

Dr. Duke's Phytochemical and Ethnobotanical Database

List of Plants for FIBER(DIETARY)

Plant	Part	Low PPM	High PPM	StdDev	Reference
Achillea millefolium	Plant	--	412000	0.5188999674765548	--
Allium sativum var. sativum	Root	--	340000	-0.6381012427914107	--
Aloe spp.	Leaf	--	660000	3.4334725006732185	--
Althaea officinalis	Root	--	523000	1.3604505714281423	--
Angelica sinensis	Root	--	350000	-0.5288907611400689	--
Apium graveolens	Fruit	--	320000	-0.9715942860730087	--
Arctium lappa	Root	--	700000	3.29347609665689	--
Arctostaphylos uva-ursi	Leaf	--	362000	-0.15032716727991322	--
Armoracia rusticana	Root	--	430000	0.34479309207066455	--
Asparagus officinalis	Root	--	390000	-0.0920488345347022	--
Astragalus membranaceus	Root	--	600000	2.2013712801434733	--
Avena sativa	Plant	--	620000	2.767466493208292	--
Berberis vulgaris	Bark	--	440000	-0.2531196743613459	--
Bupleurum chinense	Root	--	380000	-0.20125931618604387	--
Capsicum annum	Fruit	--	482000	1.7052471143322203	--
Carica papaya	Fruit	--	300000	-1.302068533036617	--
Carthamus tinctorius	Flower	--	290000	-0.21521861253312108	--
Caulophyllum thalictroides	Root	--	360000	-0.41968027948872727	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Centella asiatica	Leaf	--	302000	-0.8718975702234967	--
Chrysanthemum parthenium	Leaf	--	390000	0.1864056874270924	--
Cimicifuga racemosa	Root	--	410000	0.12637212876798118	--
Cnicus benedictus	Plant	--	379000	0.16215623983642335	--
Crataegus laevigata	Fruit	--	386000	0.11897072890689903	--
Curcuma longa	Plant	--	370000	0.06486249593456934	--
Dioscorea villosa	Root	--	360000	-0.41968027948872727	--
Echinacea purpurea	Root	--	512000	1.2403190416116665	--
Eleutherococcus senticosus	Root	--	360000	-0.41968027948872727	--
Ephedra sinica	Plant	--	319000	-0.4864687195092701	--
Equisetum arvense	Plant	--	312000	-0.5621416314329344	--
Eriodictyon californicum	Leaf	--	380000	0.06614395360316182	--
Eupatorium perfoliatum	Plant	--	390000	0.2810708157164672	--
Euphrasia officinalis	Plant	--	292000	-0.7783499512148322	--
Frangula purshiana	Bark	--	560000	1.1932784648463484	--
Fucus vesiculosus	Plant	--	482000	1.2756290867131972	--
Gentiana lutea	Root	--	420000	0.23558261041932288	--
Ginkgo biloba	Leaf	--	350000	-0.29464124786862994	--
Glycyrrhiza glabra	Root	--	323000	-0.8237590615986915	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Gymnema sylvestre	Leaf	--	320000	-0.6554264493404216	--
Harpagophytum procumbens	Root	--	420000	0.23558261041932288	--
Hibiscus sabdariffa	Flower	--	140000	-1.7977084105707757	--
Humulus lupulus	Flower	--	342000	0.3333778507865993	--
Hydrangea arborescens	Root	--	380000	-0.20125931618604387	--
Hydrastis canadensis	Root	--	392000	-0.07020673820443385	--
Inula helenium	Root	--	380000	-0.20125931618604387	--
Juglans nigra	Pericarp	--	410000		--
Juniperus communis	Fruit	--	320000	-0.9715942860730087	--
Larrea tridentata	Plant	--	320000	-0.4756583035201752	--
Lobelia inflata	Leaf	--	313000	-0.739609663017173	--
Medicago sativa	Plant	--	423000	0.6378145433565986	--
Mentha x piperita	Leaf	--	323000	-0.6193479291932424	--
Myrica cerifera	Bark	--	392000	-0.831678930044424	--
Panax ginseng	Root	--	301000	-1.0640221212316432	--
Parthenium integrifolium	Root	--	330000	-0.7473117244427523	--
Passiflora incarnata	Flower	--	420000	1.15627254576618	--
Petroselinum crispum	Plant	--	293000	-0.7675395352257373	--
Plantago major	Seed	--	640000	0.9601420587878392	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Plantago psyllium	Seed	--	603000	0.4191483099276858	--
Quercus alba	Bark	--	413000	-0.5785592556830773	--
Rosa canina	Fruit	--	440000	1.0112511957086416	--
Rubus idaeus	Leaf	--	323000	-0.6193479291932424	--
Rumex crispus	Root	--	274000	-1.3588904216902657	--
Ruscus aculeatus	Root	--	410000	0.12637212876798118	--
Salix alba	Bark	--	342000	-1.4343448213809635	--
Salvia officinalis	Leaf	--	289000	-1.0282378241946064	--
Schisandra chinensis	Fruit	--	320000	-0.9715942860730087	--
Scutellaria lateriflora	Plant	--	293000	-0.7675395352257373	--
Senna alexandrina	Leaf	--	386000	0.13830099389752015	--
Serenoa repens	Fruit	--	400000	0.3503027017814249	--
Silybum marianum	Leaf	--	390000	0.1864056874270924	--
Smilax officinalis	Root	--	380000	-0.20125931618604387	--
Smilax spp	Root	--	380000	-0.20125931618604387	--
Spirulina spp.	Plant	--	200000	-1.7729082222115622	--
Stachys officinalis	Plant	--	390000	0.2810708157164672	--
Stellaria media	Plant	--	329000	-0.37836455961832116	--
Symphytum officinale	Leaf	--	480000	1.2687612918424682	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Tabebuia heptaphylla	Bark	--	494000	0.3977594882821161	--
Thymus vulgaris	Leaf	--	363000	-0.13830099389752015	--
Trifolium pratense	Flower	--	360000	0.523276626551118	--
Trigonella foenum-graecum	Seed	--	480000	-1.3792903687155267	--
Turnera diffusa	Leaf	--	330000	-0.535164715516491	--
Ulmus rubra	Bark	--	586000	1.506664728341349	--
Urtica dioica	Leaf	--	430000	0.6674526227228147	--
Vaccinium macrocarpon	Fruit	--	450000	1.1764883191904458	--
Vaccinium myrtillus	Fruit	--	370000	-0.1454086686639877	--
Valeriana officinalis	Root	--	423000	0.2683457549147254	--
Verbascum thapsus	Leaf	--	350000	-0.29464124786862994	--
Yucca baccata	Root	--	386000	-0.13573302719523886	--
Zingiber officinale	Root	--	242000	-1.7083639629745593	--