

P **Symphytum officinale**

Common Name(s)

Comfrey

How Used

M

Chemical	Plant Part	Low PPM	High PPM	StdDev	Reference Citation
12	ALLANTOIN	Leaf 1100	20000	1	
12	ALLANTOIN	Root 6000	8000	1.414211703032736	
5	ALUMINUM	Root 237	237	-0.18531623688311008	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
5	ALUMINUM	Leaf 26	237	-0.5262242971508979	
112	ASCORBIC-ACID	Root 132	132	-0.5705165097451346	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
112	ASCORBIC-ACID	Leaf 88	800	-0.3696902910647434	
0	ASH	Leaf 3960	36000	-1.4597451047029075	
0	ASH	Root 140000	140000	2.0685940802719145	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
2	ASPARAGINE	Root 10000	30000	0	

Chemical	Plant Part	Low PPM	High PPM	StdDev	Reference	Citation
53	BETA-CAROTENE	Leaf	12	108	-0.6676049250693852	
53	BETA-CAROTENE	Root	660	660	3.7837756184374194	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
0	BORNESITOL	Root	--	--		Grenand, P., Moretti, C., and Jacquemin, H. 1987. Pharmacopees Traditionnelles en Guyane. l'ORSTROM, Paris. 569 pp.
102	CAFFEIC-ACID	Root	--	--		
28	CALCIUM	Root	11300	11300	0.4268132451111813	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
28	CALCIUM	Leaf	1980	18000	-0.029871524092770517	
0	CARBOHYDRATES	Root	759000	759000	-0.9117311715674291	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
0	CARBOHYDRATES	Leaf	83490	759000	1.1702299618640322	
0	CAROTENES	Plant	6300	6300	1	
77	CHLOROGENIC-ACID	Root	--	--		
20	CHOLINE	Root	--	--		
24	CHROMIUM	Root	8	8	1.034555549691094	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
24	CHROMIUM	Leaf	0.2	1.8	-0.4929482981471673	
2	COBALT	Leaf	--	--		
2	COBALT	Root	129	129	2.254743268218843	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
3	CONSOLICINE	Root	--	--		

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4	CONSOLIDINE	Root	17	17		
0	D-MANNOSE	Root	--	--		
3	ECHIMIDINE	Root	--	--		
0	ECHINATINE	Root	--	--		
0	FAT	Root	17000	17000	-0.1960836859599246	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
0	FAT	Leaf	1320	12000	-0.8859870390618501	
15	FIBER	Root	72000	72000	-0.35781867764508235	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
0	FIBER(CRUDE)	Leaf	--	90000	-0.9755416251576845	
0	FIBER(DIETARY)	Leaf	--	480000	1.2687612918424682	
8	FRUCTOSE	Root	--	--		
22	GABA	Root	--	--		
7	GLUCOSE	Root	--	--		
4	GLUCURONIC-ACID	Root	--	--		
0	GUM	Root	50000	100000	-0.2627053187642807	
0	HELIOSUPINE-N-OXIDE	Root	--	--		
0	HYPOXANTHINE	Root	--	--		Grenand, P., Moretti, C., and Jacquemin, H. 1987. Pharmacopees Traditionnelles en Guyane. l'ORSTROM, Paris. 569 pp.
6	IRON	Root	810	810	0.7351070892840852	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.

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6	IRON	Leaf	1.3	12	-0.890161290433994	
0	ISOBANERENOL	Root	--	--		
0	KILOCALORIES	Root	2170	2170	-2.6349381148764963	
0	L-ARABINOSE	Root	--	--		
0	L-RHAMNOSE	Root	--	--		
3	LASIOCARPINE	Root	--	--		
3	LITHOSPERMIC-ACID	Root	--	--		
1	LYCOPSAMINE	Root	--	--		
65	MAGNESIUM	Leaf	77	700	-1.3227963811163561	
65	MAGNESIUM	Root	1700	1700	-0.45843259303324313	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
14	MANGANESE	Leaf	0.6	5.8	-0.4502436253607189	
14	MANGANESE	Root	67	67	0.2541689976431844	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
3	MUCILAGE	Root	290000	290000	1.2769493662553644	
1	MUCOPOLYSACCHARIDES	Root	250000	300000		
39	NIACIN	Leaf	10	89	-0.10339986544967049	
39	NIACIN	Root	--	67	0.48577546650469927	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
0	OCTADECATETRAENIC-ACID	Seed	--	--		
4	PHOSPHORUS	Leaf	242	2200	-0.5099115436962968	

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4	PHOSPHORUS	Root 2111	2111	-0.24717782192265478	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
14	POTASSIUM	Leaf 1870	17000	-0.5892446041503846	
14	POTASSIUM	Root 15900	15900	0.008875914897978466	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
0	PROTEIN	Leaf 15400	140000	-0.7167237861233011	
0	PROTEIN	Root 94000	94000	-0.27414804901656553	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
0	PYROCATECHINS	Root 24000	24000		
0	REDUCING-SUGARS	Root 51500	51500		
0	RESIN	Root --	--		
15	RIBOFLAVIN	Leaf 0.8	7.2	-0.1441116267822773	
15	RIBOFLAVIN	Root 7.2	7.2	0.6839813792958593	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
57	ROSMARINIC-ACID	Leaf 5000	5000	-0.34272410314857343	
60	SELENIUM	Root --	5.7	0.043025803419244356	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
60	SELENIUM	Leaf 0.1	1.2	-0.29034536355768803	
1	SILICIC-ACID	Leaf 40000	40000		
1	SILICIC-ACID	Root --	--		
4	SILICON	Leaf 1	9	-0.38642290679786806	

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4	SILICON	Root 35	35	-0.18212553697929784	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
0	SITOSTEROL	Root --	--		
1	SODIUM	Root 3510	3510	1.1215361621673223	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
1	SODIUM	Leaf 12	110	-0.6277481449277332	
12	STIGMASTEROL	Root --	--		
14	SUCROSE	Root --	--		
0	SUGARS	Leaf 9900	90000	0.3611228146781439	
0	SYMLANDINE	Plant --	--		
1	SYMPHYTINE	Root --	--		
0	SYMPHYTOCYNOGLOSSIN	Root 21	21		
35	TANNIN	Plant 80000	90000	0.09291261850435828	
31	THIAMIN	Root 1.2	1.2	-0.48699564487025615	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
0	THIAMINE	Leaf 0.2	2.2	-0.7312289774690925	
4	TIN	Leaf 0.7	6.7	-1.0681794992129428	
4	TIN	Root 6.7	6.7	-0.9947649249747477	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
0	VIRIDIFLORINE	Plant --	--		
0	WATER	Root 862000	862000	0.6071058751570949	

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0	WATER	Leaf	--	890000	0.4109041271949558	
3	XYLOSE	Root	--	--		
77	ZINC	Root	2.8	2.8	-0.9363126098748169	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
77	ZINC	Leaf	--	--		