

Dr. Duke's Phytochemical and Ethnobotanical Databases

List of Plants for BETA-CAROTENE

Plant	Part	Low PPM	High PPM	StdDev	Reference
Acacia nilotica	Plant				--
Acacia farnesiana	Leaf	120.0	646.0	1.6753562972527778	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Acacia decurrens	Plant				--
Achillea millefolium	Plant				--
Actaea racemosa	Root		2.4	-0.421076046376712	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Actinidia chinensis	Fruit	0.4	6.0	-0.1392027372339869	--
Aegle marmelos	Fruit	0.5	1.3	-0.1482877525530302	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Aglaonema commutatum	Fruit				Wealth of India.
Aleurites moluccana	Seed		0.0	-0.42930857989782434	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Allium sativum var. sativum	Leaf	9.0	68.0	-0.841802785465085	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Allium cepa	Leaf	12.0	158.0	-0.4498575995747604	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Allium ampeloprasum	Root	0.2	1.8	-0.4249125898665059	--
Allium schoenoprasum	Leaf	34.0	475.0	0.930660444061161	--
Allium sativum var. sativum	Flower	0.6	5.0	-0.5451960528647178	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Allium cepa	Flower		28.0	-0.18921282459251038	--
Allium ampeloprasum	Leaf	0.2	230.0	-0.13630145086250064	--
Allium sativum var. sativum	Shoot	2.0	9.0	-0.6835691781431281	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Allium sativum var. sativum	Bulb	0.0	0.17	-1.0	--
Allium cepa	Bulb	0.0	52.0	0.9999999999999998	--
Allium ampeloprasum	Flower	25.0	151.0	1.7145235700805992	--
Allium sativum var. sativum	Root	0.1	0.2	-0.4351433725059564	--
Alocasia macrorrhiza	Root				--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Aloe vera	Stem Essent. Oil		7.2		Rowe, T. D., Parks, L. M. 1941. A Phytochemical Study of Aloe vera Leaf. J. Amer. Pharm. Ass. Sci. Ed., 30: 262-266.
Aloe spp.	Leaf	0.2	31.0	-1.0029358063311073	--
Aloe vera	Leaf		3.0	-1.1248743086080972	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Alpinia galanga	Rhizome	15.0	108.0	1.413458979716062	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Althaea officinalis	Root				--
Amaranthus spinosus	Leaf	65.0	408.0	0.6388790278983637	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Amaranthus sp.	Leaf	0.0	508.0	1.0743736788876133	--
Amorphophallus konjac	Root				--
Amorphophallus campanulatus	Root	0.0	6.8	-0.3929413941182232	--
Anacardium occidentale	Seed	0.0	0.6	-0.39180302186339344	--
Anacardium occidentale	Leaf	6.0	20.0	-1.0508402179399248	--
Anacardium occidentale	Fruit	7.6	53.0	-0.04835258404355484	--
Ananas comosus	Fruit	0.0	3.0	-0.14500168318231235	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Angelica sinensis	Root	0.3	1.2	-0.42874913335629994	--
Annona squamosa	Fruit	0.0	0.2	-0.1504140327340827	--
Annona cherimola	Fruit	0.0	0.2	-0.1504140327340827	--
Annona reticulata	Fruit	0.0	0.2	-0.1504140327340827	--
Annona diversifolia	Fruit	0.0	0.4	-0.1500274363375278	--
Annona glabra	Fruit	3.0	23.0	-0.10634204352680936	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Annona muricata	Fruit	0.0	0.6	-0.1496408399409727	--
Apium graveolens	Seed	7.5	36.0	1.8210249021680307	--
Apium graveolens	Fruit	8.0	36.0	-0.0812132777507324	--
Apium graveolens	Pt	1.0	144.0	1.4105317625651812	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Arachis hypogaea	Seed	0.0	0.34	-0.40805543034498004	--
Arachis hypogaea	Leaf	77.0	360.0	0.42984159542352385	--
Arctium lappa	Root	11.0	45.0	-0.148681458601344	--
Arctostaphylos uva-ursi	Leaf	20.0	172.0	-0.3888883484362654	--
Areca catechu	Plant				--
Armoracia rusticana	Root	27.0	150.0	0.5227136521125912	--
Arracacia xanthorrhiza	Root	1.1	3.8	-0.4121241115671928	--
Artemisia dracunculus	Leaf	2.0	74.0	-0.8156731064057301	--
Artemisia absinthium	Leaf		500.0	1.0395341068084734	--
Artemisia vulgaris	Leaf	21.0	168.0	-0.4063081344758354	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Artocarpus altilis	Seed	3.0	6.0	-0.05425299955351525	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Artocarpus altilis	Fruit	0.04	0.1	-0.15060733093236026	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Artocarpus heterophyllus	Fruit	0.2	8.0	-0.1353367732684366	--
Asimina triloba	Fruit	0.4	2.5	-0.14596817417369995	--
Asparagus officinalis	Root	6.5	65.0	-0.020796675608213463	--
Asparagus officinalis	Shoot	0.3	120.0	-0.17690767722048123	--
Astragalus membranaceus	Root				--
Avena sativa	Plant	16.0	72.0	-0.3372351827937805	--
Averrhoa bilimbi	Fruit	0.35	14.0	-0.12373888137178571	--
Averrhoa carambola	Fruit	0.03	75.0	-0.005826980422501522	--
Bactris gasipaes	Fruit	0.5	55.0	-0.04448662007800453	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Basella alba	Leaf	48.0	695.0	1.88874867623751	--
Benincasa hispida	Fruit	0.0	2.5	-0.14596817417369995	--
Berberis vulgaris	Fruit				Jim Duke's personal files.

Plant	Part	Low PPM	High PPM	StdDev	Reference
Berberis vulgaris	Root		0.0	-0.4364222203358877	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Berberis vulgaris	Bark				--
Bertholletia excelsa	Seed		0.0	-0.42930857989782434	USDA's Ag Handbook 8 and sequelae)
Beta vulgaris	Root	0.0	438.0	2.3642545272136704	--
Bixa orellana	Fruit	0.9	113.0	0.0676263349229542	--
Blighia sapida	Aril	5.5	18.0	1.0	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Boehmeria nivea	Leaf	52.0	403.0	0.6171042953489012	--
Borago officinalis	Leaf	25.0	360.0	0.42984159542352385	USDA's Ag Handbook 8 and sequelae)
Brassica oleracea var. italica	Leaf	9.0	138.0	-0.5369565297726103	--
Brassica rapa	Root				--
Brassica oleracea var. viridis l.	Leaf	20.0	328.0	0.29048330710696396	--
Brassica oleracea var. botrytis l.	Leaf	9.0	138.0	-0.5369565297726103	--
Brassica chinensis	Leaf	18.0	385.0	0.5387152581708363	--
Brassica rapa	Leaf	18.0	385.0	0.5387152581708363	USDA's Ag Handbook 8 and sequelae)
Brassica oleracea	Stem	0.24	2.67	-0.848867975828728	--
Brassica oleracea var. capitata l.	Leaf	0.6	12.0	-1.085679790019065	--
Brassica nigra	Leaf	29.0	475.0	0.930660444061161	USDA's Ag Handbook 8 and sequelae)
Brassica oleracea var. sabellica l.	Leaf	50.0	345.0	0.3645173977751364	--
Brassica oleracea var. botrytis l.	Flower		4.0	-0.5606735845287268	--
Brassica oleracea var. gemmifera	Leaf	5.0	41.0	-0.9593863412321825	USDA's Ag Handbook 8 and sequelae)
Brassica napus var. napobrassica	Root		0.0	-0.4364222203358877	USDA's Ag Handbook 8 and sequelae)
Bromelia pinguin	Shoot	0.0	1.7	-0.7168901597353382	--
Brosimum alicastrum	Fruit	5.0	35.0	-0.08314625973350755	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Bupleurum chinense	Root	4.0	36.0	-0.20622961094825273	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Byrsonima crassifolia	Fruit	0.02	2.8	-0.1453882795788675	--
Cajanus cajan	Seed	0.84	4.6	-0.14176596830052063	--
Cajanus cajan	Fruit	0.4	4.0	-0.1430687011995372	--
Calathea macrosepala	Flower		0.0	-0.6225837111847629	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Camellia sinensis	Leaf	27.0	84.0	-0.7721236413068051	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Canavalia ensiformis	Seed	0.0	0.2	-0.41680672721968065	--
Canavalia ensiformis	Fruit	0.24	2.2	-0.1465480687685324	--
Canna indica	Root	0.1	0.3	-0.4345039485909906	--
Cannabis sativa	Seed	0.0	0.06	-0.4255580240943812	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Capsella bursa-pastoris	Plant	2.6	22.0	-0.6080296361587286	--
Capsicum frutescens	Fruit	1.0	38.0	-0.0773473137851821	--
Capsicum annuum	Fruit	25.0	95.0	0.032832659233001486	--
Carica papaya	Pericarp				Jim Duke's personal files.
Carica papaya	Fruit				--
Carica papaya	Seed Oil				Jim Duke's personal files.
Carica papaya	Leaf	116.0	514.0	1.1005033579469683	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Carica pentagona	Fruit	0.6	9.0	-0.13340379128566146	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Carthamus tinctorius	Flower	13.0	90.0	0.770394138576049	--
Carum carvi	Fruit		2.0	-0.14693466516508752	--
Carum carvi	Seed		2.0	-0.30429005311638807	--
Carya illinoensis	Seed	0.13	0.83	-0.3774258912835282	--
Casimiroa edulis	Fruit	0.3	2.4	-0.1461614723719775	--
Catha edulis	Leaf		18.0	-1.0595501109597099	--
Caulophyllum thalictroides	Root	2.6	24.0	-0.28296048074413105	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Centella asiatica	Leaf	40.0	369.0	0.46903611401255635	--
Chamaemelum nobile	Flower		2.2	-0.588533141523943	--
Chenopodium ambrosioides	Leaf	35.0	165.0	-0.41937297400551293	--
Chenopodium album	Leaf	71.0	316.0	0.23822394898825403	--
Chondrus crispus	Plant		55.0	-0.42930529693786285	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Chrysanthemum coronarium	Leaf	32.0	485.0	0.9742099091600859	--
Chrysanthemum coronarium	Bud	88.0	1183.0	0.9999999999999998	--
Chrysanthemum parthenium	Leaf	2.5	14.0	-1.0769698969992798	--
Chrysanthemum parthenium	Plant		14.0	-0.6513567486971203	--
Chrysobalanus icaco	Fruit	0.7	5.0	-0.14113571921676207	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Chrysophyllum cainito	Fruit	0.0	0.9	-0.14906094534614023	--
Cicer arietinum	Seed	0.4	0.5	-0.39805394820246537	USDA's Ag Handbook 8 and sequelae)
Cichorium endivia	Leaf	9.6	241.0	-0.0883970392536832	--
Cichorium intybus	Leaf	0.0	228.0	-0.14501134388228565	USDA's Ag Handbook 8 and sequelae)
Cimicifuga racemosa	Root	5.0	24.0	-0.28296048074413105	--
Cinnamomum verum	Bark	1.0	2.0	-0.7112344242846967	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Cinnamomum aromaticum	Bark	1.0	2.0	-0.7112344242846967	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Citrullus lanatus	Fruit	2.0	48.0	-0.05801749395743059	--
Citrus reticulata	Fruit	1.0	44.0	-0.0657494218885312	--
Citrus aurantium	Fruit	1.0	27.0	-0.09861011559570874	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Citrus paradisi	Fruit	0.0	5.0	-0.14113571921676207	--
Citrus limon	Fruit	0.0	2.0	-0.14693466516508752	--
Citrus sinensis	Pericarp				Jim Duke's personal files.
Citrus sinensis	Fruit	1.0	28.0	-0.0966771336129336	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Citrus aurantiifolia	Fruit	0.0	2.0	-0.14693466516508752	--
Cnicus benedictus	Plant	18.0	133.0	-0.006865949688543744	--
Cnidioscolus chayamansa	Leaf	60.0	425.0	0.7129131185665362	--
Coccinia grandis	Fruit	15.6	226.0	0.28605329897654624	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Coffea arabica	Leaf	20.0	25.0	-1.0290654853904624	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Coix lacryma-jobi	Seed		0.0	-0.42930857989782434	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Cola acuminata	Seed		1.0	-0.36679931650710623	--
Colocasia esculenta	Root	0.0	0.8	-0.4313068290161624	--
Colocasia esculenta	Leaf	18.0	298.0	0.1598349118101891	--
Corchorus olitorius	Leaf	33.0	495.0	1.017759374259011	--
Coriandrum sativum	Seed		0.0	-0.42930857989782434	--
Coriandrum sativum	Leaf	29.0	228.0	-0.14501134388228565	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Corylus avellana	Seed	0.0	0.4	-0.404304874541537	--
Crataegus laevigata	Fruit	1.4	5.0	-0.14113571921676207	--
Crataegus rhipidophylla	Fruit		5.4	-0.14036252642365205	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Crescentia alata	Seed		0.2	-0.41680672721968065	--
Crocus sativus	Silk Stigma Style				--
Cucumis sativus	Fruit	0.3	8.0	-0.1353367732684366	--
Cucumis melo	Fruit	0.2	201.0	0.23772874940716746	USDA's Ag Handbook 8 and sequelae)
Cucurbita pepo	Seed	2.0	2.5	-0.27303542142102893	--
Cucurbita pepo	Fruit	9.6	114.0	0.06955931690572935	USDA's Ag Handbook 8 and sequelae)
Cucurbita spp	Fruit	0.12	1.9	-0.14712796336336506	--
Cucurbita pepo	Flower	12.0	240.0	3.0920238881774016	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Cuminum cyminum	Fruit	5.0	8.0	-0.1353367732684366	--
Cuminum cyminum	Seed	5.0	8.0	0.07076552722792115	--
Curcuma longa	Rhizome		0.0	-0.746733045887731	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Curcuma longa	Plant	6.0	18.0	-0.6296931924279244	--
Cyamopsis tetragonoloba	Shoot		11.0	-0.6744401420904678	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Cyamopsis tetragonoloba	Fruit		2.0	-0.14693466516508752	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Cycas revoluta	Fruit				--
Cyclanthera pedata	Fruit	0.3	82.0	0.007703893456924532	--
Cydonia oblonga	Fruit	0.0	16.0	-0.1198729174062354	--
Cynara cardunculus	Flower	1.0	20.0	-0.3130330779045825	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Cyphomandra betacea	Fruit	3.0	32.0	-0.08894520568183299	--
Cyrtosperma chamissonis	Root	0.0	0.2	-0.4351433725059564	--
Daucus carota	Root	27.0	673.0	3.866900727382954	--
Dioscorea pentaphylla	Root				--
Dioscorea alata	Root	0.0	0.2	-0.4351433725059564	--
Dioscorea sp.	Root		19.0	-0.31493167649241366	--
Dioscorea villosa	Root	7.0	29.0	-0.2509892849958484	--
Diospyros digyna	Fruit	2.0	6.0	-0.1392027372339869	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Durio zibethinus	Fruit	0.1	1.0	-0.14886764714786266	--
Echinacea spp	Root		2.2	-0.4223548942066434	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Echinacea purpurea	Root	0.6	2.2	-0.4223548942066434	--
Elaeagnus umbellatus	Fruit	5.5	30.0	-0.0928111696473833	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Elaeagnus commutata</i>	Fruit	0.2	1.4	-0.14809445435475266	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Elaeis guineensis</i>	Fruit	365.0	575.0	0.9606640109650738	--
<i>Eleocharis dulcis</i>	Tuber		0.0	-0.7088752828636876	--
<i>Eleutherococcus senticosus</i>	Root	6.0	30.0	-0.24459504584619188	--
<i>Ephedra sinica</i>	Plant	8.0	37.0	-0.5267913001492441	--
<i>Equisetum arvense</i>	Plant	11.0	49.0	-0.4618006313416566	--
<i>Equisetum arvense</i>	Sprout Seedling				Jim Duke's personal files.
<i>Eriobotrya japonica</i>	Fruit	2.6	68.0	-0.019357854301927577	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Eriodictyon californicum</i>	Leaf	21.0	96.0	-0.7198642831880951	--
<i>Erythrina fusca</i>	Leaf	23.0	125.0	-0.5935708344012127	--
<i>Erythrina berteroana</i>	Shoot	2.0	14.0	-0.6607465880114773	--
<i>Erythroxylum coca</i>	Leaf	5.4	7.0	-1.1074545225685273	--
<i>Eugenia floribunda</i>	Fruit		0.0	-0.15080062913063783	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Eugenia uniflora</i>	Fruit	9.0	101.0	0.04443055112965239	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Eugenia brasiliensis</i>	Fruit	0.4	2.4	-0.1461614723719775	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Eupatorium perfoliatum</i>	Plant				--
<i>Euphrasia officinalis</i>	Plant	11.0	73.0	-0.3318192937264815	--
<i>Ficus carica</i>	Fruit	0.3	16.0	-0.1198729174062354	--
<i>Foeniculum vulgare</i>	Plant	21.0	241.0	0.5780500695797443	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Foeniculum vulgare</i>	Seed	0.1	0.9	-0.37305024284617794	--
<i>Foeniculum vulgare</i>	Fruit	0.0	1.0	-0.14886764714786266	--
<i>Fragaria</i> spp	Fruit	0.089	7.0	-0.13726975525121177	--
<i>Frangula purshiana</i>	Bark	13.0	46.0	2.1374028017190314	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Frangula alnus	Fruit				--
Fucus vesiculosus	Plant	5.0	40.0	-0.5105436329473473	--
Garcinia mangostana	Fruit		0.0	-0.15080062913063783	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Gentiana lutea	Root	9.0	39.0	-0.18704689349928313	--
Ginkgo biloba	Leaf	7.2	30.0	-1.007290752841	--
Ginkgo biloba	Seed	1.0	4.0	-0.17927152633495164	--
Ginkgo biloba	Tissue Culture				Jim Duke's personal files.
Gliricidia sepium	Flower	0.7	5.0	-0.5451960528647178	--
Glycine max	Plant		0.3	-0.725554428919116	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Glycine max	Sprout Seedling	0.2	3.5	1.8424562236243391	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Glycine max	Fruit	4.1	13.4	-0.12489867056145085	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Glycine max	Seed Oil				--
Glycine max	Seed	0.0	11.3	0.2770460964172915	--
Glycyrrhiza glabra	Root				--
Glycyrrhiza glabra	Seed		5.0	-0.11676226294423345	--
Gymnema sylvestre	Leaf	6.0	30.0	-1.007290752841	--
Harpagophytum procumbens	Root				--
Helianthus tuberosus	Tuber	0.0	6.0	1.414212086777973	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Helianthus annuus	Seed	0.0	0.3	-0.41055580088060895	USDA's Ag Handbook 8 and sequelae)
Hibiscus sabdariffa	Leaf	41.0	555.0	1.2790561648525607	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Hibiscus rosa-sinensis	Leaf	75.0	750.0	2.1282707342815974	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Hibiscus sabdariffa	Flower	1.0	9.0	-0.4832859262086817	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Hippophae rhamnoides	Fruit	3.0	80.0	0.0038379294913742307	--
Hordeum vulgare	Plant	149.0	660.0	2.8473075887780093	Jim Duke's personal files.*
Hordeum vulgare	Stem		312.0	1.4040090844278104	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Hordeum vulgare	Seed	0.0	1.0	-0.36679931650710623	Jim Duke's personal files.*
Humulus lupulus	Fruit		2.4	-0.1461614723719775	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Humulus lupulus	Flower	0.5	2.4	-0.5854376351911411	--
Hydrangea arborescens	Root				--
Hydrastis canadensis	Root	0.8	3.0	-0.4172395028869181	--
Hylocereus undatus	Fruit		0.0	-0.15080062913063783	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Hylocereus guatemalensis	Fruit	0.05	0.7	-0.14944754174269512	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Hypericum perforatum	Shoot		12.1	-0.6694191722615046	--
Inga edulis	Seed		0.0	-0.42930857989782434	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Inga feuillei	Aril		0.0	-1.0	J Cell Biochem VOL. 22=1995
Inula helenium	Root				--
Ipomoea batatas	Leaf	1.8	345.0	0.3645173977751364	--
Ipomoea aquatica	Leaf	28.0	500.0	1.0395341068084734	--
Ipomoea batatas	Root	0.1	476.0	2.607235614900618	--
Iris x germanica	Leaf				--
Juglans nigra	Hull Husk		0.6	-1.3448430585325335	--
Juglans nigra	Fruit		0.6	-0.1496408399409727	--
Juglans regia	Seed	0.0	1.0	-0.36679931650710623	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Juglans nigra	Pericarp		0.6		--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Juglans nigra	Seed	1.0	2.0	-0.30429005311638807	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Juniperus communis	Fruit	4.0	12.2	-0.1272182489407809	--
Justicia pectoralis	Leaf	27.0	178.0	-0.3627586693769105	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Lablab purpureus	Seed	0.66	5.44	-0.08925818705231736	--
Lactuca sativa	Leaf	11.0	190.0	-0.3104993112582005	--
Lagenaria siceraria	Fruit				--
Larrea tridentata	Plant	45.0	138.0	0.02021349564795107	--
Lens culinaris	Seed		16.0	0.5708396343536667	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Lens culinaris	Sprout Seedling	0.3	1.0	-0.29001625742234954	USDA's Ag Handbook 8 and sequelae)
Lepidium sativum	Leaf	20.0	526.0	1.1527627160656782	--
Licania platypus	Fruit	1.6	7.7	-0.13591666786326906	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Linum usitatissimum	Seed	0.0	0.321	-0.4092431063494038	--
Lobelia inflata	Leaf	6.0	54.0	-0.90277203660358	--
Luffa aegyptiaca	Leaf	92.0	933.0	2.925225945591924	--
Luffa aegyptiaca	Fruit	1.2	34.0	-0.0850792417162827	--
Lupinus mutabilis	Seed	1.3	1.5	-0.33554468481174715	--
Lupinus mutabilis	Fruit	0.3	1.0	-0.14886764714786266	--
Lycium barbarum	Fruit	75.0	90.0	0.023167749319125738	Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
Lycium chinense	Leaf	44.0	428.0	0.7259779580962136	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Lycopersicon esculentum	Fruit	7.0	113.0	0.0676263349229542	--
Lycopodium selago	Plant				--
Macadamia spp	Seed		0.0	-0.42930857989782434	USDA's Ag Handbook 8 and sequelae)

Plant	Part	Low PPM	High PPM	StdDev	Reference
Malpighia glabra	Fruit	3.0	69.0	-0.017424872319152424	--
Malus domestica	Fruit	0.0	76.0	-0.0038939984397263717	--
Malva sylvestris	Leaf	33.0	390.0	0.5604899907202987	--
Mammea americana	Fruit	0.4	24.0	-0.1044090615440342	--
Mangifera indica	Leaf	6.0	44.0	-0.946321501702505	--
Mangifera indica	Fruit	11.0	96.0	0.03476564121577664	--
Manihot esculenta	Root	14.0	150.0	0.5227136521125912	--
Manilkara zapota	Fruit	0.2	1.0	-0.14886764714786266	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Maranta arundinacea	Root		0.0	-0.4364222203358877	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Medicago sativa	Plant	28.0	149.0	0.07978827538823967	--
Medicago sativa	Flower				--
Medicago sativa	Leaf	0.06	394.0	0.5779097767598688	--
Melicoccus bijugatas	Fruit	0.2	14.0	-0.12373888137178571	--
Mentha spicata	Leaf	2.0	175.0	-0.37582350890658794	--
Mentha x piperita	Leaf	35.0	238.0	-0.10146187878336067	--
Menyanthes trifoliata	Leaf				List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Mimosa pudica	Leaf	65.0	930.0	2.9121611060622468	--
Mimulus glabratus	Shoot	32.0	326.0	0.7633830362035298	--
Momordica charantia	Leaf	51.0	330.0	0.299193200126749	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Momordica charantia	Pericarp				Jim Duke's personal files.
Momordica charantia	Fruit		18.0	-0.11600695344068511	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Morinda citrifolia	Bark		8.6	-0.28393884038413764	--
Morinda citrifolia	Fruit		5.2	-0.14074912282020693	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Morinda citrifolia	Leaf		124.0	-0.5979257809111053	--
Moringa oleifera	Seed		100.0	5.8216177591739955	--
Moringa oleifera	Leaf	18.0	72.0	-0.8243829994255151	--
Moringa oleifera	Shoot	45.0	215.0	0.25672153528088315	USDA's Ag Handbook 8 and sequelae)
Morus alba	Fruit	1.0	8.0	-0.1353367732684366	--
Muntingia calabura	Fruit	0.0	1.2	-0.14848105075130755	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Murraya koenigii	Leaf	60.0	225.0	-0.15807618341196314	--
Murraya sp	Fruit	6.0	21.0	-0.11020800749235965	--
Musa x paradisiaca	Fruit	6.0	21.0	-0.11020800749235965	USDA's Ag Handbook 8 and sequelae)
Musa x paradisiaca	Hull Husk	0.6	16.6	0.29354442394364944	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Myrciaria dubia	Fruit		0.0	-0.15080062913063783	--
Myrciaria cauliflora	Fruit		0.0	-0.15080062913063783	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Myrica cerifera	Bark				--
Nasturtium officinale	Herb	28.0	560.0	-1.0	--
Nelumbo nucifera	Seed	0.06	0.18	-0.41805691248749494	--
Nelumbo nucifera	Rhizome				--
Nepeta cataria	Plant	3.0	24.0	-0.5971978580241307	--
Nicotiana tabacum	Leaf				ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Ocimum sanctum	Leaf		25.0	-1.0290654853904624	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Ocimum tenuiflorum	Leaf		25.0	-1.0290654853904624	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Ocimum basilicum	Leaf	4.0	333.0	0.31225803965642646	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Olea europaea	Fruit	1.8	8.3	-0.13475687867360414	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Opuntia ficus-indica	Bud		0.3	-1.0	Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.
Opuntia ficus-indica	Fruit	0.08	0.09	-0.150626660752188	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.
Origanum majorana	Plant	48.0	52.0	-0.44555296413975976	USDA's Ag Handbook 8 and sequelae)
Origanum vulgare	Plant	41.0	45.0	-0.48346418761085247	USDA's Ag Handbook 8 and sequelae)
Oryza sativa	Seed				--
Oxalis tuberosa	Root	0.0	0.2	-0.4351433725059564	--
Pachira macrocarpa	Seed	12.0	13.0	0.38331184418151215	--
Pachyrhizus erosus	Tuber				--
Panax ginseng	Root				--
Papaver somniferum	Seed				--
Parthenium integrifolium	Root	7.0	42.0	-0.16786417605031356	--
Passiflora quadrangularis	Fruit				--
Passiflora ligularis	Fruit	0.0	1.2	-0.14848105075130755	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Passiflora incarnata	Flower	5.3	48.0	0.12033780868766998	--
Passiflora foetida	Fruit		0.0	-0.15080062913063783	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Passiflora quadrangularis	Seed	0.2	1.0	-0.36679931650710623	--
Passiflora mollissima	Fruit	0.0	1.2	-0.14848105075130755	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Passiflora edulis	Fruit	4.0	17.0	-0.11793993542346026	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Pastinaca sativa	Root	0.2	1.0	-0.43002798118623115	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Peperomia pereskifolia	Leaf	138.0	920.0	2.868611640963322	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Peperomia pelucida	Leaf	25.0	320.0	0.255643735027824	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Pereskia aculeata	Fruit	17.0	556.0	0.9239373532923459	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Perideridia gairdneri	Root	2.0	5.0	-0.40445102458760507	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	Seed	7.0	66.0	3.696302803889577	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Perilla frutescens	Leaf	44.0	313.0	0.22515910945857653	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Persea americana	Fruit	0.3	27.0	-0.09861011559570874	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Persea schiedeana	Fruit	0.03	1.4	-0.14809445435475266	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Petasites japonicus	Pt	0.03	0.5	-0.7935841132399388	USDA's Ag Handbook 8 and sequelae)
Petroselinum crispum	Shoot				--
Petroselinum crispum	Plant	12.0	154.0	0.10686772072473448	--
Phaseolus coccineus	Fruit		0.15	-0.15051068183322158	Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.
Phaseolus vulgaris	Leaf	32.4	245.5	-0.06879977995916696	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Phaseolus lunatus	Seed	0.0	9.8	0.18328220133121417	USDA's Ag Handbook 8 and sequelae)
Phaseolus vulgaris	Sprout Seedling		0.0	-1.1430052498410248	USDA's Ag Handbook 8 and sequelae)
Phaseolus vulgaris	Fruit	2.2	66.0	-0.023223818267477877	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses

Plant	Part	Low PPM	High PPM	StdDev	Reference
Phaseolus coccineus	Seed		0.1	-0.4230576535587525	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Phaseolus vulgaris	Seed	0.1	9.8	0.18328220133121417	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Phaseolus lunatus	Sprout Seedling	0.3	0.8	-0.4606140559060844	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Phoenix dactylifera	Fruit	1.0	3.6	-0.14384189399264724	--
Phragmites australis	Shoot		50.0	-0.49642393906359183	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Phyllanthus emblica	Fruit	0.0	4.0	-0.1430687011995372	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Phyllanthus acidus	Fruit	0.0	8.0	-0.1353367732684366	--
Physalis ixocarpa	Fruit	0.5	6.0	-0.1392027372339869	--
Physalis peruviana	Fruit	0.14	84.0	0.011569857422474832	--
Phytolacca americana	Shoot	52.0	621.0	2.1099158539709246	--
Pimenta dioica	Leaf	103.0	120.0	-0.6153455669506752	--
Pimenta dioica	Fruit		4.0	-0.1430687011995372	--
Pinus cembroides	Seed	0.1	0.2	-0.41680672721968065	USDA's Ag Handbook 8 and sequelae)
Pinus sylvestris	Leaf				List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Piper betel	Leaf	19.0	175.0	-0.37582350890658794	--
Piper auritum	Leaf	34.0	193.0	-0.297434471728523	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Piper nigrum	Fruit	0.114	0.128	-0.1505532074368425	--
Pistacia vera	Seed	1.38	1.46	-0.33804505534737583	--
Pisum sativum	Fruit	0.8	8.3	-0.13475687867360414	--
Pisum sativum	Seed	3.6	18.2	0.708360013813247	--
Plantago psyllium	Seed	5.0	24.0	1.0709137414794123	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Plantago psyllium	Hull Husk		24.0	1.0512986345888835	--
Plantago major	Seed				--
Platycodon grandiflorum	Root				--
Plectranthus amboinicus	Leaf	10.0	175.0	-0.37582350890658794	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Polygonum multiflorum	Root		2.4	-0.421076046376712	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Polymnia edulis	Root	2.6	10.0	-0.3724798288393224	--
Portulaca oleracea	Herb	11.0	4650.0	1.0	--
Pourouma cecropiaefolia	Fruit		0.0	-0.15080062913063783	J Cell Biochem VOL. 22=1995
Pouteria campechiana	Fruit	2.0	29.0	-0.09474415163015845	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Pouteria caimito	Fruit	2.0	29.0	-0.09474415163015845	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Pouteria viridis	Fruit	0.5	1.6	-0.14770785795819752	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Prunus armeniaca	Seed		0.0	-0.42930857989782434	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Prunus dulcis	Seed	0.0	0.05	-0.4261831167282885	USDA's Ag Handbook 8 and sequelae)
Prunus salicifolia	Fruit	0.05	7.0	-0.13726975525121177	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Prunus domestica	Fruit	1.4	43.0	-0.06768240387130633	--
Prunus armeniaca	Fruit	13.0	189.0	0.21453296561386564	--
Prunus cerasus	Fruit	1.0	6.0	-0.1392027372339869	--
Prunus persica	Fruit	0.0	30.0	-0.0928111696473833	--
Psidium guajava	Fruit	0.75	46.0	-0.06188345792298089	--
Psidium cattleianum	Fruit	0.0	9.0	-0.13340379128566146	--
Psophocarpus tetragonolobus	Seed	0.78	6.0	-0.05425299955351525	--
Psophocarpus tetragonolobus	Fruit		4.0	-0.1430687011995372	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Psoralea esculenta	Root	0.0	1.0	-0.43002798118623115	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		1.0	-1.1335842016278823	--
Pyrus communis	Fruit	0.17	1.7	-0.14751455975991998	--
Quararibea cordata	Fruit	10.0	72.0	-0.011625926370826973	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Quercus alba	Bark				--
Raphanus sativus	Root	0.0	1.0	-0.43002798118623115	--
Raphanus sativus	Leaf	24.7	214.0	-0.2059805950207806	--
Raphanus sativus	Fruit	0.3	26.2	-0.10015650118192879	--
Rheum rhabarbarum	Leaf	0.3	5.0	-1.1161644155883124	--
Rheum rhabarbarum	Pt	0.6	12.0	-0.6169476493252427	--
Rhodymenia palmata	Plant				--
Ribes rubrum	Fruit	0.25	4.0	-0.1430687011995372	--
Ribes nigrum	Fruit	1.0	8.0	-0.1353367732684366	USDA's Ag Handbook 8 and sequelae)
Ribes uva-crispa	Fruit	0.6	14.0	-0.12373888137178571	--
Rosa canina	Fruit	8.0	42.0	-0.06961538585408149	--
Rosa rubiginosa	Plant				--
Rosa gallica	Flower	16.0	17.0	-0.3594656728966096	--
Rosmarinus officinalis	Plant	19.0	21.0	-0.6134455252260276	--
Rosmarinus officinalis	Leaf	15.0	55.0	-0.8984170900936875	USDA's Ag Handbook 8 and sequelae)
Rubus idaeus	Leaf	19.0	114.0	-0.6414752460100303	--
Rubus idaeus	Fruit	0.06	7.0	-0.13726975525121177	--
Rumex acetosa	Leaf	77.0	1100.0	3.652502012743971	--
Rumex crispus	Root	58.0	225.0	1.0022815883368308	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Rumex crispus	Leaf	10.38	140.0	-0.5282466367528253	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Ruscus aculeatus	Root	4.0	13.0	-0.35329711139035286	--
Salix alba	Bark				--
Salvia officinalis	Leaf	6.0	39.0	-0.9680962342519674	--
Sambucus canadensis	Fruit	4.0	18.0	-0.11600695344068511	USDA's Ag Handbook 8 and sequelae)
Sambucus nigra	Leaf		150.0	-0.48469717165390036	--
Sambucus nigra	Fruit	100.0	150.0	0.13914666828563477	--
Satureja hortensis	Plant		34.0	-0.5430389673511411	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Schisandra chinensis	Fruit	9.0	61.0	-0.03288872818135363	--
Scutellaria lateriflora	Plant	2.6	19.0	-0.6242773033606255	--
Sechium edule	Shoot	12.0	164.0	0.02393111593804544	--
Senna alexandrina	Leaf	48.0	235.0	-0.11452671831303816	--
Serenoa repens	Fruit	3.0	24.0	-0.1044090615440342	--
Sesamum indicum	Seed				CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Sicana odorifera	Fruit	1.0	8.0	-0.1353367732684366	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Sida rhombifolia	Leaf	60.0	305.0	0.19031953737943658	--
Silybum marianum	Leaf	7.0	31.0	-1.0029358063311073	--
Silybum marianum	Plant		31.0	-0.559286634553038	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Sinapis alba	Seed				--
Smilax officinalis	Root	8.0	36.0	-0.20622961094825273	--
Smilax spp	Root	8.0	36.0	-0.20622961094825273	--
Solanum sessiliflorum	Fruit	1.4	14.0	-0.12373888137178571	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
Solanum tuberosum	Tuber		0.01	-0.7053368039142849	--
Solanum melongena	Fruit	0.0	6.0	-0.1392027372339869	--
Solanum quitoensis	Fruit	1.0	16.0	-0.1198729174062354	--
Solanum torvum	Fruit	4.0	27.0	-0.09861011559570874	--
Solanum nigrum	Leaf	1.0	110.0	-0.6588950320496002	--
Sonchus oleraceus	Leaf	14.0	545.0	1.2355066997536357	--
Sorbus aucubaria	Plant	62.0	98.0	-0.19642206704400744	--
Spinacia oleracea	Leaf		32.5	-0.9964033865662687	--
Spinacia oleracea	Plant	4.0	690.0	3.0097842607969785	--
Spirulina pratensis	Plant		478.0	1.8616157785295981	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Spirulina spp.	Plant		480.0	1.872447556664196	--
Spondias mombin	Fruit	1.0	115.0	0.0714922988885045	--
Spondias dulcis	Fruit	2.0	16.0	-0.1198729174062354	--
Spondias purpurea	Fruit	0.6	9.0	-0.13340379128566146	--
Spondias pinnata	Fruit	2.0	28.0	-0.0966771336129336	--
Stachys officinalis	Plant				--
Stellaria media	Plant	4.0	43.0	-0.4942959657454504	--
Stevia rebaudiana	Leaf		75.0	-0.8113181598958376	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Symphytum officinale	Leaf	12.0	108.0	-0.6676049250693852	--
Symphytum officinale	Root		660.0	3.7837756184374194	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Syzygium aromaticum	Bark	2.0	3.0	-0.6464926691482484	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Syzygium jambos	Fruit	1.4	8.5	-0.13437028227704903	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Syzygium cumini	Fruit	0.0	3.0	-0.14500168318231235	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses

Plant	Part	Low PPM	High PPM	StdDev	Reference
Syzygium malaccense	Fruit	0.0	0.08	-0.15064599057201572	--
Tabebuia heptaphylla	Bark	0.8	4.3	-0.5623283874708657	--
Tagetes erecta	Flower				List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Tamarindus indica	Flower		10.0	-0.4678083945446727	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Tamarindus indica	Leaf	2.0	110.0	-0.6588950320496002	--
Tamarindus indica	Fruit	0.0	1.0	-0.14886764714786266	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Tanacetum parthenium	Plant		14.0	-0.6513567486971203	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Taraxacum officinale	Leaf	40.0	583.0	1.4009946671295506	--
Taraxacum officinale	Flower				--
Taraxacum officinale	Root	12.0	84.0	0.10069386823526054	--
Taxus baccata	Fruit				--
Tecoma stans	Flower				--
Terminalia catappa	Seed		0.0	-0.42930857989782434	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Terminalia catappa	Fruit		1.8	-0.14732126156164263	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.
Tetragonia tetragonioides	Leaf	26.4	440.0	0.7782373162149235	--
Theobroma bicolor	Fruit	1.9	9.0	-0.13340379128566146	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Theobroma cacao	Plant				--
Theobroma bicolor	Seed		0.0	-0.42930857989782434	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Thymus vulgaris	Plant	24.0	25.0	-0.5917819689568318	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses

Plant	Part	Low PPM	High PPM	StdDev	Reference
Thymus vulgaris	Leaf	4.0	25.0	-1.0290654853904624	--
Tragopogon porrifolius	Root	0.0	0.268	-0.43470856424377974	--
Trichosanthes anguina	Fruit	1.0	18.0	-0.11600695344068511	--
Trifolium pratense	Flower	2.0	12.0	-0.43685333121665465	--
Trigonella foenum-graecum	Leaf	23.0	278.0	0.07273598161233917	--
Trigonella foenum-graecum	Seed		0.2	-0.41680672721968065	--
Triticum aestivum	Seed	0.0	0.22	-0.4155565419518663	--
Tropaeolum majus	Shoot	90.0	665.0	2.310754647129451	--
Tropaeolum tuberosum	Root	0.3	2.1	-0.422994318121609	--
Turnera diffusa	Leaf	15.0	71.0	-0.8287379459354075	--
Ulex europaeus	Plant	75.0	253.0	0.6430407383873318	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Ullucus tuberosus	Root	0.0	0.7	-0.4319462529311282	--
Ulmus rubra	Bark	4.0	25.0	0.7778259438536158	--
Urtica dioica	Leaf	19.0	94.0	-0.7285741762078801	--
Urtica dioica	Seed	10.0	25.0	1.1334230048701306	Blaschek, W., Hansel, R., Keller, K., Reichling, J., Rimpler, H., and Schneider, G. eds. 1998. Hager's Handbuch der Pharmazeutischen Praxis, Auflage Band 2 (A-K), 909 pp., (L-Z), 858 pp. Springer-Verlag, Berlin.
Vaccinium vitis-idaea	Plant				--
Vaccinium corymbosum	Fruit	0.6	3.9	-0.14326199939781478	--
Vaccinium myrtillus	Fruit	4.0	47.0	-0.059950475940205736	--
Vaccinium macrocarpon	Fruit	0.2	2.6	-0.14577487597542238	--
Valeriana officinalis	Root				--
Valeriana officinalis	Plant				--
Verbascum thapsus	Leaf	19.0	43.0	-0.9506764482123975	--
Verbena officinalis	Leaf				--
Viburnum opulus	Fruit		6400.0	12.220284060630327	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Vicia faba	Seed	2.1	11.0	0.2582933174000758	USDA's Ag Handbook 8 and sequelae)
Vicia faba	Fruit	0.1	0.6	-0.1496408399409727	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Vigna unguiculata	Fruit	1.5	72.0	-0.011625926370826973	USDA's Ag Handbook 8 and sequelae)
Vigna radiata	Seed	0.9	1.2	-0.35429746382896243	USDA's Ag Handbook 8 and sequelae)
Vigna aconitifolia	Seed		0.2	-0.41680672721968065	--
Vigna unguiculata	Shoot	0.7	6.9	-0.6931546659984213	USDA's Ag Handbook 8 and sequelae)
Vigna subterranea	Seed	0.0	0.11	-0.42243256092484527	--
Vigna mungo	Seed	0.2	0.5	-0.39805394820246537	--
Vigna unguiculata	Seed	0.3	21.9	0.939644288358904	USDA's Ag Handbook 8 and sequelae)
Vigna unguiculata	Seed		0.3	-0.41055580088060895	USDA's Ag Handbook 8 and sequelae)
Vigna radiata	Sprout Seedling	0.1	1.4	0.05117933954512095	USDA's Ag Handbook 8 and sequelae)
Vigna angularis	Seed	0.1	0.9	-0.37305024284617794	--
Vigna unguiculata	Shoot	0.7	6.9	-0.6931546659984213	--
Viscum album	Leaf				--
Vitis vinifera	Fruit	0.5	2.1	-0.14674136696680995	--
Vitis vinifera	Stem		43.0	-0.5551411085990826	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Xanthosoma sagittifolium	Root	0.0	0.6	-0.4325856768460938	--
Xanthosoma sagittifolium	Leaf	33.0	327.0	0.2861283605970715	--
Yucca baccata	Root				--
Zea mays	Silk Stigma Style		0.0		--
Zea mays	Seed	0.5	2.5	-0.27303542142102893	--
Zingiber officinale	Root	0.1	1.0	-0.43002798118623115	--
Zingiber officinale	Rhizome	0.0	4.0	-0.6667259338283312	--
Zizyphus spina-christi	Fruit				--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Zizyphus jujuba	Fruit	0.2	700.0	1.2022867588119677	--