

and 1.6 mg niacin. The seed oil (*circa* 40%) contains 62 to 80% oleic and 14 to 80% linoleic acid, 0.02% squalene, beta-sitosterol, campesterol, and the pangamic acid vitamin, useful in the treatment of pachymeningitis.<sup>33</sup> An Indian sample showed 1.1% myristic, 3.5% palmitic, 2.0% stearic, 73.4% oleic, and 20% linoleic acid.<sup>1</sup>

**Toxicity** — *Poison*: a double kernel is said to be enough to kill a man (deaths are reported).<sup>3</sup> If eaten in excess, fruit is believed to harm the bones and muscles, to promote blindness and falling hair, to numb mental facilities, and to injure parturient women. Apricot pits vary in their amygdalin or laetrile “content which may reach 8%, but the kernels of some wild varieties contain 20 times as much as those of cultivated varieties of apricot. Serious cases of poisoning, especially among children, have been reported as a result of eating quantities of these seeds.”<sup>37</sup>