

Alpha-tocopherol content in 62 edible tropical plants

ABSTRACT

Vitamin E was determined by the high-performance liquid chromatography (HPLC) method. All the plants tested showed differences in their α -tocopherol content and the differences were significant ($p < 0.05$). The highest α -tocopherol content was in *Sauropus androgynus* leaves (426.8 mg/kg edible portion), followed by *Citrus hystrix* leaves (398.3 mg/kg), *Calamus scipronum* (193.8 mg/kg), starfruit leaves *Averrhoa belimbi* (168.3 mg/kg), red pepper *Capsicum annum* (155.4 mg/kg), local celery *Apium graveolens* (136.4 mg/kg), sweet potato shoots *Ipomoea batatas* (130.1 mg/kg), *Pandanus odoratus* (131.5 mg/kg), *Oenanthe javanica* (146.8 mg/kg), black tea *Camelia chinensis* (183.3 mg/kg), papaya *Carica papaya* shoots (111.3 mg/kg), wolfberry leaves *Lycium chinense* (94.4 mg/kg), bird chili *Capsicum frutescens* leaves (95.4 mg/kg), drumstick *Moringa oleifera* leaves (90.0 mg/kg), green chili *Capsicum annum* (87 mg/kg), *Allium fistulosum* leaves (74.6 mg/kg), and bell pepper *Capsicum annum* (71.0 mg/kg). α -Tocopherol was not detected in *Brassica oleracea*, *Phaeomeria speciosa*, *Pachyrrhizus speciosa*, *Pleurotus sajor-caju*, and *Solanum melongena*.

Keyword: Edible tropical plants; α -tocopherol; Vitamin E