

**In the past, AI's have found the following to yield acceptable enzyme concentrations:**

Aloe leaf	15-20 g/100ml water
Aloe root	3-6 g/100 ml water
Banana leaf	0.3-3.0 g/100 ml water
Beet leaf	1.0 g/100 ml water
Beet root	2-36 g/100 ml water
Carrot root	8-20 g/100 ml water (carrots must be fresh)
Carrot leaf	3 g/100 ml water
Corn husk	2-3 g/100 ml water
Dieffenbachia leaf	0.13 g/100 ml water
Elodea	0.5 g/100 ml water
Fig leaf ( <i>Ficus caraca</i> )	0.8 g/100 ml water
Ginger root	2-4 g/100 ml water
Green onion leaf	1.0 g/100 ml water
Green onion root	0.3 g/100 ml water
Guanabana	0.35 g/100 ml water
Horse Radish root	0.03 g/100 ml water (this may still be too active)
Jicama (root)	3.2-12 g/100 ml water
Kalenchoe root	6g/100 ml water (roots fibrous--difficult to blend—may need mortar & pestle)
Papaya (leaf/fruit?)	5.6g/100 ml water
Papaya leaf	0.013 g/100 ml water
Parsnip	1.67 g/100 ml water
Peas	0.33 g/100 ml water
Philodendron root	1.1 g/100 ml water
Poinsettia (green) leaf	1.7 g/100 ml water
Poinsettia (red) leaf	2.5 g/100 ml water
Potato tuber	2.0-4.0-6.0 g/100 ml water—does not work well!
Radish leaf	0.3-0.5 g/100 ml water (cut out veins if possible)
Radish root	0.6-1.5 g/100 ml water
Turnip leaf	0.2-0.4 g/100 ml water (cut out veins if possible)
Turnip root	0.1-1.0 g/100 ml water