

Review Article

**Availability and Quality of Published Data on the Purine Content of Foods, Alcoholic Beverages, and Dietary Supplements**

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1 Retired USDA

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Table S1. Purine Contents in Selected Individual Foods in Published Studies (mg/100g wet weight, edible Portion)

Food Description	Nutrient	N	Mean	Standard Error of the Mean	Minimum	Maximum	Source(s) of Data
<b>Beef organ products</b>							
Beef brain, raw	Adenine	1	12	-	-	-	e
	Guanine	1	12	-	-	-	e
	Hypoxanthine	1	26	-	-	-	e
	Xanthine	1	112	-	-	-	e
Beef heart, raw	Adenine	2	30.5	-	15	45.9	b,e
	Guanine	2	21.6	-	16	27.2	b,e
	Hypoxanthine	2	67.3	-	38	96.6	b,e
	Xanthine	2	58.6	-	15.2	102	b,e
Beef kidney, cooked	Adenine	1	95.8	-	-	-	a
	Guanine	1	97.3	-	-	-	a
	Hypoxanthine	1	16.2	-	-	-	a
	Xanthine	1	21.5	-	-	-	a
Beef kidney, raw	Adenine	2	54.8	-	42	67.6	b,e
	Guanine	2	55.3	-	47	63.5	b,e
	Hypoxanthine	2	35.6	-	8.2	63	b,e
	Xanthine	2	48.0	-	35.0	61	b,e
Beef large intestine, raw	Adenine	1	27.1	-	-	-	b
	Guanine	1	38.6	-	-	-	b
	Hypoxanthine	1	15.2	-	-	-	b
	Xanthine	1	7.3	-	-	-	b
Beef liver, raw	Adenine	2	74.3	-	62	86.5	b,e
	Guanine	2	78.6	-	74	83.1	b,e
	Hypoxanthine	2	30.5	-	ND <sup>a</sup>	61	b,e
	Xanthine	2	25.1	-	0	50.2	b,e
Beef stomach, raw	Adenine	1	28.4	-	-	-	b
	Guanine	1	21.2	-	-	-	b
	Hypoxanthine	1	17.7	-	-	-	b
	Xanthine	1	16.7	-	-	-	b
Beef tongue, raw	Adenine	1	24.3	-	-	-	b
	Guanine	1	12.1	-	-	-	b
	Hypoxanthine	1	44.9	-	-	-	b
	Xanthine	1	9.1	-	-	-	b
<b>Beef (other than organs)</b>							
Beef brisket, raw	Adenine	2	15.6	-	13.5	17.6	b
	Guanine	2	10.6	-	7.6	13.6	b
	Hypoxanthine	2	53.8	-	49.0	58.5	b
	Xanthine	2	12.9	-	9.1	16.7	b
Beef chuck ribs, raw	Adenine	1	14.9	-	-	-	b

	Guanine	1	9.1	-	-	-	b	
	Hypoxanthine	1	36.7	-	-	-	b	
	Xanthine	1	16.7	-	-	-	b	
Beef clod, raw	Adenine	1	18.9	-	-	-	b	
	Guanine	1	9.1	-	-	-	b	
	Hypoxanthine	1	65.3	-	-	-	b	
Beef front, raw (unspecified)	Xanthine	1	10.6	-	-	-	b	
	Adenine	1	17.0	-	-	-	f	
	Guanine	1	12.4	-	-	-	f	
Beef rib loin, raw	Hypoxanthine	1	44.6	-	-	-	f	
	Xanthine	1	3.42	-	-	-	f	
	Adenine	1	13.5	-	-	-	b	
Beef roast, cooked (unspecified)	Guanine	1	7.6	-	-	-	b	
	Hypoxanthine	1	39.5	-	-	-	b	
	Xanthine	1	13.7	-	-	-	b	
Beef round (topside), cooked	Adenine	1	14.7	-	-	-	a	
	Guanine	1	14.8	-	-	-	a	
	Hypoxanthine	1	84.1	-	-	-	a	
Beef round (topside), raw	Xanthine	1	11.2	-	-	-	a	
	Adenine	1	27.1	-	-	-	b	
	Guanine	1	15.8	-	-	-	b	
Beef sirloin, raw	Hypoxanthine	1	87.2	-	-	-	b	
	Xanthine	1	13.3	-	-	-	b	
	Adenine	2	19.6	-	18.9	20.3	b	
Beef neck, raw	Guanine	2	12.9	-	10.6	15.1	b	
	Hypoxanthine	2	74.7	-	72.1	77.3	b	
	Xanthine	2	15.8	-	9.1	22.5	b	
Beef, ground, cooked	Adenine	2	15.6	-	14.9	16.2	a.b	
	Guanine	2	12.5	-	9.1	15.9	a.b	
	Hypoxanthine	2	70.7	-	55.8	85.6	a.b	
Beef, tenderloin, raw	Xanthine	2	8.75	-	8.4	9.1	a.b	
	Adenine	1	18.9	-	-	-	b	
	Guanine	1	13.6	-	-	-	b	
Barley, raw	Hypoxanthine	1	54.4	-	-	-	b	
	Xanthine	1	13.7	-	-	-	b	
	Adenine	1	7.2	-	-	-	a	
Cereal grains and grain-based products	Guanine	1	12.9	-	-	-	a	
	Hypoxanthine	1	59.1	-	-	-	a	
	Xanthine	1	10.7	-	-	-	a	
Beef, tenderloin, raw	Adenine	1	16.2	-	-	-	b	
	Guanine	1	9.1	-	-	-	b	
	Hypoxanthine	1	64.0	-	-	-	b	
Beef, tenderloin, raw	Xanthine	1	9.1	-	-	-	b	
	<b>Cereal grains and grain-based products</b>							
	Barley, raw	Adenine	1	21.6	-	-	-	b
Guanine		1	22.7	-	-	-	b	
Hypoxanthine		1	0.0	-	-	-	b	

	Xanthine	1	0.0	-	-	-	b
Bread flour	Adenine	1	12.2	-	-	-	b
	Guanine	1	13.6	-	-	-	b
	Hypoxanthine	1	0.0	-	-	-	b
	Xanthine	1	0.0	-	-	-	b
Bread, crusty (baguette)	Adenine	1	5.9	-	-	-	a
	Guanine	1	8.0	-	-	-	a
	Hypoxanthine	1	0	-	-	-	a
	Xanthine	1	1.8	-	-	-	a
Bread, white	Adenine	1	5.0	-	-	-	a
	Guanine	1	6.3	-	-	-	a
	Hypoxanthine	1	0	-	-	-	a
	Xanthine	1	0.9	-	-	-	a
Buckwheat flour	Adenine	1	35.1	-	-	-	b
	Guanine	1	40.8	-	-	-	b
	Hypoxanthine	1	0.0	-	-	-	b
	Xanthine	1	0.0	-	-	-	b
Cake flour	Adenine	1	8.1	-	-	-	b
	Guanine	1	7.6	-	-	-	b
	Hypoxanthine	1	0.0	-	-	-	b
	Xanthine	1	0.0	-	-	-	b
Corn cereal	Adenine	1	0	-	-	-	a
	Guanine	1	1.0	-	-	-	a
	Hypoxanthine	1	0	-	-	-	a
	Xanthine	1	0	-	-	-	a
Pastry flour	Adenine	1	12.2	-	-	-	b
	Guanine	1	13.6	-	-	-	b
	Hypoxanthine	1	0.0	-	-	-	b
	Xanthine	1	0.0	-	-	-	b
Ramen, noodle	Adenine	1	7.5	-	-	-	b
	Guanine	1	6.8	-	-	-	b
	Hypoxanthine	1	0.0	-	-	-	b
	Xanthine	1	7.3	-	-	-	b
Rice bran	Adenine	1	36.1	-	-	-	b
	Guanine	1	57.2	-	-	-	b
	Hypoxanthine	1	6.0	-	-	-	b
	Xanthine	1	0.9	-	-	-	b
Rice crackers	Adenine	1	0.0	-	-	-	b
	Guanine	1	4.3	-	-	-	b
	Hypoxanthine	1	4.2	-	-	-	b
	Xanthine	1	5.7	-	-	-	b
Rice, white, cooked	Adenine	1	2.1	-	-	-	a
	Guanine	1	3.2	-	-	-	a
	Hypoxanthine	1	0	-	-	-	a
	Xanthine	1	0.6	-	-	-	a
Rice, white, raw	Adenine	3	14.0	1.63	10.8	16.2	b
	Guanine	3	18.6	1.83	15.1	21.2	b
	Hypoxanthine	3	0.0	0.0	0.0	0.0	b
	Xanthine	3	0.0	0.0	0.0	0.0	b

Whole-grain wheat flour	Adenine	1	4.0	-	-	-	a
	Guanine	1	5.3	-	-	-	a
	Hypoxanthine	1	0	-	-	-	a
	Xanthine	1	2.2	-	-	-	a
<b>Dairy and eggs</b>							
Cheese, cottage	Adenine	1	4.0	-	-	-	a
	Guanine	1	3.7	-	-	-	a
	Hypoxanthine	1	0	-	-	-	a
	Xanthine	1	0.3	-	-	-	a
Cheese, grated	Adenine	1	8.2	-	-	-	b
	Guanine	1	4.2	-	-	-	b
	Hypoxanthine	1	ND	-	-	-	b
	Xanthine	1	0.6	-	-	-	b
Cheese, processed	Adenine	1	0.0	-	-	-	a
	Guanine	1	2.0	-	-	-	a
	Hypoxanthine	1	0	-	-	-	a
	Xanthine	1	0	-	-	-	a
Egg, chicken, raw	Adenine	1	0.0	-	-	-	b
	Guanine	1	ND	-	-	-	b
	Hypoxanthine	1	0.0	-	-	-	b
	Xanthine	1	0.0	-	-	-	b
Egg, quail, raw	Adenine	1	0.0	-	-	-	b
	Guanine	1	ND	-	-	-	b
	Hypoxanthine	1	0.0	-	-	-	b
	Xanthine	1	ND	-	-	-	b
Milk	Adenine	1	0.0	-	-	-	b
	Guanine	1	0.0	-	-	-	b
	Hypoxanthine	1	0.0	-	-	-	b
	Xanthine	1	0.0	-	-	-	b
Yogurt	Adenine	2	2.05	-	1.4	2.7	a.b
	Guanine	2	3.0	-	2.1	3.9	a.b
	Hypoxanthine	2	0.75	-	0	1.5	a.b
	Xanthine	2	0.3	-	0.2	0.4	a.b
<b>Finfish and shellfish</b>							
Anchovy, canned	Adenine	1	0	-	-	-	e
	Guanine	1	39	-	-	-	e
	Hypoxanthine	1	14	-	-	-	e
	Xanthine	1	268	-	-	-	e
Anchovy, dried	Adenine	1	258	-	-	-	b
	Guanine	1	465	-	-	-	b
	Hypoxanthine	1	382	-	-	-	b
	Xanthine	1	4.0	-	-	-	b
Anchovy, raw	Adenine	1	8	-	-	-	e
	Guanine	1	185	-	-	-	e
	Hypoxanthine	1	6	-	-	-	e

	Xanthine	1	212	-	-	-	e
Ayu, raw	Adenine	1	17.6	-	-	-	b
	Guanine	1	25.7	-	-	-	b
	Hypoxanthine	1	89.8	-	-	-	b
	Xanthine	1	0.0	-	-	-	b
Barracuda, raw	Adenine	1	13.5	-	-	-	b
	Guanine	1	24.2	-	-	-	b
	Hypoxanthine	1	110.2	-	-	-	b
	Xanthine	1	ND	-	-	-	b
Beltfish, raw	Adenine	3	14.8	0.99	-	-	c
	Guanine	3	34.6	3.04	-	-	c
	Hypoxanthine	3	84.3	4.28	-	-	c
	Xanthine	3	5.56	1.01	-	-	c
Bonito, dried	Adenine	1	51.3	-	-	-	b
	Guanine	1	78.6	-	-	-	b
	Hypoxanthine	1	363	-	-	-	b
	Xanthine	1	0.0	-	-	-	b
Carp, raw	Adenine	1	16.2	-	-	-	b
	Guanine	1	12.1	-	-	-	b
	Hypoxanthine	1	74.9	-	-	-	b
	Xanthine	1	ND	-	-	-	b
Clams, canned	Adenine	1	30	-	-	-	e
	Guanine	1	5	-	-	-	e
	Hypoxanthine	1	7	-	-	-	e
	Xanthine	1	20	-	-	-	e
Clams, raw	Adenine	6	35.3	6.99	14	63.5	b,c,e
	Guanine	6	31.4	2.48	24	39.3	b,c,e
	Hypoxanthine	6	28.5	8.39	5.4	47.1	b,c,e
	Xanthine	6	24.2	13.7	ND	86	b,c,e
Crab ovary, raw	Adenine	1	42.5	-	-	-	b
	Guanine	1	106	-	-	-	b
	Hypoxanthine	1	3.9	-	-	-	b
	Xanthine	1	0.0	-	-	-	b
Crab, red king, raw	Adenine	2	66.2	-	56.7	75.7	b
	Guanine	2	16.6	-	13.6	19.6	b
	Hypoxanthine	2	4.75	-	0.0	9.5	b
	Xanthine	2	30.5	-	13.7	47.2	b
Eel, Japanese, raw	Adenine	1	13.5	-	-	-	b
	Guanine	1	24.2	-	-	-	b
	Hypoxanthine	1	54.4	-	-	-	b
	Xanthine	1	ND	-	-	-	b
Fish ball, processed	Adenine	1	12.2	-	-	-	b
	Guanine	1	24.2	-	-	-	b
	Hypoxanthine	1	31.3	-	-	-	b
	Xanthine	1	0.0	-	-	-	b
Fish product (hanpen), processed	Adenine	1	1.6	-	-	-	b
	Guanine	1	3.3	-	-	-	b
	Hypoxanthine	1	7.4	-	-	-	b
	Xanthine	1	0.2	-	-	-	b

Fish product (kamaboko), processed	Adenine	1	9.5	-	-	-	b
	Guanine	1	6.0	-	-	-	b
	Hypoxanthine	1	10.9	-	-	-	b
	Xanthine	1	0.0	-	-	-	b
Fish product (narutomaki), processed	Adenine	1	8.1	-	-	-	b
	Guanine	1	12.1	-	-	-	b
	Hypoxanthine	1	12.2	-	-	-	b
	Xanthine	1	0.0	-	-	-	b
Fish product (sasakamaboko), processed	Adenine	1	14.9	-	-	-	b
	Guanine	1	16.6	-	-	-	b
	Hypoxanthine	1	16.3	-	-	-	b
	Xanthine	1	0.0	-	-	-	b
Fish product (Satsuma age), processed	Adenine	1	6.8	-	-	-	b
	Guanine	1	10.6	-	-	-	b
	Hypoxanthine	1	4.1	-	-	-	b
	Xanthine	1	0.0	-	-	-	b
Fish sausage, processed	Adenine	1	6.8	-	-	-	b
	Guanine	1	9.1	-	-	-	b
	Hypoxanthine	1	6.8	-	-	-	b
	Xanthine	1	0.0	-	-	-	b
Fishcake tube, processed	Adenine	1	14.9	-	-	-	b
	Guanine	1	15.1	-	-	-	b
	Hypoxanthine	1	17.7	-	-	-	b
	Xanthine	1	0.0	-	-	-	b
Flounder, yellow striped, raw	Adenine	1	14.9	-	-	-	b
	Guanine	1	28.7	-	-	-	b
	Hypoxanthine	1	69.4	-	-	-	b
	Xanthine	1	0.0	-	-	-	b
Flying fish, raw	Adenine	1	13.5	-	-	-	b
	Guanine	1	22.7	-	-	-	b
	Hypoxanthine	1	118	-	-	-	b
	Xanthine	1	0.0	-	-	-	b
Gnomefish, meat, raw	Adenine	1	14.6	-	-	-	b
	Guanine	1	15.3	-	-	-	b
	Hypoxanthine	1	120	-	-	-	b
	Xanthine	1	0.8	-	-	-	b
Gnomefish, skin, raw	Adenine	1	9.6	-	-	-	b
	Guanine	1	297	-	-	-	b
	Hypoxanthine	1	73.5	-	-	-	b
	Xanthine	1	2.5	-	-	-	b
Halibut, bastard, raw	Adenine	1	17.6	-	-	-	b
	Guanine	1	15.1	-	-	-	b
	Hypoxanthine	1	101	-	-	-	b
	Xanthine	1	0.0	-	-	-	b
Herring, canned	Adenine	1	15	-	-	-	e
	Guanine	1	180	-	-	-	e
	Hypoxanthine	1	6	-	-	-	e
	Xanthine	1	177	-	-	-	e
Herring, raw	Adenine	1	13.5	-	-	-	b

	Guanine	1	22.7	-	-	-	b
	Hypoxanthine	1	103	-	-	-	b
	Xanthine	1	ND	-	-	-	b
Lingcod, raw	Adenine	2	19.6	-	18.9	20.3	b
	Guanine	2	23.8	-	13.6	34.0	b
	Hypoxanthine	2	95	-	94.7	95.3	b
	Xanthine	2	1.2	-	ND	2.4	b
Lobster, spiny, raw	Adenine	1	31.1	-	-	-	b
	Guanine	1	9.8	-	-	-	b
	Hypoxanthine	1	61.2	-	-	-	b
	Xanthine	1	0.1	-	-	-	b
Mackerel, canned	Adenine	1	23	-	-	-	e
	Guanine	1	109	-	-	-	e
	Hypoxanthine	1	16	-	-	-	e
	Xanthine	1	98	-	-	-	e
Mackerel, jack, half-dried	Adenine	1	14.9	-	-	-	b
	Guanine	1	119	-	-	-	b
	Hypoxanthine	1	112	-	-	-	b
	Xanthine	1	ND	-	-	-	b
Mackerel, Japanese, skin, raw	Adenine	3	23.0	0.81	-	-	c
	Guanine	3	1003	3.4	-	-	c
	Hypoxanthine	3	149	0.58	-	-	c
	Xanthine	3	ND	-	-	-	c
Mackerel, raw (unspecified)	Adenine	3	14.0	1.92	11	17.6	b,e
	Guanine	3	28.3	11.0	10.6	48.4	b,e
	Hypoxanthine	3	67.5	31.2	5	99.4	b,e
	Xanthine	3	50.7	50.7	0.0	152	b,e
Mackerel, Spanish, raw	Adenine	4	14.4	0.74	12.2	15.2	b,c
	Guanine	4	14.7	2.89	6.0	17.6	b,c
	Hypoxanthine	4	129	2.48	121	131	b,c
	Xanthine	4	3.85	1.28	ND	5.13	b,c
Milt, pigfish, striped, raw	Adenine	1	67.0	-	-	-	b
	Guanine	1	212	-	-	-	b
	Hypoxanthine	1	19.4	-	-	-	b
	Xanthine	1	7.7	-	-	-	b
Monkfish liver, raw	Adenine	1	38.2	-	-	-	b
	Guanine	1	55.6	-	-	-	b
	Hypoxanthine	1	6.0	-	-	-	b
	Xanthine	1	4.4	-	-	-	b
Monkfish liver, steamed	Adenine	1	158	-	-	-	b
	Guanine	1	211	-	-	-	b
	Hypoxanthine	1	26.6	-	-	-	b
	Xanthine	1	3.1	-	-	-	b
Monkfish, raw	Adenine	1	17.5	-	-	-	b
	Guanine	1	19.5	-	-	-	b
	Hypoxanthine	1	32.6	-	-	-	b
	Xanthine	1	0.5	-	-	-	b
Octopus organs, raw	Adenine	1	29.1	-	-	-	b
	Guanine	1	42.0	-	-	-	b

	Hypoxanthine	1	4.8	-	-	-	b
	Xanthine	1	4.0	-	-	-	b
Octopus, raw	Adenine	1	21.6	-	-	-	b
	Guanine	1	18.1	-	-	-	b
	Hypoxanthine	1	36.7	-	-	-	b
	Xanthine	1	60.8	-	-	-	b
Okiami (krill), raw	Adenine	1	108	-	-	-	b
	Guanine	1	74.0	-	-	-	b
	Hypoxanthine	1	17.7	-	-	-	b
	Xanthine	1	25.9	-	-	-	b
Oysters, canned	Adenine	1	39	-	-	-	e
	Guanine	1	22	-	-	-	e
	Hypoxanthine	1	30	-	-	-	e
	Xanthine	1	16	-	-	-	e
Oysters, raw	Adenine	4	43.4	3.99	39.4	55.4	b,c
	Guanine	4	37.8	0.99	34.8	38.74	b,c
	Hypoxanthine	4	20.3	2.7	12.2	23.0	b,c
	Xanthine	4	20.5	25.1	ND	82.1	b,c
Pacific saury, raw	Adenine	1	14.9	-	-	-	b
	Guanine	1	52.9	-	-	-	b
	Hypoxanthine	1	87.1	-	-	-	b
	Xanthine	1	0.0	-	-	-	b
Pacific saury, half-dried	Adenine	1	12.2	-	-	-	b
	Guanine	1	103	-	-	-	b
	Hypoxanthine	1	93.9	-	-	-	b
	Xanthine	1	ND	-	-	-	b
Pigfish, striped, raw	Adenine	1	13.5	-	-	-	b
	Guanine	1	10.6	-	-	-	b
	Hypoxanthine	1	125	-	-	-	b
	Xanthine	1	ND	-	-	-	b
Red seabream, raw	Adenine	1	13.5	-	-	-	b
	Guanine	1	10.6	-	-	-	b
	Hypoxanthine	1	105	-	-	-	b
	Xanthine	1	0.0	-	-	-	b
Rockfish (Mebaru), raw	Adenine	1	13.5	-	-	-	b
	Guanine	1	18.1	-	-	-	b
	Hypoxanthine	1	92.5	-	-	-	b
	Xanthine	1	0.0	-	-	-	b
Roe, flying fish, in soy sauce	Adenine	1	21.3	-	-	-	b
	Guanine	1	47.7	-	-	-	b
	Hypoxanthine	1	20.4	-	-	-	b
	Xanthine	1	2.2	-	-	-	b
Roe, mixed species, raw	Adenine	8	21.4	8.95	0.0	75.0	b
	Guanine	8	35.5	10.6	0.0	81.0	b
	Hypoxanthine	8	22.2	6.34	0.0	41.4	b
	Xanthine	8	1.69	1.03	ND	8.6	b
Sablefish meat, raw	Adenine	1	27.4	-	-	-	b
	Guanine	1	11.9	-	-	-	b
	Hypoxanthine	1	83.9	-	-	-	b

	Xanthine	1	0.2	-	-	-	b
Sablefish skin, raw	Adenine	1	12.1	-	-	-	b
	Guanine	1	14	-	-	-	b
	Hypoxanthine	1	39.2	-	-	-	b
	Xanthine	1	1.6	-	-	-	b
Sailfin sandfish, raw	Adenine	1	16.2	-	-	-	b
	Guanine	1	30.2	-	-	-	b
	Hypoxanthine	1	49.0	-	-	-	b
	Xanthine	1	3.0	-	-	-	b
Salmon, canned	Adenine	2	23.7	-	-	-	b,e
	Guanine	2	38.4	-	-	-	b,e
	Hypoxanthine	2	41.9	-	-	-	b,e
	Xanthine	2	6.5	-	-	-	b,e
Salmon, chum, raw	Adenine	3	15.8	0.35	-	-	c
	Guanine	3	11.7	0.03	-	-	c
	Hypoxanthine	3	97.2	1.68	-	-	c
	Xanthine	3	ND	-	-	-	c
Salmon, mixed species, raw	Adenine	2	21.8	-	17.6	26	b,e
	Guanine	2	45.3	-	10.6	80	b,e
	Hypoxanthine	2	51.1	-	11	91.2	b,e
	Xanthine	2	66.5	-	0.0	133	b,e
Sardine, canned	Adenine	1	19	-	-	-	b,e
	Guanine	1	95	-	-	-	b,e
	Hypoxanthine	1	30	-	-	-	b,e
	Xanthine	1	255	-	-	-	b,e
Sardine, half-dried	Adenine	1	20.3	-	-	-	c
	Guanine	1	157	-	-	-	c
	Hypoxanthine	1	125	-	-	-	c
	Xanthine	1	3.0	-	-	-	c
Sardines, baby, dried	Adenine	1	134	-	-	-	b
	Guanine	1	355	-	-	-	b
	Hypoxanthine	1	257	-	-	-	b
	Xanthine	1	0.0	-	-	-	b
Sardines, raw	Adenine	2	11.8	-	6	17.6	b,e
	Guanine	2	112	-	106	118	b,e
	Hypoxanthine	2	46.6	-	6	87.1	b,e
	Xanthine	2	108	-	ND	215	b,e
Scallops, raw	Adenine	1	63.6	-	63.6	63.6	b
	Guanine	1	6.6	-	6.6	6.6	b
	Hypoxanthine	1	5.3	-	5.3	5.3	b
	Xanthine	1	1.0	-	1.0	1.0	b
Sea cucumber, raw	Adenine	4	2.5	0.23	2.27	3.2	b,c
	Guanine	4	5.17	1.02	2.1	6.19	b,c
	Hypoxanthine	4	0.05	0.05	ND	0.2	b,c
	Xanthine	4	0	0	ND	0	b,c
Sea urchin, raw	Adenine	1	40	-	-	-	b
	Guanine	1	65.7	-	-	-	b
	Hypoxanthine	1	22.5	-	-	-	b
	Xanthine	1	9.1	-	-	-	b

Seabass, Japanese, liver, raw	Adenine	3	79.5	3.88	-	-	c
	Guanine	3	112	5.28	-	-	c
	Hypoxanthine	3	17.8	0.66	-	-	c
	Xanthine	3	8.39	0.39	-	-	c
Seabass, Japanese, skin, raw	Adenine	3	30.8	6.05	-	-	c
	Guanine	3	1219	3.16	-	-	c
	Hypoxanthine	3	146	2.07	-	-	c
	Xanthine	3	3.91	0.55	-	-	c
Seabass, mixed species, raw	Adenine	10	12.8	0.12	12.4	13.5	b,c
	Guanine	10	10.3	0.47	8.24	12.1	b,c
	Hypoxanthine	10	84.2	1.83	79.7	93.9	b,c
	Xanthine	10	0	0	ND	0.0	b,c
Shishamo with roe, half-dried	Adenine	1	12.1	-	-	-	b
	Guanine	1	60.4	-	-	-	b
	Hypoxanthine	1	74.5	-	-	-	b
	Xanthine	1	2.6	-	-	-	b
Shrimp, raw (unspecified)	Adenine	11	44.6	5.74	8.3	65.3	b,c,e
	Guanine	11	23.5	2.84	12	35.4	b,c,e
	Hypoxanthine	11	76.0	8.33	15	103	b,c,e
	Xanthine	11	34.5	18.7	0	191	b,c,e
Shrimp, Sakura, dried	Adenine	1	83.9	-	-	-	b
	Guanine	1	124	-	-	-	b
	Hypoxanthine	1	512	-	-	-	b
	Xanthine	1	29.0	-	-	-	b
Smelt, raw	Adenine	1	13.5	-	-	-	b
	Guanine	1	24.2	-	-	-	b
	Hypoxanthine	1	57.2	-	-	-	b
	Xanthine	1	0.0	-	-	-	b
Snails, raw	Adenine	6	48.7	11	24.1	73.3	c
	Guanine	6	91.7	8.9	71.7	111	c
	Hypoxanthine	6	33.3	2.84	27.0	39.7	c
	Xanthine	6	8.5	0.92	6.43	10.6	c
Squid organs, raw	Adenine	1	0.0	-	-	-	b
	Guanine	1	17.1	-	-	-	b
	Hypoxanthine	1	22.1	-	-	-	b
	Xanthine	1	20.4	-	-	-	b
Squid, raw (unspecified)	Adenine	4	43.7	8.85	18	58.1	b,e
	Guanine	4	27.2	10.2	15	57.6	b,e
	Hypoxanthine	4	38.5	14.4	15.6	80.3	b,e
	Xanthine	4	43.2	15.6	3.4	78	b,e
Squid, shredded, dried	Adenine	1	24.9	-	-	-	b
	Guanine	1	20.6	-	-	-	b
	Hypoxanthine	1	47.9	-	-	-	b
	Xanthine	1	1.0	-	-	-	b
Tilefish, raw	Adenine	1	9.5	-	-	-	b
	Guanine	1	10.6	-	-	-	b
	Hypoxanthine	1	99.4	-	-	-	b
	Xanthine	1	0.0	-	-	-	b
Trout, rainbow, raw	Adenine	1	25.7	-	-	-	b

	Guanine	1	55.9	-	-	-	b
	Hypoxanthine	1	99.4	-	-	-	b
	Xanthine	1	ND	-	-	-	b
Tuna (Bonito), raw	Adenine	1	21.6	-	-	-	b
	Guanine	1	19.6	-	-	-	b
	Hypoxanthine	1	170	-	-	-	b
	Xanthine	1	0.0	-	-	-	b
	Adenine	2	21.0	-	14.9	27	b,e
	Guanine	2	13.3	-	13	13.6	b,e
Tuna, canned	Hypoxanthine	2	49.8	-	11	88.5	b,e
	Xanthine	2	45.5	-	0.0	91	b,e
	Adenine	1	17.6	-	-	-	b
Tuna, raw (unspecified)	Guanine	1	10.6	-	-	-	b
	Hypoxanthine	1	129	-	-	-	b
	Xanthine	1	0.0	-	-	-	b
Turbot liver, raw	Adenine	3	146	1.13	-	-	c
	Guanine	3	22.1	0.2	-	-	c
	Hypoxanthine	3	88.3	1.68	-	-	c
	Xanthine	3	7.93	0.59	-	-	c
	Adenine	3	22.3	0.74	-	-	c
	Guanine	3	10.8	0.18	-	-	c
Turbot skin, raw	Hypoxanthine	3	99.8	1.27	-	-	c
	Xanthine	3	9.2	0.24	-	-	c
	Adenine	3	14.7	0.66	-	-	c
Turbot, European, raw	Guanine	3	15.3	0.22	-	-	c
	Hypoxanthine	3	75.1	1.3	-	-	c
	Xanthine	3	7.11	0.74	-	-	c
Weather loach, raw	Adenine	1	28.4	-	-	-	b
	Guanine	1	49.9	-	-	-	b
	Hypoxanthine	1	51.7	-	-	-	b
	Xanthine	1	6.1	-	-	-	b
	Adenine	1	159	-	-	-	b
	Guanine	1	235	-	-	-	b
Whitebait, dried	Hypoxanthine	1	69.6	-	-	-	b
	Xanthine	1	7.5	-	-	-	b
	Adenine	2	7.25	-	7.2	7.3	a
Whitefish, raw	Guanine	2	18.9	-	18.7	19.1	a
	Hypoxanthine	2	95.0	-	87.3	103	a
	Xanthine	2	1.1	-	Trace	2.2	a
Whiting ( <i>Sillaginidae</i> ), raw	Adenine	1	13.5	-	-	-	b
	Guanine	1	10.6	-	-	-	b
	Hypoxanthine	1	120	-	-	-	b
	Xanthine	1	ND	-	-	-	b
	Adenine	1	18.9	-	-	-	b
	Guanine	1	12.1	-	-	-	b
Yellowtail (amberjack), raw	Hypoxanthine	1	89.8	-	-	-	b
	Xanthine	1	0.0	-	-	-	b
	<b>Fruits and fruit juices</b>						

Avocado, raw	Adenine	1	10.6	-	-	-	b
	Guanine	1	7.5	-	-	-	b
	Hypoxanthine	1	0.3	-	-	-	b
	Xanthine	1	0.0	-	-	-	b
Bananas, raw	Adenine	1	1.2	-	-	-	b
	Guanine	1	1.7	-	-	-	b
	Hypoxanthine	1	0.1	-	-	-	b
	Xanthine	1	0.0	-	-	-	b
Strawberries, raw	Adenine	1	0.5	-	-	-	b
	Guanine	1	1.2	-	-	-	b
	Hypoxanthine	1	0.5	-	-	-	b
	Xanthine	1	0.0	-	-	-	b
<b>Lamb, veal, and game organ products</b>							
Lamb heart, raw	Adenine	1	30	-	-	-	e
	Guanine	1	23	-	-	-	e
	Hypoxanthine	1	20	-	-	-	e
	Xanthine	1	98	-	-	-	e
Lamb liver, raw	Adenine	1	32	-	-	-	e
	Guanine	1	43	-	-	-	e
	Hypoxanthine	1	54	-	-	-	e
	Xanthine	1	18	-	-	-	e
<b>Lamb, veal, and game (other than organs)</b>							
Horse, raw	Adenine	1	10.0	-	-	-	b
	Guanine	1	10.0	-	-	-	b
	Hypoxanthine	1	77.8	-	-	-	b
	Xanthine	1	15.2	-	-	-	b
Lamb chops and roast, raw	Adenine	1	19.4	-	-	-	a
	Guanine	1	20.7	-	-	-	a
	Hypoxanthine	1	87.4	-	-	-	a
	Xanthine	1	0	-	-	-	a
Mutton, raw	Adenine	2	17.6	-	17.6	17.6	b
	Guanine	2	10.6	-	10.6	10.6	b
	Hypoxanthine	2	66.7	-	65.3	68.1	b
	Xanthine	2	0.0	-	ND	ND	b
Veal cutlet, cooked	Adenine	1	11.8	-	-	-	a
	Guanine	1	18.7	-	-	-	a
	Hypoxanthine	1	101	-	-	-	a
	Xanthine	1	11.2	-	-	-	a
Whale, raw	Adenine	2	16.2	-	13.5	18.9	b
	Guanine	2	9.05	-	6.0	12.1	b
	Hypoxanthine	2	74.2	-	68.1	80.3	b
	Xanthine	2	0.0	-	ND	ND	b
<b>Legumes and legume products</b>							

Bean curd lees (Okara)	Adenine	2	15.01	-	15.0	15.0	b,d
	Guanine	2	24.01	-	24.0	24.0	b,d
	Hypoxanthine	2	4.52	-	4.5	4.53	b,d
	Xanthine	2	5.02	-	5.0	5.04	b,d
Beans, adzuki, dried, raw	Adenine	2	43.9	-	33.8	54	b,e
	Guanine	2	47.4	-	43.8	51	b,e
	Hypoxanthine	2	7.5	-	0.0	15	b,e
	Xanthine	2	21	-	0.0	42	b,e
Beans, cranberry, dried, raw	Adenine	1	21	-	-	-	e
	Guanine	1	19	-	-	-	e
	Hypoxanthine	1	23	-	-	-	e
	Xanthine	1	12	-	-	-	e
Beans, great northern, dried raw	Adenine	1	56	-	-	-	e
	Guanine	1	68	-	-	-	e
	Hypoxanthine	1	25	-	-	-	e
	Xanthine	1	64	-	-	-	e
Beans, pinto, dried, raw	Adenine	1	57	-	-	-	e
	Guanine	1	54	-	-	-	e
	Hypoxanthine	1	16	-	-	-	e
	Xanthine	1	44	-	-	-	e
Beans, small white, dried, raw	Adenine	1	59	-	-	-	e
	Guanine	1	74	-	-	-	e
	Hypoxanthine	1	25	-	-	-	e
	Xanthine	1	44	-	-	-	e
Blackeye peas, dried, raw	Adenine	1	77	-	-	-	e
	Guanine	1	80	-	-	-	e
	Hypoxanthine	1	32	-	-	-	e
	Xanthine	1	41	-	-	-	e
Broad beans, dried, raw	Adenine	1	14.1	-	-	-	b
	Guanine	1	19.9	-	-	-	b
	Hypoxanthine	1	1.3	-	-	-	b
	Xanthine	1	0.2	-	-	-	b
Chickpeas (garbanzo beans), dried, raw	Adenine	1	17	-	-	-	e
	Guanine	1	14	-	-	-	e
	Hypoxanthine	1	18	-	-	-	e
	Xanthine	1	7	-	-	-	e
Lentils, dried, raw	Adenine	1	104	-	-	-	e
	Guanine	1	82	-	-	-	e
	Hypoxanthine	1	20	-	-	-	e
	Xanthine	1	16	-	-	-	e
Lima beans, baby, dried, raw	Adenine	1	46	-	-	-	e
	Guanine	1	39	-	-	-	e
	Hypoxanthine	1	25	-	-	-	e
	Xanthine	1	34	-	-	-	e
Lima beans, large, dried, raw	Adenine	1	42	-	-	-	e
	Guanine	1	41	-	-	-	e
	Hypoxanthine	1	14	-	-	-	e
	Xanthine	1	52	-	-	-	e

Miso	Adenine	4	1.81	1.04	0.0	3.61	b,d
	Guanine	4	17.2	0.45	16.4	18.0	b,d
	Hypoxanthine	4	32.9	2.09	29.3	36.5	b,d
	Xanthine	4	4.22	0.69	3.0	5.44	b,d
Peanuts, raw	Adenine	1	18.9	-	-	-	b
	Guanine	1	28.6	-	-	-	b
	Hypoxanthine	1	0.0	-	-	-	b
	Xanthine	1	1.6	-	-	-	b
Peas, split, dried, raw	Adenine	1	88	-	-	-	e
	Guanine	1	74	-	-	-	e
	Hypoxanthine	1	11	-	-	-	e
	Xanthine	1	22	-	-	-	e
Soy milk	Adenine	2	7.72	-	7.7	7.74	b,d
	Guanine	2	11.7	-	11.7	11.7	b,d
	Hypoxanthine	2	2.5	-	2.49	2.5	b,d
	Xanthine	2	0.01	-	0.0	0.01	b,d
Soy protein concentrate, produced by acid wash	Adenine	1	91.7	-	-	-	f
	Guanine	1	99.2	-	-	-	f
	Hypoxanthine	1	0	-	-	-	f
	Xanthine	1	1.51	-	-	-	f
Soy sauce made from soy and wheat (shoyu)	Adenine	3	0.23	0.23	0.00	0.7	b,d
	Guanine	3	3.32	0.84	2.46	5.0	b,d
	Hypoxanthine	3	32.0	1.74	28.5	33.7	b,d
	Xanthine	3	13.0	4	8.99	21.0	b,d
Soybean, fermented (Natto)	Adenine	2	40.5	-	40.5	40.5	b,d
	Guanine	2	51.4	-	51.4	51.4	b,d
	Hypoxanthine	2	6.81	-	6.8	6.81	b,d
	Xanthine	2	15.2	-	15.2	15.2	b,d
Soybeans, dried, raw	Adenine	2	74.3	-	74.3	74.3	b,d
	Guanine	2	98.2	-	98.2	98.2	b,d
	Hypoxanthine	2	0.0	-	0.00	0.0	b,d
	Xanthine	2	0.0	-	0.00	0.0	b,d
Tofu (Kinu)	Adenine	1	7.6	-	-	-	b
	Guanine	1	11.2	-	-	-	b
	Hypoxanthine	1	0.5	-	-	-	b
	Xanthine	1	0.7	-	-	-	b
Tofu, boiled 3 minutes	Adenine	2	13.1	-	-	-	b,d
	Guanine	2	8.78	-	-	-	b,d
	Hypoxanthine	2	0	-	-	-	b,d
	Xanthine	2	0.02	-	-	-	b,d
Tofu, boiled 5 minutes	Adenine	1	15.3	-	-	-	d
	Guanine	1	19.1	-	-	-	d
	Hypoxanthine	1	0.66	-	-	-	d
	Xanthine	1	0.72	-	-	-	d
Tofu, deep-fried	Adenine	1	20.3	-	-	-	b
	Guanine	1	32.4	-	-	-	b
	Hypoxanthine	1	0.5	-	-	-	b
	Xanthine	1	1.2	-	-	-	b
	Adenine	1	120	-	-	-	b

Tofu, dried-frozen (koyadofu)	Guanine	1	168	-	-	-	b
	Hypoxanthine	1	0.6	-	-	-	b
	Xanthine	1	3.7	-	-	-	b
Tofu, raw (nigari)	Adenine	2	14.0	-	14.0	14.0	b,d
	Guanine	2	16.7	-	16.7	16.7	b,d
	Hypoxanthine	2	0.42	-	0.4	0.43	b,d
Xanthine	2	0.0	-	0.00	0.0	b,d	
<b>Nuts and seeds</b>							
Almonds	Adenine	1	13.6	-	-	-	b
	Guanine	1	13.8	-	-	-	b
	Hypoxanthine	1	2.3	-	-	-	b
	Xanthine	1	1.7	-	-	-	b
<b>Pork organ products</b>							
Pork heart, raw	Adenine	1	39.2	-	-	-	b
	Guanine	1	24.2	-	-	-	b
	Hypoxanthine	1	55.8	-	-	-	b
	Xanthine	1	0.0	-	-	-	b
Pork kidney, raw	Adenine	1	64.8	-	-	-	b
	Guanine	1	77.1	-	-	-	b
	Hypoxanthine	1	53.1	-	-	-	b
	Xanthine	1	0.0	-	-	-	b
Pork liver, raw	Adenine	2	70.1	-	59	81.1	b,e
	Guanine	2	89.9	-	77	103	b,e
	Hypoxanthine	2	52.5	-	34.0	71	b,e
	Xanthine	2	74.5	-	66.9	82	b,e
Pork tongue, raw	Adenine	1	24.3	-	-	-	b
	Guanine	1	21.2	-	-	-	b
	Hypoxanthine	1	58.5	-	-	-	b
	Xanthine	1	0.0	-	-	-	b
<b>Pork (other than organs)</b>							
Pork neck, raw	Adenine	1	14.9	-	-	-	b
	Guanine	1	12.1	-	-	-	b
	Hypoxanthine	1	43.6	-	-	-	b
	Xanthine	1	0.0	-	-	-	b
Pork ribs, raw	Adenine	1	13.5	-	-	-	b
	Guanine	1	10.6	-	-	-	b
	Hypoxanthine	1	51.7	-	-	-	b
	Xanthine	1	0.0	-	-	-	b
Pork roast and chops, cooked	Adenine	1	13.2	-	-	-	a
	Guanine	1	16.2	-	-	-	a
	Hypoxanthine	1	90.4	-	-	-	a
	Xanthine	1	0	-	-	-	a
Pork rump, raw	Adenine	1	20.3	-	-	-	b

	Guanine	1	15.1	-	-	-	b
	Hypoxanthine	1	77.6	-	-	-	b
	Xanthine	1	0.0	-	-	-	b
Pork shoulder, raw	Adenine	4	18.2	1.29	16.2	21.6	b
	Guanine	4	13.2	1.28	10.6	16.6	b
	Hypoxanthine	4	62.3	6.78	53.1	69.4	b
	Xanthine	4	0.0	0.0	0.0	0.0	b
Pork sirloin, raw	Adenine	1	17.6	-	-	-	b
	Guanine	1	12.1	-	-	-	b
	Hypoxanthine	1	61.2	-	-	-	b
	Xanthine	1	0.0	-	-	-	b
Pork tenderloin, raw	Adenine	1	23.0	-	-	-	b
	Guanine	1	15.1	-	-	-	b
	Hypoxanthine	1	81.7	-	-	-	b
	Xanthine	1	0.0	-	-	-	b
<b>Poultry organ products</b>							
Chicken gizzard, raw	Adenine	13	35.9	0.83	35.1	45.9	b,i
	Guanine	13	47.9	0.29	47.6	51.4	b,i
	Hypoxanthine	13	45.0	0.46	39.5	45.5	b,i
	Xanthine	13	2.59	0.29	2.3	6.1	b,i
Chicken heart, raw	Adenine	2	31.7	-	31.3	32	b,e
	Guanine	2	38.6	-	36.1	41	b,e
	Hypoxanthine	2	32.3	-	12	52.6	b,e
	Xanthine	2	71.7	-	5.4	138	b,e
Chicken liver, raw	Adenine	15	89.4	3.26	72	122	b,e,f,i
	Guanine	15	146	4.83	78	153	b,e,f,i
	Hypoxanthine	3	23.7	23.7	ND	71	b,e,f
	Xanthine	3	28.2	5.64	22	39.5	b,e,f
<b>Poultry (other than organs)</b>							
Chicken breast, raw	Adenine	62	18.5	0.33	15.4	21.1	b,h,i,j
	Guanine	62	22.7	0.39	20	26.5	b,h,i,j
	Hypoxanthine	62	112	2.71	86.6	131	b,h,i,j
	Xanthine	26	8.4	0.3	1.0	8.7	b,i
Chicken breast, roasted	Adenine	12	25.3	-	-	-	j
	Guanine	12	27.2	-	-	-	j
	Hypoxanthine	12	126	-	-	-	j
	Xanthine	-	-	-	-	-	-
Chicken breast, stewed	Adenine	24	24.6	-	-	-	h
	Guanine	24	29.9	-	-	-	h
	Hypoxanthine	24	129	-	-	-	h
	Xanthine	-	-	-	-	-	-
Chicken drumstick, raw	Adenine	25	22.0	0.9	-	-	i
	Guanine	25	29.0	1.2	-	-	i
	Hypoxanthine	25	78.4	2.1	-	-	i
	Xanthine	25	3.3	0.4	-	-	i

Chicken leg, raw	Adenine	2	23.8	-	20.6	27.0	b,f
	Guanine	2	22.0	-	19.6	24.5	b,f
	Hypoxanthine	2	71.2	-	66.2	76.2	b,f
	Xanthine	2	1.23	-	0.0	2.46	b,f
Chicken neck, raw	Adenine	10	38.8	1.1	-	-	i
	Guanine	10	41.0	1.3	-	-	i
	Hypoxanthine	10	31.8	1.0	-	-	i
	Xanthine	10	11.3	0.7	-	-	i
Chicken skin (from drumsticks and thighs), braised	Adenine	24	21.1	-	-	-	h
	Guanine	24	27.9	-	-	-	h
	Hypoxanthine	24	44.8	-	-	-	h
	Xanthine	-	-	-	-	-	-
Chicken skin, raw	Adenine	50	21.3	1.21	13.0	48.6	b,h,i
	Guanine	50	29.5	1.47	18.8	43.8	b,h,i
	Hypoxanthine	50	31.2	0.58	27.1	35.2	b,h,i
	Xanthine	26	3.56	0.14	ND	3.7	b,i
Chicken thigh, raw	Adenine	65	20.9	0.32	19.0	25.3	h,i,j
	Guanine	65	25.4	0.1	24.6	26.6	h,i,j
	Hypoxanthine	65	90.9	1.32	77.6	99.7	h,i,j
	Xanthine	25	4.5	0.8	-	-	i
Chicken thigh, roasted	Adenine	16	29.5	-	-	-	j
	Guanine	16	33.3	-	-	-	j
	Hypoxanthine	16	86.1	-	-	-	j
	Xanthine	-	-	-	-	-	-
Chicken thigh, stewed	Adenine	24	22.6	-	-	-	h
	Guanine	24	28.5	-	-	-	h
	Hypoxanthine	24	95.2	-	-	-	h
	Xanthine	-	-	-	-	-	-
Chicken wing, raw	Adenine	1	28.4	-	-	-	b
	Guanine	1	16.6	-	-	-	b
	Hypoxanthine	1	92.5	-	-	-	b
	Xanthine	1	0.0	-	-	-	b
Chicken, ground, raw	Adenine	1	24.7	-	-	-	g
	Guanine	1	22.0	-	-	-	g
	Hypoxanthine	1	112	-	-	-	g
	Xanthine	1	0	-	-	-	g
Chicken, light meat, raw	Adenine	2	22.0	-	17.0	27.0	b
	Guanine	2	19.3	-	16.6	21.9	b
	Hypoxanthine	2	66.7	-	23.2	110	b
	Xanthine	2	3.35	-	0.0	6.7	b
Poultry, mechanically deboned, from backs and necks with skin, raw	Adenine	12	29.06	1.39	17.0	31.1	g,i
	Guanine	12	31.41	1.31	19.4	33.3	g,i
	Hypoxanthine	12	23.57	0.94	22.2	32.1	g,i
	Xanthine	12	6.09	0.62	1.00	7.0	g,i
Poultry, mechanically deboned, from mature hens, raw	Adenine	3	21.9	2.42	17.3	25.4	g
	Guanine	3	25.8	3.85	18.3	31.1	g
	Hypoxanthine	3	31.0	1.27	28.9	33.3	g
	Xanthine	3	1.11	0.23	0.69	1.46	g
Turkey, ground, raw	Adenine	1	13.1	-	-	-	g

	Guanine	1	11.6	-	-	-	bc
	Hypoxanthine	1	71.3	-	-	-	bc
	Xanthine	1	0	-	-	-	bc
Turkey, mechanically deboned, from turkey frames, raw	Adenine	1	18.7	-	-	-	bc
	Guanine	1	17.9	-	-	-	bc
	Hypoxanthine	1	41.2	-	-	-	bc
	Xanthine	1	1.28	-	-	-	bc
<b>Sausages and luncheon meats</b>							
Corned beef	Adenine	1	8.1	-	-	-	b
	Guanine	1	6.0	-	-	-	b
	Hypoxanthine	1	31.3	-	-	-	b
	Xanthine	1	1.5	-	-	-	b
Frankfurter	Adenine	1	8.1	-	-	-	b
	Guanine	1	7.6	-	-	-	b
	Hypoxanthine	1	32.7	-	-	-	b
	Xanthine	1	1.5	-	-	-	b
Ham, pressed and boneless types	Adenine	2	9.45	-	8.1	10.8	b
	Guanine	2	6.05	-	4.5	7.6	b
	Hypoxanthine	2	53.75	-	51.7	55.8	b
	Xanthine	2	0	-	0.0	0.0	b
Luncheon meat (unspecified)	Adenine	1	11.6	-	-	-	a
	Guanine	1	13.4	-	-	-	a
	Hypoxanthine	1	32.4	-	-	-	a
	Xanthine	1	0.9	-	-	-	a
Pate, liver	Adenine	1	25.7	-	-	-	b
	Guanine	1	30.2	-	-	-	b
	Hypoxanthine	1	15.0	-	-	-	b
	Xanthine	1	9.1	-	-	-	b
Pork, bacon, unprepared	Adenine	1	12.2	-	-	-	b
	Guanine	1	6.0	-	-	-	b
	Hypoxanthine	1	43.6	-	-	-	b
	Xanthine	1	ND	-	-	-	b
Prosciutto (Parma ham)	Adenine	1	23.4	-	-	-	b
	Guanine	1	22.8	-	-	-	b
	Hypoxanthine	1	92.1	-	-	-	b
	Xanthine	1	0.0	-	-	-	b
Salami	Adenine	1	16.2	-	-	-	b
	Guanine	1	13.6	-	-	-	b
	Hypoxanthine	1	83.0	-	-	-	b
	Xanthine	1	7.6	-	-	-	b
Sausage, Vienna type	Adenine	1	6.8	-	-	-	b
	Guanine	1	6.0	-	-	-	b
	Hypoxanthine	1	32.7	-	-	-	b
	Xanthine	1	ND	-	-	-	b
<b>Soups and sauces</b>							

Mirin (cooking wine)	Adenine	1	0.0	-	-	-	b
	Guanine	1	0.2	-	-	-	b
	Hypoxanthine	1	0.5	-	-	-	b
	Xanthine	1	0.5	-	-	-	b
Sauce, barbecue	Adenine	1	0.1	-	-	-	b
	Guanine	1	0.0	-	-	-	b
	Hypoxanthine	1	14.6	-	-	-	b
	Xanthine	1	0.2	-	-	-	b
Sauce, fish	Adenine	1	0.0	-	-	-	b
	Guanine	1	0.8	-	-	-	b
	Hypoxanthine	1	82	-	-	-	b
	Xanthine	1	10.3	-	-	-	b
Sauce, oyster	Adenine	1	12.9	-	-	-	b
	Guanine	1	23.1	-	-	-	b
	Hypoxanthine	1	87.1	-	-	-	b
	Xanthine	1	11.3	-	-	-	b
Soup, Chinese soup type, powdered	Adenine	1	15.4	-	-	-	b
	Guanine	1	17.3	-	-	-	b
	Hypoxanthine	1	141	-	-	-	b
	Xanthine	1	12.2	-	-	-	b
Soup, clam chowder type, powdered	Adenine	1	5.6	-	-	-	b
	Guanine	1	12.5	-	-	-	b
	Hypoxanthine	1	28.4	-	-	-	b
	Xanthine	1	0.6	-	-	-	b
Soup, consommé type, powdered	Adenine	1	18.3	-	-	-	b
	Guanine	1	82.9	-	-	-	b
	Hypoxanthine	1	72.8	-	-	-	b
	Xanthine	1	5.8	-	-	-	b
Soup, matsutake type, powdered	Adenine	1	5.7	-	-	-	b
	Guanine	1	113	-	-	-	b
	Hypoxanthine	1	114	-	-	-	b
	Xanthine	1	1.2	-	-	-	b
Soup, potage type, powdered	Adenine	1	8.1	-	-	-	b
	Guanine	1	6.6	-	-	-	b
	Hypoxanthine	1	21.1	-	-	-	b
	Xanthine	1	1.8	-	-	-	b
Soup, ramen noodle, dry	Adenine	1	4.7	-	-	-	b
	Guanine	1	9.9	-	-	-	b
	Hypoxanthine	1	16.5	-	-	-	b
	Xanthine	1	1.5	-	-	-	b
Umami broth, powdered	Adenine	1	6.8	-	-	-	b
	Guanine	1	19.5	-	-	-	b
	Hypoxanthine	1	657	-	-	-	b
	Xanthine	1	1.5	-	-	-	b
<b>Sweets</b>							
Honey	Adenine	1	0.7	-	-	-	b
	Guanine	1	0.1	-	-	-	b

	Hypoxanthine	1	0.0	-	-	-	b
	Xanthine	1	0.0	-	-	-	b
<b>Vegetables</b>							
Asparagus, raw	Adenine	2	12.2	-	3.6	20.7	b
	Guanine	2	17.7	-	4.8	30.5	b
	Hypoxanthine	2	2.75	-	1.7	3.8	b
	Xanthine	2	0.2	-	0.1	0.3	b
Balsam pear (goya), raw	Adenine	1	3.5	-	-	-	b
	Guanine	1	4.3	-	-	-	b
	Hypoxanthine	1	1.1	-	-	-	b
	Xanthine	1	1.0	-	-	-	b
Bamboo shoots, raw	Adenine	2	18.8	-	12.8	24.8	b
	Guanine	2	26.1	-	17	35.2	b
	Hypoxanthine	2	1.75	-	0.7	2.8	b
	Xanthine	2	0.5	-	0.4	0.6	b
Bean sprouts, raw	Adenine	3	18.8	4.67	14.1	28.1	b,d
	Guanine	3	18.9	4.67	14.2	28.2	b,d
	Hypoxanthine	3	2.14	1.07	0.0	3.23	b,d
	Xanthine	3	2.71	0.8	1.1	3.52	b,d
Broccoli sprouts, raw	Adenine	2	59.5	-	59.5	59.5	b,d
	Guanine	2	57.2	-	57.2	57.2	b,d
	Hypoxanthine	2	8.12	-	8.1	8.13	b,d
	Xanthine	2	4.8	-	4.8	4.8	b,d
Broccoli, boiled	Adenine	1	20.5	-	-	-	d
	Guanine	1	28.8	-	-	-	d
	Hypoxanthine	1	1.87	-	-	-	d
	Xanthine	1	0.65	-	-	-	d
Broccoli, raw	Adenine	2	25.1	-	25.1	25.1	b,d
	Guanine	2	33.9	-	33.9	33.9	b,d
	Hypoxanthine	2	5.68	-	5.65	5.7	b,d
	Xanthine	2	5.32	-	5.3	5.34	b,d
Cabbage, chinese (pak-choi), raw	Adenine	1	2.6	-	-	-	b
	Guanine	1	2.9	-	-	-	b
	Hypoxanthine	1	1.2	-	-	-	b
	Xanthine	1	0.3	-	-	-	b
Cabbage, raw	Adenine	1	1.3	-	-	-	b
	Guanine	1	1.7	-	-	-	b
	Hypoxanthine	1	0.2	-	-	-	b
	Xanthine	1	0.0	-	-	-	b
Carrots, raw	Adenine	1	0.7	-	-	-	b
	Guanine	1	1.4	-	-	-	b
	Hypoxanthine	1	0.0	-	-	-	b
	Xanthine	1	0.0	-	-	-	b
Cauliflower, raw	Adenine	1	27.0	-	-	-	b
	Guanine	1	30.2	-	-	-	b
	Hypoxanthine	1	ND	-	-	-	b
	Xanthine	1	0.0	-	-	-	b

Corn, raw	Adenine	1	4.7	-	-	-	b
	Guanine	1	6.9	-	-	-	b
	Hypoxanthine	1	0.1	-	-	-	b
	Xanthine	1	0.1	-	-	-	b
Cucumber, raw	Adenine	1	4.2	-	-	-	b
	Guanine	1	5.0	-	-	-	b
	Hypoxanthine	1	0.1	-	-	-	b
	Xanthine	1	0.1	-	-	-	b
Eggplant, raw	Adenine	1	11.0	-	-	-	b
	Guanine	1	31.6	-	-	-	b
	Hypoxanthine	1	6.6	-	-	-	b
	Xanthine	1	1.6	-	-	-	b
Garlic chives (nira), raw	Adenine	1	9.4	-	-	-	b
	Guanine	1	8.5	-	-	-	b
	Hypoxanthine	1	1.4	-	-	-	b
	Xanthine	1	0.1	-	-	-	b
Garlic, raw	Adenine	2	5.99	-	5.98	6	b,d
	Guanine	2	6.94	-	6.9	6.98	b,d
	Hypoxanthine	2	3.41	-	3.4	3.42	b,d
	Xanthine	2	0.73	-	0.7	0.75	b,d
Ginger root, raw	Adenine	2	0.39	-	0.38	0.4	b,d
	Guanine	2	1.4	-	1.39	1.4	b,d
	Hypoxanthine	2	0.0	-	0.00	0.0	b,d
	Xanthine	2	0.49	-	0.48	0.5	b,d
Ginger, Japanese (myoga), raw	Adenine	1	3.1	-	-	-	b
	Guanine	1	3.5	-	-	-	b
	Hypoxanthine	1	0.7	-	-	-	b
	Xanthine	1	0.4	-	-	-	b
Leek, Japanese (negi), raw	Adenine	1	12.0	-	-	-	b
	Guanine	1	26.8	-	-	-	b
	Hypoxanthine	1	2.6	-	-	-	b
	Xanthine	1	0.0	-	-	-	b
Mushroom, bunapii, raw	Adenine	1	12.2	-	-	-	b
	Guanine	1	12.3	-	-	-	b
	Hypoxanthine	1	3.2	-	-	-	b
	Xanthine	1	3.0	-	-	-	b
Mushroom, hatakesimeji, raw	Adenine	1	9.1	-	-	-	b
	Guanine	1	5.7	-	-	-	b
	Hypoxanthine	1	0.7	-	-	-	b
	Xanthine	1	0.5	-	-	-	b
Mushroom, Jew's ear, dried	Adenine	1	54.8	-	-	-	b
	Guanine	1	93.0	-	-	-	b
	Hypoxanthine	1	7.9	-	-	-	b
	Xanthine	1	0.0	-	-	-	b
Mushroom, tsukuritake, raw	Adenine	1	28.4	-	-	-	b
	Guanine	1	21.2	-	-	-	b
	Hypoxanthine	1	0.0	-	-	-	b
	Xanthine	1	0.0	-	-	-	b
	Adenine	1	16.8	-	-	-	b

Mushroom, usu-hiratake, raw	Guanine	1	15.7	-	-	-	b
	Hypoxanthine	1	1.9	-	-	-	b
	Xanthine	1	3.5	-	-	-	b
Mushroom, white aragekikurage, raw	Adenine	1	2.3	-	-	-	b
	Guanine	1	4.1	-	-	-	b
	Hypoxanthine	1	0.4	-	-	-	b
Mushroom, white hiratake, raw	Xanthine	1	0.1	-	-	-	b
	Adenine	1	27.0	-	-	-	b
	Guanine	1	32.8	-	-	-	b
Mushroom, white hiratake, raw	Hypoxanthine	1	2.6	-	-	-	b
	Xanthine	1	4.3	-	-	-	b
	Adenine	1	12.1	-	-	-	b
Mushroom, yamabushitake, raw	Guanine	1	20.7	-	-	-	b
	Hypoxanthine	1	0.7	-	-	-	b
	Xanthine	1	0.0	-	-	-	b
Mushroom, yanagimatsutake, raw	Adenine	1	6.1	-	-	-	b
	Guanine	1	11.9	-	-	-	b
	Hypoxanthine	1	4.9	-	-	-	b
	Xanthine	1	3.3	-	-	-	b
Mushrooms, bunashimeji, raw	Adenine	2	9.43	-	9.4	9.45	b,d
	Guanine	2	7.98	-	7.96	8.0	b,d
	Hypoxanthine	2	1.1	-	1.1	1.1	b,d
	Xanthine	2	2.32	-	2.3	2.33	b,d
Mushrooms, canned	Adenine	1	12.0	-	-	-	a
	Guanine	1	12.6	-	-	-	a
	Hypoxanthine	1	0	-	-	-	a
	Xanthine	1	0	-	-	-	a
Mushrooms, enoki, raw	Adenine	2	29.7	-	29.7	29.7	b,d
	Guanine	2	19.6	-	19.6	19.6	b,d
	Hypoxanthine	2	0.0	-	0.00	0.0	b,d
	Xanthine	2	0.0	-	0.00	0.0	b,d
Mushrooms, eringi, raw	Adenine	2	5.03	-	5	5.05	b,d
	Guanine	2	5.32	-	5.3	5.34	b,d
	Hypoxanthine	2	0.69	-	0.67	0.7	b,d
	Xanthine	2	2.38	-	2.36	2.4	b,d
Mushrooms, hiratake, raw	Adenine	2	74.3	-	74.3	74.3	b,d
	Guanine	2	68.0	-	68.0	68.0	b,d
	Hypoxanthine	2	0.0	-	0.00	0.0	b,d
	Xanthine	2	0.0	-	0.00	0.0	b,d
Mushrooms, maitake, raw	Adenine	2	47.4	-	47.4	47.4	b,d
	Guanine	2	38.9	-	38.9	38.9	b,d
	Hypoxanthine	2	7.89	-	7.88	7.9	b,d
	Xanthine	2	4.38	-	4.36	4.4	b,d
Mushrooms, nameko, raw	Adenine	3	7.49	3.7	3.78	14.9	b,d
	Guanine	3	6.48	3.56	2.9	13.6	b,d
	Hypoxanthine	3	0.95	0.47	ND	1.44	b,d
	Xanthine	3	0.88	0.44	0.0	1.35	b,d
Mushrooms (not further specified), raw	Adenine	1	18.8	-	-	-	a
	Guanine	1	27.1	-	-	-	a

	Hypoxanthine	1	0	-	-	-	a
	Xanthine	1	1.0	-	-	-	a
Mushrooms, shiitake, dried	Adenine	2	168	-	133	203	b
	Guanine	2	133	-	97.8	168	b
	Hypoxanthine	2	5.75	-	0.0	11.5	b
	Xanthine	2	4.8	-	0.5	9.1	b
Mushrooms, shiitake, raw	Adenine	5	8.52	0.88	5.5	10.6	b,d
	Guanine	5	10.2	0.8	7.6	12.5	b,d
	Hypoxanthine	5	2.86	1.05	0.5	6.1	b,d
	Xanthine	5	0.97	0.33	0.0	2.1	b,d
Mustard spinach, (komatsuna), raw	Adenine	2	8.6	-	4.2	13.0	b
	Guanine	2	15.5	-	6.3	24.7	b
	Hypoxanthine	2	0.0	-	0.0	0.0	b
	Xanthine	2	0.7	-	0.0	1.4	b
Okra, raw	Adenine	2	17.2	-	17.2	17.2	b,d
	Guanine	2	21.3	-	21.3	21.3	b,d
	Hypoxanthine	2	0.3	-	0.29	0.3	b,d
	Xanthine	2	0.71	-	0.7	0.72	b,d
Onions, raw	Adenine	1	1.0	-	-	-	b
	Guanine	1	1.1	-	-	-	b
	Hypoxanthine	1	0.1	-	-	-	b
	Xanthine	1	0.0	-	-	-	b
Parsley, fresh	Adenine	1	122	-	-	-	b
	Guanine	1	135	-	-	-	b
	Hypoxanthine	1	32.3	-	-	-	b
	Xanthine	1	0.0	-	-	-	b
Peas, green, canned	Adenine	1	6.8	-	-	-	b
	Guanine	1	12.1	-	-	-	b
	Hypoxanthine	1	0.0	-	-	-	b
	Xanthine	1	ND	-	-	-	b
Peppers, sweet, green, raw	Adenine	1	15.9	-	-	-	b
	Guanine	1	35.5	-	-	-	b
	Hypoxanthine	1	7.0	-	-	-	b
	Xanthine	1	10.7	-	-	-	b
Perilla leaves, shiso, raw	Adenine	2	19.1	-	19.1	19.1	b,d
	Guanine	2	19.1	-	19.1	19.2	b,d
	Hypoxanthine	2	3.09	-	3.08	3.1	b,d
	Xanthine	2	0.18	-	0.16	0.2	b,d
Potato, raw	Adenine	1	2.1	-	-	-	b
	Guanine	1	4.2	-	-	-	b
	Hypoxanthine	1	0.2	-	-	-	b
	Xanthine	1	0.0	-	-	-	b
Pumpkin, raw	Adenine	1	23.2	-	-	-	b
	Guanine	1	29.1	-	-	-	b
	Hypoxanthine	1	1.9	-	-	-	b
	Xanthine	1	2.5	-	-	-	b
Radish sprouts, white, raw	Adenine	2	33.9	-	33.9	33.9	b,d
	Guanine	2	29.4	-	29.4	29.4	b,d
	Hypoxanthine	2	6.4	-	6.39	6.4	b,d

	Xanthine	2	3.51	-	3.5	3.51	b,d
Seaweed, hijiki, dried	Adenine	1	31.1	-	-	-	b
	Guanine	1	76.5	-	-	-	b
	Hypoxanthine	1	25.1	-	-	-	b
	Xanthine	1	0.0	-	-	-	b
Seaweed, kombu, dried	Adenine	1	18.0	-	-	-	b
	Guanine	1	21.8	-	-	-	b
	Hypoxanthine	1	4.7	-	-	-	b
	Xanthine	1	1.9	-	-	-	b
Seaweed, mozuku, dried	Adenine	1	5.6	-	-	-	b
	Guanine	1	9.4	-	-	-	b
	Hypoxanthine	1	0.5	-	-	-	b
	Xanthine	1	0.0	-	-	-	b
Seaweed, nori, dried	Adenine	1	216	-	-	-	b
	Guanine	1	299	-	-	-	b
	Hypoxanthine	1	73.3	-	-	-	b
	Xanthine	1	3.2	-	-	-	b
Seaweed, wakame, raw	Adenine	1	67.7	-	-	-	b
	Guanine	1	148	-	-	-	b
	Hypoxanthine	1	46.6	-	-	-	b
	Xanthine	1	0.0	-	-	-	b
Soybeans, green, raw	Adenine	2	20.8	-	20.8	20.8	b,d
	Guanine	2	27.2	-	27.2	27.2	b,d
	Hypoxanthine	2	0.0	-	0.00	0.0	b,d
	Xanthine	2	0.0	-	0.00	0.0	b,d
Spinach, boiled	Adenine	1	18.7	-	-	-	d
	Guanine	1	13.9	-	-	-	d
	Hypoxanthine	1	0.00	-	-	-	d
	Xanthine	1	6.58	-	-	-	d
Spinach, raw	Adenine	3	47.7	17.9	29.8	83.5	b,d
	Guanine	3	38.6	24.8	13.8	88.3	b,d
	Hypoxanthine	3	0	0	0.00	0.0	b,d
	Xanthine	3	5.13	2.57	0.0	7.70	b,d
Squash, zucchini, raw	Adenine	1	5.0	-	-	-	b
	Guanine	1	6.3	-	-	-	b
	Hypoxanthine	1	1.0	-	-	-	b
	Xanthine	1	0.8	-	-	-	b
Sweet potato, raw	Adenine	1	6.7	-	-	-	b
	Guanine	1	7.3	-	-	-	b
	Hypoxanthine	1	2.4	-	-	-	b
	Xanthine	1	0.6	-	-	-	b
Tomatoes, cherry type, raw	Adenine	1	1.6	-	-	-	b
	Guanine	1	1.5	-	-	-	b
	Hypoxanthine	1	0.0	-	-	-	b
	Xanthine	1	0.0	-	-	-	b

**Vegetarian meat, fish, and egg alternatives**

'Bacon', meatless	Adenine	2	31.9	-	28.0	35.8	f
	Guanine	2	35.7	-	30.6	40.7	f
	Hypoxanthine	2	5.76	-	3.73	7.78	f
	Xanthine	2	1.01	-	0.27	1.76	f
'Chicken', meatless	Adenine	2	37.6	-	36.3	39.0	f
	Guanine	2	36.8	-	33.8	39.7	f
	Hypoxanthine	2	2.59	-	0.97	4.2	f
	Xanthine	2	0	-	0	0	f
Egg white schnitzel (vegetarian 'steak')	Adenine	1	0.49	-	-	-	f
	Guanine	1	14	-	-	-	f
	Hypoxanthine	1	18	-	-	-	f
	Xanthine	1	7	-	-	-	f
'Frankfurter', meatless	Adenine	2	12.2	-	8.22	16.1	f
	Guanine	2	16.0	-	12.5	19.5	f
	Hypoxanthine	2	3.69	-	1.44	5.93	f
	Xanthine	2	0.16	-	0	0.33	f
Ham style vegetarian slices, from mycoprotein	Adenine	1	46.9	-	-	-	f
	Guanine	1	57.2	-	-	-	f
	Hypoxanthine	1	12.8	-	-	-	f
	Xanthine	1	0.55	-	-	-	f
Instant-vegetarian dried 'deer' from soy	Adenine	1	46.4	-	-	-	f
	Guanine	1	52.2	-	-	-	f
	Hypoxanthine	1	14.8	-	-	-	f
	Xanthine	1	2.42	-	-	-	f
Instant-vegetarian dried 'fish' from soy	Adenine	1	38.4	-	-	-	f
	Guanine	1	50.2	-	-	-	f
	Hypoxanthine	1	0	-	-	-	f
	Xanthine	1	0	-	-	-	f
Luncheon slices, meatless	Adenine	2	47.1	-	8.63	85.7	f
	Guanine	2	50.0	-	11.6	88.5	f
	Hypoxanthine	2	0	-	0	0	f
	Xanthine	2	0.7	-	0	1.4	f
'Sausage', meatless	Adenine	9	20.9	4.17	6.38	39.9	f
	Guanine	9	22.9	3.67	9.34	36.1	f
	Hypoxanthine	9	1.84	0.63	0	4.76	f
	Xanthine	9	0.26	0.16	0	1.31	f
Tofu burger	Adenine	1	46.2	-	-	-	f
	Guanine	1	56.4	-	-	-	f
	Hypoxanthine	1	0	-	-	-	f
	Xanthine	1	0	-	-	-	f
Vegetarian 'Ba Sa fish' from soy	Adenine	1	20.0	-	-	-	f
	Guanine	1	42.9	-	-	-	f
	Hypoxanthine	1	19.0	-	-	-	f
	Xanthine	1	0.62	-	-	-	f
'Vegetarian 'gizzard' from soy	Adenine	1	0.07	-	-	-	f
	Guanine	1	0.18	-	-	-	f
	Hypoxanthine	1	0	-	-	-	f

	Xanthine	1	0	-	-	-	f
Vegetarian 'meatloaf' or patties	Adenine	2	19.8	-	15.2	24.4	f
	Guanine	2	20.9	-	16.4	25.3	f
	Hypoxanthine	2	1.22	-	0.97	1.46	f
	Xanthine	2	0.16	-	0	0.31	f
Vegetarian 'quail's eggs'	Adenine	1	0	-	-	-	f
	Guanine	1	0.04	-	-	-	f
	Hypoxanthine	1	0	-	-	-	f
	Xanthine	1	0	-	-	-	f
Vegetarian 'steak' from wheat (Robi' schnitzels)	Adenine	1	8.73	-	-	-	f
	Guanine	1	12.1	-	-	-	f
	Hypoxanthine	1	0.18	-	-	-	f
	Xanthine	1	0	-	-	-	f
Vegetarian tender 'shrimp'	Adenine	1	0	-	-	-	f
	Guanine	1	0.06	-	-	-	f
	Hypoxanthine	1	0	-	-	-	f
	Xanthine	1	0	-	-	-	f
Veggie burgers or soyburgers, unprepared	Adenine	7	30.4	6.49	16.5	66.3	f
	Guanine	7	32.0	5.57	20.8	60.1	f
	Hypoxanthine	7	2.58	1.2	0	8.18	f
	Xanthine	7	0.51	0.15	0	1	f
Vegi 'steak' from soy	Adenine	1	27.4	-	-	-	f
	Guanine	1	34.0	-	-	-	f
	Hypoxanthine	1	0	-	-	-	f
	Xanthine	1	0.66	-	-	-	f
Vegideli fish style fingers	Adenine	1	31.0	-	-	-	f
	Guanine	1	36.3	-	-	-	f
	Hypoxanthine	1	0	-	-	-	f
	Xanthine	1	0	-	-	-	f

<sup>a</sup>ND: Not detected, treated as zero in calculations.

<sup>b</sup> Sources of data: For more details, refer to Table 1.

a - Brulé, D., et al. (1988).

b - Kaneko, K., et al. (2014).

c - Qu, X., et al. (2017).

d - Kaneko, K., et al. (2008).

e - Clifford, A.J., & Story, D.L. (1976).

f - Havlik, J., et al. (2010).

g - Sarwar, G., et al. (1985).

h - Young, L. (1983).

i - Young, L. (1980).

j - Young, L. (1982).

Table S2. Purine Contents in Selected Alcoholic Beverages in Published Studies (mg/100mL)

<b>Alcoholic Beverage Description</b>	<b>Nutrient</b>	<b>N</b>	<b>Mean</b>	<b>Standard Error of the Mean</b>	<b>Minimum</b>	<b>Maximum</b>	<b>Sources of Data<sup>a</sup></b>
Beer for export (higher wort content than typical Austrian Lager)	Adenine	1	1.42	-	-	-	m
	Guanine	1	6.94	-	-	-	m
	Hypoxanthine	1	0.6	-	-	-	m
	Xanthine	1	1.7	-	-	-	m
Beer, 'regular' type, various brands	Adenine	38	1.63	0.16	0.19	4.57	k,l,m
	Guanine	38	4.47	0.26	1.76	7.94	k,l,m
	Hypoxanthine	38	0.96	0.13	0.05	3.94	k,l,m
	Xanthine	38	1.42	0.13	0.14	3.2	k,l,m
Beer, dark	Adenine	1	4.15	-	-	-	m
	Guanine	1	6.56	-	-	-	m
	Hypoxanthine	1	1.7	-	-	-	m
	Xanthine	1	1.1	-	-	-	m
Beer, from wheat	Adenine	1	1.22	-	-	-	m
	Guanine	1	3.63	-	-	-	m
	Hypoxanthine	1	0.5	-	-	-	m
	Xanthine	1	2.7	-	-	-	m
Beer, low alcohol	Adenine	12	1.34	0.32	0.18	3.6	l,m
	Guanine	12	2.16	0.47	0	6.66	l,m
	Hypoxanthine	12	0.52	0.12	0	1.5	l,m
	Xanthine	12	0.6	0.12	0	1.23	l,m
Beer, Pils	Adenine	1	1.06	-	-	-	m
	Guanine	1	6.67	-	-	-	m
	Hypoxanthine	1	0.4	-	-	-	m
	Xanthine	1	1.7	-	-	-	m
Brandy	Adenine	1	0	-	-	-	l
	Guanine	1	0.15	-	-	-	l
	Hypoxanthine	1	0.18	-	-	-	l
	Xanthine	1	0.05	-	-	-	l
Malt beverage, including non-alcoholic beer	Adenine	15	0.92	0.38	0.04	5.16	k,l,m
	Guanine	15	1.21	0.39	0.08	5.6	k,l,m
	Hypoxanthine	15	0.41	0.22	0	3.4	k,l,m
	Xanthine	15	0.39	0.09	0	1.13	k,l,m
Radler (beer and lemonade mixture)	Adenine	1	0.4	-	-	-	m
	Guanine	1	2.88	-	-	-	m
	Hypoxanthine	1	0.3	-	-	-	m
	Xanthine	1	0	-	-	-	m
Sake	Adenine	3	0.05	0.05	0	0.14	l
	Guanine	3	0.11	0.06	0	0.19	l
	Hypoxanthine	3	0.69	0.25	0.31	1.17	l
	Xanthine	3	0.56	0.19	0.24	0.88	l
Shochu (Japanese spirit liquor)	Adenine	2	0	-	0	0	l
	Guanine	2	0.02	-	0.01	0.02	l
	Hypoxanthine	2	0	-	0	0	l

	Xanthine	2	0	-	0	0	1
Shoko-shu (Chinese liquor)	Adenine	2	0.51	-	0.39	0.63	1
	Guanine	2	1.3	-	1.1	1.5	1
	Hypoxanthine	2	4.95	-	3.31	6.59	1
	Xanthine	2	2.89	-	2.52	3.27	1
Ume liqueur	Adenine	1	0	-	-	-	1
	Guanine	1	0.12	-	-	-	1
	Hypoxanthine	1	0.07	-	-	-	1
	Xanthine	1	0	-	-	-	1
Whiskey	Adenine	2	0.03	-	0	0.06	1
	Guanine	2	0.1	-	0.09	0.1	1
	Hypoxanthine	2	0.04	-	0.01	0.08	1
	Xanthine	2	0.04	-	0.02	0.07	1
Wine	Adenine	3	0.1	0.07	0.03	0.24	1
	Guanine	3	0.19	0.14	0	0.48	1
	Hypoxanthine	3	0.22	0.05	0.17	0.31	1
	Xanthine	3	0.68	0.37	0.05	1.32	1

<sup>a</sup> Sources of data: For more details, refer to Table 1.

k - Fukuuchi, T., et al. (2013).

l - Kaneko, K., et al. (2009).

m - Klampfl, C.W., et al. (2002).

Table S3. Purine Contents in Selected Dietary Supplements (mg/100g)<sup>a</sup>

Description	Nutrient	N	Value
Brewer's yeast	Adenine	1	1646.0
	Guanine	1	1203.9
	Hypoxanthine	1	100.1
	Xanthine	1	45.7
Brewer's yeast product	Adenine	2	601.4
	Guanine	2	539.0
	Hypoxanthine	2	44.4
	Xanthine	2	21.4
Chitin, Chitosan	Adenine	1	0.3
	Guanine	1	0.3
	Hypoxanthine	1	0.0
	Xanthine	1	0.0
Chlorella	Adenine	2	1528.0
	Guanine	2	1612.0
	Hypoxanthine	2	42.7
	Xanthine	2	0.0
Chondroitin and Brewer's yeast	Adenine	1	54.5
	Guanine	1	60.2
	Hypoxanthine	1	65.0
	Xanthine	1	6.3
DNA/RNA	Adenine	2	12706.9
	Guanine	2	8247.7
	Hypoxanthine	2	452.1
	Xanthine	2	86.9
Glucosamine	Adenine	1	7.9
	Guanine	1	1.3
	Hypoxanthine	1	2.6
	Xanthine	1	0.0
Nucleic acid juice	Adenine	1	2.8
	Guanine	1	4.3
	Hypoxanthine	1	0.1
	Xanthine	1	1.1
Polysaccharide	Adenine	1	6.7
	Guanine	1	15.1
	Hypoxanthine	1	26.8
	Xanthine	1	9.5
Royal jelly	Adenine	1	322.2
	Guanine	1	50.9
	Hypoxanthine	1	25.1
	Xanthine	1	5.3
Scales and collagen	Adenine	1	0.4
	Guanine	1	1.2

	Hypoxanthine	1	1.3
	Xanthine	1	0.0
Soy isoflavone	Adenine	1	1.9
	Guanine	1	4.9
	Hypoxanthine	1	0.0
	Xanthine	1	0.0
Spirulina	Adenine	1	515.8
	Guanine	1	536.2
	Hypoxanthine	1	20.9
	Xanthine	1	3.9

<sup>a</sup>Reported by Kaneko, K., et al. (2014). For complete citation see Table 1.