

Table 3: Total Pyrrolizidine Alkaloids in Comfrey

	Total PA (includes N-oxides) ug/g	Ref	Species of Symphytum
Root	100-900	[63]	S. x uplandicum
	2270	[70]	S. x uplandicum
	1280-8320	[64]	S. officinale
	450 - 6000	[60]	S. officinale (300 samples)
	>700	[50]	S. officinale
	210 & 730	[69]	Unknown
	>700	[62]	S. officinale
	1400-3700	[75]	Unknown
Leaf	100		S. asperum
	<50		S. officinale
	100-1500	[65]	S. x uplandicum
	30 - 2200	[74]	S. x uplandicum
	15-55	[64]	S. officinale
	4.5 - 60	[60]	S. officinale (based on leaf being 100x less than root.)
Whole plant	670	[76]	S. x uplandicum
Tablets	841-5200	[64]	Unknown
Tablets (Root)	2900	[66]	Unknown
Tablet (Leaf)	270		
Comfrey-Pepsin Pill	283	[77]	Unknown