

Foods Containing B17 (Nitrilosides)

Range: High – above 500mgs of nitriloside per 100 of grams food
 Medium - above 100mgs of nitriloside per 100 of grams food
 Low - below 100mgs of nitriloside per 100 of grams food

Please note: these values are averages only, and can vary widely depending on variety, locality, soil, and climate.

Caution: research should be undertaken into correct daily amounts to ensure correct intake.

Fruits	Range
Blackberry (domestic)	low
Blackberry (wild)	high
Boysenberry	medium
Choke Cherry	high
Wild Crab-apple	high
Market Cranberry	low
Swedish (Lignon)	high
Current	medium
Elderberry	medium-high
Gooseberry	medium
Huckleberry	medium
Loganberry	medium
Mulberry	medium
Quince	medium
Raspberry	medium
Strawberries	medium
Seeds	Range
Apple seeds	high
Apricot seeds	high
Buckwheat	medium
Cherry Seed	high
Flax	medium
Millet	medium
Nectarine seed	high
Peach seed	high
Pear seeds	high
Plum seed	high
Prune seed	high
Squash seeds	medium
Strawberries	medium
Beans	Range
Black	low
Black-eyed peas	low-medium