376679366207	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Opuntia ficus-indica	Bud	952600	952600	1	Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.
Opuntia ficus-indica	Fruit	814000	86400	0.40621744229328755	--
Opuntia ficus-indica	Seed	53000	136000	-0.3515346520842564	--
Origanum majorana	Plant	74920	77880	-2.966987461751347	USDA's Ag Handbook 8 and sequelae)
Origanum vulgare	Plant	68380	74820	-2.980087483378207	USDA's Ag Handbook 8 and sequelae)
Oryza sativa	Seed	103000	103000	-0.4781694174621389	--
Oxalis tuberosa	Root	824000	838000	0.4500196844319266	--
Pachira macrocarpa	Seed	54000	54000	-0.6662028569626312	--
Pachyrhizus erosus	Tuber	891500	891500	1.0462567370874725	--
Panax ginseng	Root	--	788000	0.12275678708782596	--
Papaver somniferum	Seed	62250	73300	-0.5921407063022331	--
Parthenium integrifolium	Root	--	840000	0.4631102003256906	--
Passiflora edulis	Fruit	751000	790000	0.08445851562289378	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Passiflora edulis	Seed	54000	54000	-0.6662028569626312	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
Passiflora foetida	Fruit	820000	820000	0.2149013237325132	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Passiflora incarnata	Flower	--	890000	0.5075484737057864	--
Passiflora ligularis	Fruit	699000	860000	0.3888250678786717	--
Passiflora mollissima	Fruit	920000	926000	0.6757992457198333	--
Passiflora quadrangularis	Fruit	800000	944000	0.7540649305856046	--
Passiflora quadrangularis	Seed	784000	784000	2.135111649881437	--
Pastinaca sativa	Root	724000	810000	0.26675246191923024	--
Paullinia yoko	Bark	123000	123000	-1.9573785874416756	--
Peganum harmala	Plant	677000	677000	-0.40212309669106067	--
Peperomia pelucida	Leaf	922000	922000	0.5705515493442906	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Peperomia pereskiifolia	Leaf	850000	850000	0.2113448495082871	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Pereskia aculeata	Fruit	914000	968000	0.8584191770732997	--
Perideridia gairdneri	Root	628600	628600	-0.9205573296451669	Izadoost, M. & Robinson, T., Synergism & antagonism in the pharmacology of alkaloidal plants, pp 137-58 in Craker, L. & Simon, J., eds., Herbs, Spices & Medicinal Plants: Recent Advances in Botany, Horticulture & Pharmacology, v. 2, 1987, 255pp.
Perilla frutescens	Leaf	860000	860000	0.2612346689299543	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Perilla frutescens	Seed	63000	178000	-0.19036313251240586	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Persea americana	Fruit	716000	830000	0.2583822597690528	--
Persea schiedeana	Fruit	765000	776000	0.023585205171738285	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Petasites japonicus	Pt	945000	945000	-1	USDA's Ag Handbook 8 and sequelae)
Petroselinum crispum	Plant	--	921000	0.6424537912023661	--
Phaseolus acutifolius	Fruit	--	80000	-3.0026879429714204	Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.
Phaseolus acutifolius	Hay	66000	108000		Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.
Phaseolus acutifolius	Seed	49800	90100	-0.527672098473493	--
Phaseolus coccineus	Fruit	342000	583000	-0.8155968603334767	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Phaseolus coccineus	Seed	64200	136000	-0.3515346520842564	--
Phaseolus lunatus	Leaf	972000	972000	0.8200006464526265	--
Phaseolus lunatus	Seed	46900	702400	1.8219784118561275	--
Phaseolus lunatus	Sprout Seedling	640000	640000	-1.6726424699664966	--
Phaseolus vulgaris	Fruit	688000	942000	0.7453687433782967	--
Phaseolus vulgaris	Leaf	868000	868000	0.301146524467288	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Phaseolus vulgaris	Seed	63000	604000	1.4443765660020778	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Phaseolus vulgaris	Sprout Seedling	907000	907000	0.9488900372109252	USDA's Ag Handbook 8 and sequelae)
Phoenix dactylifera	Fruit	153000	225000	0.06271804760462396	--
Phoenix dactylifera	Seed	71700	90000	-0.5280558401867593	--
Phragmites australis	Rhizome	--	53000	-1.3220281643855623	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Phyllanthus acidus	Fruit	905000	914000	0.6236221224759857	--
Phyllanthus emblica	Fruit	771000	841000	0.3062112894092464	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Physalis angulata	Fruit	900000	900000	0.5627488120248303	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Physalis ixocarpa	Fruit	917000	930000	0.6931916201344491	--
Physalis peruviana	Fruit	789000	829000	0.25403416616539887	--
Phytelephas aequatorialis	Flower	708000	708000	-0.6785084829771038	KOZIOL & PEDERSEN. 1993. PHYTELEPHAS AEQUATORIALIS(ARECACEAE) IN HUMAN AND ANIMAL NUTRITION. ECON. BOT. 47:401-307.
Phytelephas aequatorialis	Mesocarp	483800	811400		KOZIOL & PEDERSEN. 1993. PHYTELEPHAS AEQUATORIALIS(ARECACEAE) IN HUMAN AND ANIMAL NUTRITION. ECON. BOT. 47:401-307.
Phytelephas aequatorialis	Seed	877100	877100	2.492375184932372	KOZIOL & PEDERSEN. 1993. PHYTELEPHAS AEQUATORIALIS(ARECACEAE) IN HUMAN AND ANIMAL NUTRITION. ECON. BOT. 47:401-307.
Phytolacca americana	Shoot	916000	916000	0.8291818612978041	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Pimpinella anisum	Seed	95000	110000	-0.45130749753349714	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Pinus cembroides	Seed	31000	37000	-0.731438948217904	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Pinus edulis	Seed	30000	59000	-0.6470157712993156	--
Pinus elliottii	Resin, Exudate, Sap	20000	20000	-1.5105922011044584	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Pinus gerardiana	Seed	75000	75000	-0.5856170971767058	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Pinus pinea	Seed	56000	69750	-0.6057635371231872	--
Piper auritum	Leaf	804000	822000	0.07165335512761904	--
Piper betel	Leaf	854000	854000	0.23130077727695397	--
Piper methysticum	Root	--	120000	-4.249475521429359	Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
Piper nigrum	Fruit	103109	107091	-2.8848937391548306	USDA's Ag Handbook 8 and sequelae)
Pistacia vera	Seed	36500	5300	-0.8530850713233245	--
Pisum sativum	Fruit	880000	897750	0.5529656014166089	--
Pisum sativum	Seed	760000	793670	2.172219473554289	--
Plantago major	Seed	--	700000	1.812768610737736	--
Plantago psyllium	Hull Husk	83000	83000	1	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Plantago psyllium	Seed	782000	--		--
Platonia insignis	Fruit	700000	723000	-0.20686375582192176	--
Platycodon grandiflorum	Root	242000	242000	-3.450954051909753	--
Plectranthus amboinicus	Leaf	944000	944000	0.6803091520719584	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Polygonum multiflorum	Root	800000	800000	0.2012998824504101	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Polymnia edulis	Root	822000	909000	0.9147329986605487	--
Portulaca oleracea	Herb	912000	950000	0.6547832409558022	--
Pothomorphe sp.	Leaf	820000	820000	0.0616753912432856	--
Pourouma cecropiaefolia	Fruit	820000	820000	0.2149013237325132	J Cell Biochem VOL. 22=1995
Pouteria caimito	Fruit	606000	741000	-0.12859807095615045	--
Pouteria campechiana	Fruit	572000	606000	-0.7155907074494355	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Pouteria viridis	Fruit	684000	684000	-0.37643940636442635	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Prunus armeniaca	Fruit	963500	963500	0.8388527558568569	USDA's Ag Handbook 8 and sequelae)
Prunus cerasus	Fruit	826000	874000	0.44969837832982723	--
Prunus domestica	Fruit	840000	933000	0.706235900945411	--
Prunus persica	Bark	792000	792000	0.49484290131952474	--
Prunus persica	Fruit	835000	964000	0.8410268026586839	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Prunus salicifolia	Fruit	768000	808000	0.16272420048866512	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Psidium cattleianum	Fruit	783200	843000	0.3149074766165543	--
Psidium guajava	Fruit	770000	868000	0.42360981670790343	USDA's Ag Handbook 8 and sequelae)
Psidium guajava	Seed	103000	103000	-0.4781694174621389	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Psophocarpus tetragonolobus	Leaf	758000	779000	-0.14287286838554977	--
Psophocarpus tetragonolobus	Seed	79780	882930	2.514747326815798	--
Psophocarpus tetragonolobus	Tuber	574000	574000	-2.0791540131503057	--
Psoralea esculenta	Root	569800	569800	-1.3054184969218292	Izadoost, M. & Robinson, T., Synergism & antagonism in the pharmacology of alkaloidal plants, pp 137-58 in Craker, L. & Simon, J., eds., Herbs, Spices & Medicinal Plants: Recent Advances in Botany, Horticulture & Pharmacology, v. 2, 1987, 255pp.
Pteridium aquilinum	Leaf	913000	913000	0.5256507118647903	--
Pterocarpus marsupium	Leaf	--	788000	-0.09797203090604932	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Pueraria montana	Root	686000	686000	-0.5448595234941394	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Punica granatum	Fruit	780000	823220	0.22890218513627894	--
Punica granatum	Seed	350000	350000	0.46967261430564855	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.

Plant	Part	Low PPM	High PPM	StdDev	Reference
Pyrus communis	Fruit	817000	891000	0.5236159695919446	--
Quararibea cordata	Fruit	800000	853000	0.35838841265309396	--
Quercus alba	Bark	--	772000	0.4215328418647803	--
Quercus suber	Cork	30000	70000		--
Quisqualis indica	Seed	65000	65000	-0.623991268503337	--
Raphanus sativus	Fruit	899000	923000	0.6627549649088714	--
Raphanus sativus	Leaf	856000	856000	0.2412787411612874	--
Raphanus sativus	Root	926000	945000	1.1503622847483013	--
Rauvolfia serpentina	Seed	55000	87000	-0.5395680915847486	--
Rheum rhabarbarum	Leaf	900000	900000	0.46079394661662293	--
Rheum rhabarbarum	Stem	927000	950000	0.7123607071942658	--
Rhizophora mangle	Leaf	656000	656000	-0.756517647272056	--
Rhus copallina	Plant	--	--		--
Ribes nigrum	Fruit	815220	824000	0.23229369814712902	USDA's Ag Handbook 8 and sequelae)
Ribes rubrum	Fruit	834000	845000	0.32360366382386224	--
Ribes uva-crispa	Fruit	875000	882000	0.4844831271590589	--
Ricinus communis	Seed	51000	56000	-0.6585280226973049	Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.
Robinia pseudoacacia	Seed	103000	115000	-0.43212041187018163	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Rollinia mucosa	Fruit	772000	772000	0.0061928307571224315	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Rosa canina	Fruit	--	813000	0.18446466850693494	--
Rosmarinus officinalis	Plant	77900	108300	-0.3991263597175959	USDA's Ag Handbook 8 and sequelae)
Rubus chamaemorus	Fruit	840000	840000	0.30186319580559245	--
Rubus idaeus	Leaf	--	831000	0.11655419260711948	--
Rubus idaeus	Fruit	--	865700	0.4136092014194993	Revised USDA data received 1993.
Rumex acetosa	Leaf	900000	900000	0.46079394661662293	--
Rumex crispus	Leaf	926000	926000	0.5905074771129576	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Rumex crispus	Root	--	743000	-0.1717798205218646	--
Ruscus aculeatus	Plant	698000	698000	-0.3122209874871182	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Ruscus aculeatus	Root	--	698000	-0.46631642813155516	--
Salix alba	Bark	--	832000	0.6414630202290136	--
Salvia officinalis	Leaf	--	843000	0.1764219759131201	--
Sambucus nigra	Fruit	791000	819000	0.22185827349835952	--
Santalum acuminatum	Fruit	--	767000	-0.015547637261147385	--
Schisandra chinensis	Fruit	913000	913000	0.6192740288723317	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.

Plant	Part	Low PPM	High PPM	StdDev	Reference
Sclerocarya caffra	Fruit	917000	917000	0.6366664032869477	--
Sclerocarya caffra	Seed	39000	39000	-0.7237641139525778	--
Scutellaria lateriflora	Plant	--	863000	0.39415272768671544	--
Secale cereale	Seed	100000	110000	-0.45130749753349714	--
Sechium edule	Fruit	925000	930000	0.6931916201344491	--
Sechium edule	Leaf	823000	823000	0.07664233706978575	--
Sechium edule	Shoot	926000	926000	1.044633718353655	--
Senna alexandrina	Leaf	--	797000	-0.053071193426548875	--
Senna obtusifolia	Seed	96800	97200	-0.5004264368315849	--
Serenoa repens	Fruit	--	870000	0.43230600391521135	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Sesamum indicum	Seed	45100	50820	-0.6784058434444998	USDA's Ag Handbook 8 and sequelae)
Sicana odorifera	Fruit	851000	874000	0.44969837832982723	--
Sida rhombifolia	Leaf	802000	802000	-0.02812628371571529	--
Silybum marianum	Plant	882000	882000	0.4754927312521872	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Silybum marianum	Leaf	--	780000	-0.13788388644338306	--
Simmondsia chinensis	Seed	43000	46000	-0.696902194023936	--
Sinapis alba	Seed	66450	75700	-0.5829309051838417	--
Smilax officinalis	Root	--	790000	0.13584730298158998	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Smilax spp	Root	--	790000	0.13584730298158998	--
Solanum melongena	Fruit	905000	932000	0.701887807341757	--
Solanum melongena	Leaf	864000	864000	0.2811905966986211	--
Solanum nigrum	Leaf	821000	878000	0.35103634388895516	--
Solanum quitoensis	Fruit	858000	925000	0.6714511521161793	--
Solanum sessiliflorum	Fruit	900000	900000	0.5627488120248303	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Solanum torvum	Fruit	854000	854000	0.3627365062567479	--
Solanum tuberosum	Tuber	700000	800000	0.14554781221579788	--
Sonchus oleraceus	Leaf	920000	932000	0.6204413687659579	--
Sorbus aucubaria	Fruit	740000	740000	-0.1329461645598044	--
Sphenostylis stenocarpa	Root	648000	648000	-0.7935793254756558	--
Sphenostylis stenocarpa	Seed	94000	94000	-0.5127061716561069	--
Spinacia oleracea	Plant	913120	930000	0.6809832665754842	--
Spondias dulcis	Fruit	596000	869000	0.4279579103115574	--
Spondias mombin	Fruit	827000	880000	0.475786939951751	--
Spondias pinnata	Fruit	903000	903000	0.5757930928357922	--
Spondias purpurea	Fruit	758000	762000	-0.0372881052794172	--
Stachys officinalis	Plant	--	832000	0.2614400902904194	--
Stellaria media	Plant	--	917000	0.6253295799254247	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Sterculia urens	Gum	120000	240000		--
Stevia rebaudiana	Leaf	823000	823000	0.07664233706978575	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Symphytum officinale	Root	862000	862000	0.6071058751570949	--
Symphytum officinale	Leaf	--	890000	0.4109041271949558	--
Syzygium aromaticum	Flower	69000	252000	-3.65016767114962	--
Syzygium aromaticum	Fruit	69000	252000	-2.2548158431429384	Lawrence, B.M., Essential Oils 1976-1977, Essential Oils 1978, Essential Oils 1979-1980.
Syzygium cumini	Fruit	827000	858000	0.3801288806713638	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Syzygium jambos	Fruit	820000	891000	0.5236159695919446	--
Syzygium malaccense	Fruit	903000	935000	0.714932088152719	--
Tabebuia heptaphylla	Bark	--	821000	0.6011424875289041	--
Tamarindus indica	Fruit	314000	314000	-1.9852340397163928	USDA's Ag Handbook 8 and sequelae)
Tanacetum parthenium	Plant	--	895000	0.5311464179022468	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Taraxacum officinale	Leaf	356000	880000	0.3610143077732886	--
Taraxacum officinale	Root	--	857000	0.5743795854226849	--
Terminalia bellirica	Fruit	--	61000	-3.0853017214408456	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.

Plant	Part	Low PPM	High PPM	StdDev	Reference
Terminalia bellirica	Leaf	751000	780000	-0.13788388644338306	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Terminalia catappa	Seed	27000	60000	-0.6431783541666525	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Terminalia chebula	Fruit	100000	100000	-2.915726070898341	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Tetragonia tetragonioides	Leaf	940000	940000	0.6603532243032916	--
Theobroma angustifolium	Petiole	446800	446800	-1	--
Theobroma angustifolium	Seed	31900	441700	0.8215637653708555	--
Theobroma bicolor	Fruit	790000	921400	0.655798015143025	--
Theobroma bicolor	Petiole	505900	505900	1	--
Theobroma bicolor	Seed	36000	523100	1.1339295199696324	--
Theobroma cacao	Fruit	580000	580000	-0.8286411411444385	J Cell Biochem VOL. 22=1995
Theobroma cacao	Seed	36000	36000	-0.7352763653505671	--
Theobroma speciosum	Fruit	610000	610000	-0.6981983330348196	J Cell Biochem VOL. 22=1995
Thymus vulgaris	Leaf	--	832000	0.1215431745492862	--
Thymus vulgaris	Plant	74111	81690	-2.95067665051006	USDA's Ag Handbook 8 and sequelae)
Tilia sp.	Fruit	681000	681000	-0.3894836871753882	--
Tilia sp.	Leaf	120000	120000	-3.430611968273416	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Trachyspermum ammi	Fruit	74000	74000	-3.028776504593344	--
Tragopogon porrifolius	Root	768000	776000	0.04421369172524181	--
Tribulus terrestris	Leaf	720000	791000	-0.08300508507954917	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Trichosanthes anguina	Fruit	946000	946000	0.7627611177929126	--
Trifolium pratense	Flower	--	820000	0.051372721135444006	--
Trigonella foenum-graecum	Seed	--	870000	2.465129523290464	--
Triticum aestivum	Plant	666000	876000	0.4498064143367751	--
Triticum aestivum	Seed	60000	159000	-0.2632740580330049	--
Tropaeolum majus	Shoot	863000	863000	-0.3127129810982058	--
Tropaeolum tuberosum	Root	860000	921000	0.9932760940231329	--
Turnera diffusa	Leaf	--	790000	-0.08799406702171589	--
Ulex europaeus	Plant	527000	527000	-1.0442810195763639	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Ullucus tuberosus	Root	859000	863000	0.6136511331039769	--
Ulmus rubra	Bark	--	836000	0.6561250321199624	--
Urtica dioica	Leaf	--	800000	-0.03810424760004873	--
Vaccinium corymbosum	Fruit	843000	849000	0.3409960382384781	--
Vaccinium macrocarpon	Fruit	--	880000	0.475786939951751	--
Vaccinium myrtillus	Fruit	--	920000	0.6497106840979096	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Vaccinium vitis-idaea	Fruit	800000	932000	0.701887807341757	--
Valeriana officinalis	Root	--	882000	0.7380110340947351	--
Valerianella locusta	Plant	928000	928000	0.6724211609370135	--
Vanilla planifolia	Fruit	259000	309000	-2.006974507734663	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Verbascum thapsus	Leaf	--	560000	-1.2354599137200606	--
Viburnum opulus	Bark	782000	782000	0.4581878715921525	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Vicia faba	Fruit	854000	854000	0.3627365062567479	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Vicia faba	Seed	810000	810000	2.2348844953306775	USDA's Ag Handbook 8 and sequelae)
Vigna aconitifolia	Seed	90130	108000	-0.45898233179882336	--
Vigna angularis	Seed	134400	134400	-0.35767451949651735	--
Vigna mungo	Seed	98000	106000	-0.4666571660641496	--
Vigna radiata	Seed	86100	94890	-0.5092908704080367	USDA's Ag Handbook 8 and sequelae)
Vigna radiata	Sprout Seedling	888140	888140	0.7637136211608647	USDA's Ag Handbook 8 and sequelae)
Vigna subterranea	Seed	101000	573000	1.3254166348895215	--
Vigna unguiculata	Fruit	872000	884560	0.49561424678441307	USDA's Ag Handbook 8 and sequelae)
Vigna unguiculata	Seed	83120	85480	-0.5454009656263965	USDA's Ag Handbook 8 and sequelae)

Plant	Part	Low PPM	High PPM	StdDev	Reference
Vigna unguiculata	Leaf	--	890000	0.4109041271949558	--
Vigna unguiculata	Shoot	--	897800	0.4370594814561554	--
Vigna unguiculata	Leaf	--	890000	0.4109041271949558	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Vigna unguiculata	Seed	115600	668000	1.6899712624925167	USDA's Ag Handbook 8 and sequelae)
Vigna unguiculata	Shoot	--	897800	0.4370594814561554	USDA's Ag Handbook 8 and sequelae)
Viscum album	Leaf	798000	798000	-0.04808221148438216	--
Vitis vinifera	Fruit	761000	897000	0.5497045312138683	--
Vitis vinifera	Stem	792000	792000	0.21078766023930146	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Xanthosoma sagittifolium	Leaf	839000	839000	0.15646604814445322	--
Xanthosoma sagittifolium	Root	150000	770000	0.004942144043949733	--
Yucca baccata	Root	--	792000	0.148937818875354	--
Zea mays	Seed	100000	885000	2.5226907802804104	--
Zea mays	Silk Stigma Style	620000	620000	1	--
Zingiber officinale	Rhizome	93090	930000	0.9531262707913175	--
Zingiber officinale	Root	--	930000	1.052183415545071	--
Zizyphus jujuba	Fruit	162000	830000	0.2583822597690528	--
Zizyphus jujuba	Seed	213000	213000	-0.05605353286919712	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Zizyphus spina-christi	Fruit	93000	93000	-2.9461627261239185	--
