

### COMPARISON OF MINERALS & VITAMINS: Prepared by Sharol Tilgner ND

	Calcium	Magnesium	Potassium	Iron	Zinc	Chromium	Copper	Vitamin C
Alfalfa	120-17,200 mg/kg	2,300-4,400mg/kg	12,000-20,300mg/kg	54-333 mg/kg		9 mg/kg		<b>1,470-9,364mg/kg</b>
Black cohosh	5,970 mg/kg	1,740 mg/kg	10,300 mg/kg	380 mg/kg		18 mg/kg		21 mg/kg
Blue cohosh	3,890 mg/kg	1,300 mg/kg	7,250 mg/kg	<b>1,640 mg/kg</b>		12 mg/kg		51-52 mg/kg
Burdock	410-8,510 mg/kg	3,930-5,370mg/kg	<b>3,080-16,800mg/kg</b>	<b>8-1,470 mg/kg</b>	22-39 mg/kg	20 mg/kg	29 mg/kg	30-151 mg/kg
Calendula	30,400 (leaf)							1,330-3,100mg/kg
Cramp bark	23,540 mg/kg	3,110 mg/kg	7,360 mg/kg	880 mg/kg				
Dong Quai	1680-2820 mg/kg	1650-2650 mg/kg	10,700-16,800	750-880 mg/kg				304 mg/kg
Licorice	8,780 mg/kg	<b>9,650 mg/kg</b>	<b>11,400 mg/kg</b>	880 mg/kg	3 mg/kg	17 mg/kg	2-15 mg/kg	626 mg/kg
Motherwort								42 mg/kg
Nettle	<b>33,000 mg/kg</b>	<b>860-8,600mg/kg</b>	<b>6700-37220 mg/kg</b>	44-418 mg/kg	17-95 mg/kg	.18-1mg/kg		830 mg/kg
Plantain								
Red raspberry	12,100 mg/kg	3,190 mg/kg	13,400 mg/kg	<b>1,010 mg/kg</b>			<b>13 mg/kg</b>	3,670 mg/kg
St. John's								1,300 mg/kg
Wild Yam	3,060 mg/kg	1,630 mg/kg	5,420 mg/kg	315 mg/kg	56 mg/kg	26 mg/kg		194 mg/kg
Yarrow	8,670 mg/kg	1,920 mg/kg	17,800 mg/kg					580-3,100 mg/kg
Kale	1200-7725 mg/kg	340mg-2190mg/kg	4200-30000 mg/kg	15-110 mg/kg				<b>1200-7720 mg/kg</b>
Spinach	730-15,700mg/kg	<b>42-11,000 mg/kg</b>	<b>2060-69077</b>	8-384 mg/kg				<b>239-7,595 mg/kg</b>

For more information on mineral and vitamin content of herbs go to Jim Dukes Phytochemical and Ethnobotanical Databases – <http://www.ars-grin.gov/duke/>

	Vitamin C	Beta-carotene			Lysine	Inulin
Alfalfa	1,470-9,364mg/kg	.06-394 ppm				
Black cohosh	21 mg/kg					
Blue cohosh	51-52 mg/kg					
Burdock	30-151 mg/kg				670-3,350 mg/kg	190,000-500,000mg/kg
Calendula	1,330-3,100mg/kg					Some in root
Cramp bark						
Dong Quai	304 mg/kg					
Elecampane						200,000-440,000mg/kg
Licorice	626 mg/kg					
Motherwort	42 mg/kg					
Nettle	830 mg/kg					
Plantain						
Red raspberry	3,670 mg/kg					
St. John's wort	1,300 mg/kg					
Wild Yam	194 mg/kg					
Yarrow	580-3,100 mg/kg					
Kale	<b>1200-7720 mg/kg</b>					
Spinach	239-7,595 mg/kg					