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Foods Rich in Vitamin B17

Seeds

1. The apricot seed is the richest source of Vitamin B17. The kernel of the apricot can be cracked open to get to the seed. Other fruits with seeds rich with Vitamin B17 are peaches and plums as well as the seeds in cherries, prunes and nectarines. The tiny seeds in apples, grapes and those in berries, such as, strawberries, raspberries and blackberries, elderberries and wild crabapples are high in Vitamin B17. Keep in mind when purchasing bottled fruit preserves that the ones with seeds are also a good source of Vitamin B17.

Grains and Nuts

2. Grains like millet, buckwheat and barley and flax are good sources. Nuts like bitter almonds, cashew nuts and macadamia nuts are excellent sources of Vitamin B17.

Sprouts and Tubers

3. Bamboo sprout contains a high amount of Vitamin B17 while alfalfa, fava and garbanzo and mung sprouts have medium range amounts. Tubers like yams, sweet potatoes and cassava are foods with a good supply of Vitamin B17.

Leaves and Beans

4. Leaves that are rich sources of Vitamin B17 include alfalfa, beet greens and spinach, watercress and eucalyptus. Beans that are good sources include black-eyed peas, black beans and green peas and lima beans, kidney beans as well as lentils. These leaves and beans may be prepared as healthy side dishes or used for making soups.

Fruits and Berries

5. The seeds of fruits are among the richest sources of B17. These include apple, apricot, cherry, nectarine, peach, pear, plum, prune and squash seeds. Fruits such as choke cherry, wild crabapple, lingon berry and elderberry also contain high amounts of B17. Other fruits include cranberries, currants, gooseberries, quince, boysenberries, huckleberries, loganberries, blackberries, raspberries and strawberries. Wild berries contain more B17 than domestic berries.

Foods Containing B17 (Nitrilosides)

Vitamin B17 appears in abundance in untamed nature. Because B17 is bitter to the taste, in man's attempt to improve tastes and flavors for his own pleasure, he has eliminated bitter substances like B17 by selection and cross-breeding. It can be stated as a general rule that many of the foods that have been domesticated still contain the vitamin B17 in that part not eaten by modern man, such as the seeds in apricots. Listed below is an evaluation of some of the more common foods. Keep in mind that these are averages only and that specimens vary widely depending on variety, locale, soil, and climate.

Fruits	Range*
blackberry, domestic	low
blackberry, wild	high
boysenberry	med.
choke cherry	high
wild crabapple	high
market cranberry	low
Swedish (lignon) cranberry	high
currant	med.
elderberry	med. to high
gooseberry.	med.
huckleberry	med.
loganberry	med.
mulberry	med.
quince	med.
raspberry	med.

Seeds**Range***

apple seeds	high
apricot seed	high
buckwheat	med.
cherry seed	high
flax	med.
millet	med.
nectarine seed	high
peach seed	high
pear seeds	high
plum seed	high
prune seed	high
squash seeds	med.

Beans**Range***

black	low
black-eyed peas	low
fava	high
garbanzo	low to med.
green pea	low
kidney	low to med.
lentils	med.
lima, U.S.	low
lima, Burma	med.
mung	med. to high
shell	low

Nuts (all raw)	Range*
bitter almond	high
cashew	low
macadamia	med. to high

Sprouts	Range*
alfalfa	med.
bamboo	high
fava	med.
garbanzo	med.
mung	med.

Leaves	Range*
alfalfa	high
beet tops	low
eucalyptus	high
spinach	low
water cress	low

Tubers	Range*
cassava	high
sweet potato	low
yams	low

Range*

High — above 500 mgs. nitriloside per 100 grams food

Medium — above 100 mgs. per 100 grams food

Low — below 100 mgs. per 100 grams food