



22<sup>nd</sup> June, 2023

## THIE Inventory List of Herbals Considered as Food (Former EHIA Document)

In 2000 the European Herbal Infusions Association (EHIA), the predecessor of Tea & Herbal Infusions Europe (THIE), set up the *Inventory List of Herbals Considered as Food*. This list was established because there is an increasing use of products of plant origin, preparations and extracts thereof for food purposes. In the interest of manufacturers and consumers of such products and in the absence of a harmonised frame, THIE has drawn up a list of plants currently employed by the herbal infusions trade in the different European member states as food plants, taking into account the habits, the traditions and/or the regulatory status of plants in different member states.

This *Inventory List* does not claim to be exhaustive and is open for modifications in order to keep it state of the art. Accordingly, regular updates are done and a current version of the list is always available on THIE's website: [www.thie-online.eu](http://www.thie-online.eu). In case a plant part is not listed in the inventory this does not automatically mean that this plant cannot be considered as food.

Due to the globalisation of markets and international trade there are growing interests in plant products which may have been traditionally used in certain regions or in particular foodstuffs but are not yet well-known everywhere in the European Union.

Furthermore, there is a continuous development of what is regarded as food. This is especially demonstrated by the history of herbal and fruit infusions: In times of our ancestors, herbal and fruit infusions were well-known home remedies present in most households. They were used for curing all kind of common ailments like a cold or an upset stomach. But with the times the uses of the products changed and due to their pleasant aromatic flavour a lot of them were enjoyed as foodstuffs. Therefore, some plants still have a double function. They may either be used as a remedy or enjoyed as a foodstuff. A well-known example for this double function is camomile. This clearly demonstrates that for a lot of plant products it is not possible to classify them either as foodstuff or as medicinal drug. Therefore, the single product and its concrete way of use has to be evaluated in order to decide whether in this special case the product has to be regarded as a foodstuff or a medicinal product. Taking into account the situation in Europe THIE recommends that certain plant material is only used in restricted quantities in foodstuffs which is indicated in the list by an asterisk preceding the name of the plant. As the special conditions of use of the plant material have to be regarded in every single case no concrete limits can be given.

The list is of great importance because there are different histories of use of herbal materials as foodstuffs in Europe. In case there is a tradition of safe use in one member state or in one region, this indicates that this material may also be used as foodstuff in other parts of the European market. This is confirmed by the general principles of the so-called novel food regulation (Regulation (EU) No 2015/2283; formerly Regulation (EC) No 258/97) and especially article 3, para. 2 a thereof. According to this regulation a foodstuff is not regarded as novel, if the food or the food ingredient has been used for human consumption to a significant degree prior to 15<sup>th</sup> May, 1997.

THIE's list is a compendium of the different histories of herbal materials used as ingredients in products of the food category herbal and fruit infusions all over Europe. It was started by the



German member association Wirtschaftsvereinigung Kräuter- und Fruchtee e.V. (WKF). WKF published its list in May 2000 in the Deutsche Lebensmittel-Rundschau (Deutsche Lebensmittel-Rundschau 2000 (5): pp 172-176), a well-known German food journal. A sequence of comments on this list by interested parties followed the publication. In cases of doubt THIE's secretariat provides further details on the different plant materials and their use. This information is useful for companies involved as well as for authorities.

Plants can only be unambiguously specified via their scientific names, i.e. their Latin denominations. Thus, knowing the correct scientific name of a plant is key. In order to ensure high scientific quality of the list, THIE requested Kew Royal Botanic Gardens' Medicinal Plant Names Services (<https://mpns.science.kew.org/>) to validate and approve the Inventory List through matching against Kew's digital nomenclatural resources. Kew is the world's leading competence in understanding and protecting plants and fungi. Kew provided THIE with the currently accepted scientific name of each plant according to global taxonomic experts. In order to keep the Inventory List up to date from a scientific point of view regular reviews and adjustments if necessary of its scientific plant names by Kew are planned.

Thus, the THIE *Inventory List of Herbals Considered as Food* is a useful tool for all interested parties and helps to identify plant material used as foodstuff or food ingredient in Europe.



### THE INVENTORY LIST OF HERBALS CONSIDERED AS FOOD

English		Latin		German	
Name of the plant	Plant part used	Accepted name	Synonym(s)	Name of the plant	Plant part used
* Agrimony	herb	<i>Agrimonia eupatoria</i> L.		Odermennig	Kraut
Alfalfa / Lucerne	herb	<i>Medicago sativa</i> L.		Alfalfa / Luzerne	Kraut
Allspice	fruits	<i>Pimenta dioica</i> (L.) Merr.	<i>Pimenta officinalis</i> Lindl.	Piment	Früchte
Almond	flowers	<i>Prunus dulcis</i> var. <i>dulcis</i>		Mandel	Blüten
Almond	seeds	<i>Prunus dulcis</i> var. <i>dulcis</i>		Mandel	Samen
* Aloe vera	leaf gel	<i>Aloe vera</i> (L.) Burm.f.	<i>Aloe barbadensis</i> Mill.	Aloe vera	Blattgel
* Alpine ladies mantle	herb	<i>Alchemilla alpina</i> L.		Silbermantel	Kraut
* Angelica	stems	<i>Angelica archangelica</i> L.		Engelwurz	Stängel
* Angelica	roots	<i>Angelica archangelica</i> L.		Engelwurz	Wurzeln
Anise	fruits	<i>Pimpinella anisum</i> L.		Anis	Früchte
Annato	seeds	<i>Bixa orellana</i> L.		Annatto	Samen
Apple	fruits	<i>Malus domestica</i> (Suckow) Borkh.		Apfel	Früchte
Apple mint	leaves	<i>Mentha suaveolens</i> Ehrh.		Apfelminze	Blätter
Apricot	fruits	<i>Prunus armeniaca</i> L.	<i>Armeniaca vulgaris</i> Lam.	Aprikose	Früchte
* Apricot	seeds	<i>Prunus armeniaca</i> L.	<i>Armeniaca vulgaris</i> Lam.	Aprikose	Samen
Asparagus	shoots	<i>Asparagus officinalis</i> L.		Spargel	Sprosse
Bamboo	shoots	<i>Bambusa vulgaris</i> Schrad. ex J.C.Wendl.		Bambus	Sprosse



English		Latin		German	
Name of the plant	Plant part used	Accepted name	Synonym(s)	Name of the plant	Plant part used
Banana	fruits	<i>Musa x paradisiaca</i> L.		Banane	Früchte
Barbados cherry	fruits	<i>Malpighia glabra</i> L.	<i>Malpighia puniceifolia</i> L.	Acerola / Barbadoskirsche	Früchte
Barley	seeds	<i>Hordeum vulgare</i> L.		Gerste	Samen
Bay	leaves	<i>Laurus nobilis</i> L.		Lorbeer	Blätter
Bear garlic	herb	<i>Allium ursinum</i> L.		Bärlauch	Kraut
Bee balm	flowers	<i>Monarda didyma</i> L.		Goldmelisse	Blüten
Beetroot	bulbs	<i>Beta vulgaris var. vulgaris</i>		Rote Bete	Knollen
Bergamot	peel	<i>Citrus bergamia</i> (Risso) Risso Poit.		Bergamotte	Schalen
Bilberry / Blueberry	fruits	<i>Vaccinium myrtillus</i> L.		Heidelbeere / Blaubeere	Früchte
Bilberry / Blueberry	leaves	<i>Vaccinium myrtillus</i> L.		Heidelbeere / Blaubeere	Blätter
* Birch	leaves	<i>Betula pendula</i> Roth		Birke / Hängebirke	Blätter
* Bitter gourd	fruits	<i>Momordica charantia</i> L.		Balsambirne	Früchte
Bitter orange	peel	<i>Citrus x aurantium</i> L.		Pomeranze	Schalen
Bitter orange	fruits	<i>Citrus x aurantium</i> L.		Pomeranze	Früchte
Bitter orange	flowers	<i>Citrus x aurantium</i> L.		Pomeranze	Blüten
Bitter orange	leaves	<i>Citrus x aurantium</i> L.		Pomeranze	Blätter
Black chokeberry	fruits	<i>Aronia melanocarpa</i> (Michx.) Elliott		Aronia	Früchte
Black locust	flowers	<i>Robinia pseudoacacia</i> L.		Robinie	Blüten
Black mulberry	fruits	<i>Morus nigra</i> L.		Maulbeere, schwarze	Früchte



English		Latin		German	
Name of the plant	Plant part used	Accepted name	Synonym(s)	Name of the plant	Plant part used
Black mulberry	leaves	<i>Morus nigra</i> L.		Maulbeere, schwarze	Blätter
Black mustard	seeds	<i>Brassica nigra</i> (L.) W.D.J.Koch		Senf, schwarzer	Samen
Blackberry	leaves	<i>Rubus fruticosus</i> L.		Brombeere	Blätter
Blackberry	fruits	<i>Rubus fruticosus</i> L.		Brombeere	Früchte
Blackcurrant	fruits	<i>Ribes nigrum</i> L.		Johannisbeere, schwarze	Früchte
Blackcurrant	leaves	<i>Ribes nigrum</i> L.		Johannisbeere, schwarze	Blätter
Blond psyllium	husks	<i>Plantago ovata</i> Forssk.		Flohsamen, indische	Samenschalen
Blond psyllium	seeds	<i>Plantago ovata</i> Forssk.		Flohsamen, indische	Samen
* Blue flag	roots	<i>Iris versicolor</i> L.		Iris	Wurzeln
Blueberry	fruits	<i>Vaccinium corymbosum</i> L.		Kultur-Heidelbeere / Heidelbeere / Blaubeere, amerikanische	Früchte
* Boldu	leaves	<i>Peumus boldus</i> Molina		Boldo	Blätter
* Box thorn / Goji	fruits	<i>Lycium barbarum</i> L.		Bocksdorn / Goji	Früchte
Boysenberry	fruits	<i>Rubus x loganobaccus x</i> <i>Rubus fruticosus</i>	<i>Rubus ursinus x Rubus</i> <i>idaeus</i>	Boysenbeere	Früchte
* Brazil pepper / Pink pepper	fruits	<i>Schinus terebinthifolia</i> Raddi		Pfeffer, brasilianischer / Pfeffer, rosa	Früchte
Buchu	leaves	<i>Agathosma betulina</i> (P.J.Bergius) Pillans	<i>Barosma betulina</i> (P.J.Bergius) Bartl. & H.L.Wendl.	Bukko / Buchu	Blätter
Buckwheat	herb	<i>Fagopyrum esculentum</i> Moench		Buchweizen	Kraut
Buckwheat	fruits	<i>Fagopyrum esculentum</i> Moench		Buchweizen	Früchte



English		Latin		German	
Name of the plant	Plant part used	Accepted name	Synonym(s)	Name of the plant	Plant part used
* Burdock	roots	<i>Arctium lappa</i> L.	<i>Arctium majus</i> Bernh.	Klette	Wurzeln
Cabbage	leaves	<i>Brassica oleracea</i> L.		Kohl	Blätter
* Calamus <sup>1</sup>	roots	<i>Acorus calamus</i> L.		Kalmus <sup>1</sup>	Wurzeln
Camomile	flowers <sup>2</sup>	<i>Matricaria chamomilla</i> L.	<i>Matricaria recutita</i> L.	Kamille	Blüten <sup>2</sup>
Camomile	herb <sup>3</sup>	<i>Matricaria chamomilla</i> L.	<i>Matricaria recutita</i> L.	Kamille	Kraut <sup>3</sup>
Camomile	seeds	<i>Matricaria chamomilla</i> L.	<i>Matricaria recutita</i> L.	Kamille	Samen
Caper	buds of the flowers	<i>Capparis spinosa</i> L.		Kapern	Blütenknospen
Caraway	fruits	<i>Carum carvi</i> L.		Kümmel	Früchte
Cardamom	fruits	<i>Elettaria cardamomum</i> (L.) Maton		Kardamom	Früchte
Cardamom	husks	<i>Elettaria cardamomum</i> (L.) Maton		Kardamom	Samenschalen
Carob	fruits	<i>Ceratonia siliqua</i> L.		Johannisbrot	Früchte
* Carrageen	thallus	<i>Chondrus crispus</i> (L.) Stackh.		Moos, irländisches	Thallus
Carrot	roots	<i>Daucus carota subsp. sativus</i> (Hoffm.) Schübl. & G.Martens		Karotte	Wurzeln
* Cat's foot	flowers	<i>Antennaria dioica</i> (L.) Gaertn.		Katzenpfötchen, rotes	Blüten
Catmint	herb	<i>Nepeta cataria</i> L.		Katzenminze	Kraut
Celery	roots	<i>Apium graveolens</i> L.		Sellerie	Wurzeln
Celery	seeds	<i>Apium graveolens</i> L.		Sellerie	Früchte
Celery	leaves	<i>Apium graveolens</i> L.		Sellerie	Blätter
* Centaury	herb	<i>Centaurium erythraea</i> Rafn		Tausendgüldenkraut	Kraut



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Name of the plant	Plant part used	Accepted name	Synonym(s)	Name of the plant	Plant part used
Chervil	herb	<i>Anthriscus cerefolium</i> (L.) Hoffm.		Gartenkerbel	Kraut
Chick pea	seeds	<i>Cicer arietinum</i> subsp. <i>arietinum</i>	<i>Cicer arietinum</i> L.	Kichererbse	Samen
Chicory	herb	<i>Cichorium intybus</i> L.		Zichorie	Kraut
Chicory	roots	<i>Cichorium intybus</i> L.		Zichorie	Wurzeln
Chilli pepper	fruits	<i>Capsicum frutescens</i> L.		Cayennepfeffer / Chili	Früchte
Chinese amaranth / Joseph´s coat amaranth	herb	<i>Amaranthus tricolor</i> L.		Dreifarbenamaranth	Kraut
* Chiretta	herb	<i>Swertia chirayita</i> (Roxb.) H.Karst.	<i>Swertia chirata</i> Buch.-Ham. ex Wall.	Chiretta, indische	Kraut
* Cinchona	bark	<i>Cinchona pubescens</i> Vahl	<i>Cinchona succirubra</i> Pav. ex Klotzsch	Chinarinde	Rinde
Cinnamon	flowers	<i>Cinnamomum</i> Schaeff.	<i>Cinnamomum</i> spp.	Zimt	Blüten
Cinnamon	bark	<i>Cinnamomum</i> Schaeff.	<i>Cinnamomum</i> spp.	Zimt	Rinde
Clary sage	leaves	<i>Salvia sclarea</i> L.		Muskatellersalbei	Blätter
Clary sage	flowers	<i>Salvia sclarea</i> L.		Muskatellersalbei	Blüten
Clove	buds	<i>Syzygium aromaticum</i> (L.) Merr. & L.M.Perry	<i>Eugenia caryophyllata</i> Thunb.	Gewürznelke	Blütenknospen
Clubmoss	herb	<i>Lycopodium clavatum</i> L.		Bärlapp	Kraut
Cocoa	seeds	<i>Theobroma cacao</i> L.		Kakao	Samen
Cocoa	husks	<i>Theobroma cacao</i> L.		Kakao	Samenschalen
Coconut	seeds	<i>Cocos nucifera</i> L.		Kokosnuss	Samen
Coffee	seeds	<i>Coffea arabica</i> L.		Kaffee	Samen



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Name of the plant	Plant part used	Accepted name	Synonym(s)	Name of the plant	Plant part used
Coffee	seeds	<i>Coffea canephora</i> Pierre ex A.Froehner	<i>Coffea robusta</i> L. Linden	Kaffee	Samen
Cola nut	seeds	<i>Cola acuminata</i> (P.Beauv.) Schott & Endl.		Kolanuss	Samen
Cola nut	seeds	<i>Cola nitida</i> (Vent.) Schott & Endl.	<i>Cola vera</i> K.Schum.	Kolanuss	Samen
Common speedwell	herb	<i>Veronica officinalis</i> L.		Ehrenpreis	Kraut
* Common wormwood	herb	<i>Artemisia absinthium</i> L.		Wermut	Kraut
Condurango	bark	<i>Marsdenia cundurango</i> Rchb.f.		Condurango	Rinde
Coriander	leaves	<i>Coriandrum sativum</i> L.		Koriander	Blätter
Coriander	seeds	<i>Coriandrum sativum</i> L.		Koriander	Früchte
Corn	seeds	<i>Zea mays</i> L.		Mais	Samen
Corn	stigmas and styles	<i>Zea mays</i> L.		Mais	Narben und Griffel
Cornflower	flowers	<i>Centaurea cyanus</i> L.	<i>Cyanus segetum</i> Hill	Kornblume	Blüten
* Couchgrass	roots	<i>Elymus repens</i> (L.) Gould	<i>Agropyron repens</i> (L.) P.Beauv.	Quecke	Wurzeln
Cowberry	fruits	<i>Vaccinium vitis-idaea</i> L.		Preiselbeere	Früchte
Cowberry	leaves	<i>Vaccinium vitis-idaea</i> L.		Preiselbeere	Blätter
* Cowslip / Primrose	flowers	<i>Primula veris</i> L.		Schlüsselblume	Blüten
* Cowslip / Primrose	roots	<i>Primula veris</i> L.		Schlüsselblume	Wurzeln
Crab apple	fruits	<i>Malus sylvestris</i> (L.) Mill.		Wildapfel / Holzapfel	Früchte
Cranberry	fruits	<i>Vaccinium macrocarpon</i> Aiton		Cranberry	Früchte
Creeping thyme	herb	<i>Thymus serpyllum</i> L.		Quendel	Kraut





English		Latin		German	
Name of the plant	Plant part used	Accepted name	Synonym(s)	Name of the plant	Plant part used
Cubeb pepper	fruits	<i>Piper cubeba</i> L.f.		Kubebenpfeffer	Früchte
Cumin	fruits	<i>Cuminum cyminum</i> L.		Kreuzkümmel	Früchte
Curry leaf tree	leaves	<i>Murraya koenigii</i> (L.) Spreng.		Curryblattbaum	Blätter
Daisy	flowers	<i>Bellis perennis</i> L.		Gänseblümchen	Blüten
* Damiana	leaves	<i>Turnera diffusa</i> Willd. ex Schult.		Damiana	Blätter
* Dandelion	herb	<i>Taraxacum sect. Taraxacum</i> F.H.Wigg	<i>Taraxacum sect. Ruderalia</i> , <i>Taraxacum officinale</i> auct.	Löwenzahn	Kraut
* Dandelion	roots	<i>Taraxacum sect. Taraxacum</i> F.H.Wigg	<i>Taraxacum sect. Ruderalia</i> , <i>Taraxacum officinale</i> auct.	Löwenzahn	Wurzeln
Date	fruits	<i>Phoenix dactylifera</i> L.		Dattel	Früchte
Dill	fruits	<i>Anethum graveolens</i> L.		Dill	Früchte
Dill	herb	<i>Anethum graveolens</i> L.		Dill	Kraut
Downy hemp nettle	herb	<i>Galeopsis segetum</i> Neck.		Hohlzahn, gelber	Kraut
Drumstick tree / horseradish tree	leaves	<i>Moringa oleifera</i> Lam.		Meerrettichbaum	Blätter
* Dwarf elder	fruits	<i>Sambucus ebulus</i> L.		Attich	Früchte
* Dwarf mountain pine	shoots	<i>Pinus mugo</i> Turra		Latschenkiefer	junge Sprosse
* Dyer's broom	flowers	<i>Genista tinctoria</i> L.		Färberginster	Blüten
* Echinacea	herb	<i>Echinacea angustifolia</i> DC.		Sonnenhut / Sonnenhut, schmalblättriger	Kraut
* Echinacea	roots	<i>Echinacea angustifolia</i> DC.		Sonnenhut / Sonnenhut, schmalblättriger	Wurzeln
* Echinacea	herb	<i>Echinacea pallida</i> (Nutt.) Nutt.		Sonnenhut / Sonnenhut, blassfarbener	Kraut



English		Latin		German	
Name of the plant	Plant part used	Accepted name	Synonym(s)	Name of the plant	Plant part used
Echinacea	roots	<i>Echinacea pallida</i> (Nutt.) Nutt.		Sonnenhut / Sonnenhut, blassfarbener	Wurzeln
Echinacea	herb	<i>Echinacea purpurea</i> (L.) Moench		Sonnenhut / Sonnenhut, purpurfarbener	Kraut
* Echinacea	roots	<i>Echinacea purpurea</i> (L.) Moench		Sonnenhut / Sonnenhut, purpurfarbener	Wurzeln
Elder	flowers	<i>Sambucus nigra</i> L.		Holunder	Blüten
Elder	fruits	<i>Sambucus nigra</i> L.		Holunder	Früchte
Elder	leaves	<i>Sambucus nigra</i> L.		Holunder	Blätter
* Elecampane	roots	<i>Inula helenium</i> L.		Alant, echter	Wurzeln
Eucalyptus	leaves	<i>Eucalyptus globulus</i> Labill.		Eukalyptus	Blätter
European barberry	fruits	<i>Berberis vulgaris</i> L.		Berberitze	Früchte
Eyebright	herb	<i>Euphrasia officinalis</i> L.		Augentrost	Kraut
Feijoa	fruits	<i>Feijoa sellowiana</i> (O.Berg) O.Berg	<i>Acca sellowiana</i> (O.Berg) Burret	Feijoa	Früchte
Fennel	fruits	<i>Foeniculum vulgare</i> var. <i>vulgare</i>		Fenchel	Früchte
Fenugreek	seeds	<i>Trigonella foenum-graecum</i> L.		Bockshornklee	Samen
Field horsetail	herb	<i>Equisetum arvense</i> L.		Ackerschachtelhalm	Kraut
Field poppy	flowers	<i>Papaver rhoeas</i> L.		Klatschmohn	Blüten
Fig	fruits	<i>Ficus carica</i> L.		Feige	Früchte
* Fir	shoots	<i>Abies</i> Mill.	<i>Abies</i> spp.	Tanne	junge Sprosse
Fleawort	seeds	<i>Plantago afra</i> L.	<i>Plantago psyllium</i> L.	Flohsamen	Samen
Foxtail amaranth / Love-lies-bleeding	seeds	<i>Amaranthus caudatus</i> L.		Gartenfuchsschwanz	Samen



English		Latin		German	
Name of the plant	Plant part used	Accepted name	Synonym(s)	Name of the plant	Plant part used
Fragrant sumac	root bark	<i>Rhus aromatica</i> Aiton		Gewürzsumach	Wurzelrinde
Fragrant sumac	bark	<i>Rhus aromatica</i> Aiton		Gewürzsumach	Rinde
* French bean	pods	<i>Phaseolus vulgaris</i> L.		Gartenbohne	Hülsen
French bean	seeds	<i>Phaseolus vulgaris</i> L.		Gartenbohne	Samen
* Fumitory	herb	<i>Fumaria officinalis</i> L.		Erdrauch	Kraut
* Galangal	roots	<i>Alpinia galanga</i> (L.) Willd.		Galgant	Wurzeln
Galangal / Lesser galangal / Small galangal	roots	<i>Alpinia officinarum</i> Hance		Galgant / Galgant, kleiner / Galgant, echter	Wurzeln
Garden nasturtium	herb	<i>Tropaeolum majus</i> L.		Kapuzinerkresse	Kraut
Garden pea	seeds	<i>Lathyrus oleraceus</i> Lam.	<i>Pisum sativum</i> L.	Erbse	Samen
Garden rhubarb	stems	<i>Rheum rhabarbarum</i> L.		Gartenrhabarber	Stiele
Garlic	bulbs	<i>Allium sativum</i> L.		Knoblauch	Zwiebeln
Ginger	roots	<i>Zingiber officinale</i> Roscoe		Ingwer	Wurzeln
* Ginkgo	leaves	<i>Ginkgo biloba</i> L.		Ginkgo	Blätter
* Ginseng	roots	<i>Panax ginseng</i> C.A.Mey.		Ginseng	Wurzeln
Globe artichoke	flower head including receptacle	<i>Cynara cardunculus</i> L.		Artischocke	Knospenkopf einschl. Blütenkelch
Goat's rue	herb	<i>Galega officinalis</i> L.		Geißraute / Geißklee	Kraut
Golden root	roots	<i>Rhodiola rosea</i> L.		Rosenwurz	Wurzeln
Golden root	herb	<i>Rhodiola rosea</i> L.		Rosenwurz	Kraut



English		Latin		German	
Name of the plant	Plant part used	Accepted name	Synonym(s)	Name of the plant	Plant part used
* Goldenrod	herb	<i>Solidago virgaurea</i> L.		Goldrute	Kraut
Grape	fruits	<i>Vitis vinifera</i> L.		Wein	Früchte
Grape	leaves	<i>Vitis vinifera</i> L.		Wein	Blätter
Grapefruit	fruits	<i>Citrus paradisi</i> Macfad.		Grapefruit	Früchte
Grapefruit	peel	<i>Citrus paradisi</i> Macfad.		Grapefruit	Schalen
Greek mountain tea	herb	<i>Sideritis</i> L.	<i>Sideritis</i> spp.	Bergtee, griechischer	Kraut
Greek sage	leaves	<i>Salvia fruticosa</i> Mill.	<i>Salvia triloba</i> L.f.	Salbei, griechischer	Blätter
Green cabbage / Kale	leaves	<i>Brassica oleracea</i> var. <i>sabellica</i> L.		Grünkohl	Blätter
* Ground ivy	leaves	<i>Glechoma hederacea</i> L.		Gundelrebekraut	Blätter
Guarana	seeds	<i>Paullinia cupana</i> Kunth		Guarana	Samen
Guava	fruits	<i>Psidium guajava</i> L.		Guave	Früchte
* Hairy rupturewort	herb	<i>Herniaria hirsuta</i> L.		Rauh Bruchkraut	Kraut
* Hawthorn	flowers	<i>Crataegus</i> L.	<i>Crataegus</i> spp.	Weißdorn	Blüten
* Hawthorn	leaves	<i>Crataegus</i> L.	<i>Crataegus</i> spp.	Weißdorn	Blätter
* Hawthorn	fruits	<i>Crataegus</i> L.	<i>Crataegus</i> spp.	Weißdorn	Früchte
Hazelnut	leaves	<i>Corylus avellana</i> L.		Haselnuss	Blätter
Hazelnut	seeds	<i>Corylus avellana</i> L.		Haselnuss	Samen
* Heartsease	herb	<i>Viola tricolor</i> L.		Stiefmütterchen, wildes	Kraut
Heather	herb	<i>Calluna vulgaris</i> (L.) Hull		Heidekraut	Kraut



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Heather	flowers	<i>Calluna vulgaris</i> (L.) Hull		Heidekraut	Blüten
* Hemp	leaves <sup>4</sup>	<i>Cannabis sativa</i> L. (except <i>Cannabis sativa</i> subsp. <i>indica</i> )		Hanf	Blätter <sup>4</sup>
* Hemp	seeds	<i>Cannabis sativa</i> L. (except <i>Cannabis sativa</i> subsp. <i>indica</i> )		Hanf	Samen
* Herb bennet	roots	<i>Geum urbanum</i> L.		Nelkenwurz	Wurzeln
* Herb bennet	herb	<i>Geum urbanum</i> L.		Nelkenwurz	Kraut
* Herb of grace / Rue	herb	<i>Ruta graveolens</i> L.		Raute	Kraut
Hibiscus	flowers (calyxes)	<i>Hibiscus sabdariffa</i> L.		Hibiskus	Blüten (Blütenkelche)
Hibiscus	seeds	<i>Hibiscus sabdariffa</i> L.		Hibiskus	Samen
Hollyhock	flowers	<i>Alcea rosea</i> L.	<i>Althaea rosea</i> (L.) Cav.	Stockrose	Blüten
Holy basil	herb	<i>Ocimum tenuiflorum</i> L.	<i>Ocimum sanctum</i> L.	Tulsi	Kraut
Holy thistle	herb	<i>Centaurea benedicta</i> (L.) L.	<i>Cnicus benedictus</i> L.	Benediktendistel	Kraut
Honey bush	herb	<i>Cyclopia genistoides</i> (L.) R.Br.		Honigbusch	Kraut
Honey bush	herb	<i>Cyclopia intermedia</i> E.Mey.		Honigbusch	Kraut
Honey bush	herb	<i>Cyclopia sessiliflora</i> Eckl. & Zeyh.		Honigbusch	Kraut
Honey bush	herb	<i>Cyclopia subternata</i> Vogel		Honigbusch	Kraut
Hop	flowers	<i>Humulus lupulus</i> L.		Hopfen	Blüten
* Horehound	herb	<i>Marrubium vulgare</i> L.		Andorn	Kraut
* Horsechestnut	leaves	<i>Aesculus hippocastanum</i> L.		Roßkastanie	Blätter
* Horsechestnut	flowers	<i>Aesculus hippocastanum</i> L.		Roßkastanie	Blüten



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* Horsechestnut	seeds	<i>Aesculus hippocastanum</i> L.		Roßkastanie	Samen
* Horsechestnut	bark	<i>Aesculus hippocastanum</i> L.		Roßkastanie	Rinde
Horseradish	roots	<i>Armoracia rusticana</i> G.Gaerth., B.Mey. & Scherb.		Meerrettich	Wurzeln
Hyssop	herb	<i>Hyssopus officinalis</i> L.		Ysop	Kraut
* Iceland moss	thallus	<i>Cetraria islandica</i> (L.) Ach.		Moos, isländisches	Thallus
Jambolan / Java plum	fruits	<i>Syzygium cumini</i> (L.) Skeels		Jambolanbaum	Früchte
* Javanese turmeric	roots	<i>Curcuma zanthorrhiza</i> Roxb.		Gelbwurz, javanische	Wurzeln
Jerusalem artichoke	tubers	<i>Helianthus tuberosus</i> L.		Topinambur	Knollen
* Juniper	shoots	<i>Juniperus communis</i> L.		Wacholder	junge Sprosse
* Juniper	wood	<i>Juniperus communis</i> L.		Wacholder	Holz
Juniper	fruits	<i>Juniperus communis</i> L.		Wacholder	Früchte
Kiwi	fruits	<i>Actinidia chinensis</i> var. <i>deliciosa</i> (A.Chev.) A.Chev.	<i>Actinidia deliciosa</i> (A.Chev.) C.F.Liang & A.R. Ferguson	Kiwi	Früchte
* Knotgrass	herb	<i>Polygonum aviculare</i> L.		Vogelknöterich	Kraut
* Ladies mantle	herb	<i>Alchemilla vulgaris</i> L.		Frauenmantel	Kraut
Lapacho	bark	<i>Handroanthus impetiginosus</i> (Mart. ex DC.) Mattos	<i>Tabebuia impetiginosa</i> (Mart. ex DC.) Standl.	Lapacho	Rinde
* Larkspur	flowers	<i>Delphinium consolida</i> L.	<i>Consolida regalis</i> Gray	Rittersporn	Blüten
Lavender	flowers	<i>Lavandula angustifolia</i> Mill.	<i>Lavandula officinalis</i> Chaix	Lavendel	Blüten
Leek	leaves	<i>Allium ampeloprasum</i> <i>ampeloprasum</i> Leek Group	<i>Allium ampeloprasum</i> L., <i>Allium porrum</i> L.	Lauch	Blätter



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Lemon	fruits	<i>Citrus x limon</i> (L.) Osbeck		Zitrone	Früchte
Lemon	peel	<i>Citrus x limon</i> (L.) Osbeck		Zitrone	Schalen
Lemon balm	leaves	<i>Melissa officinalis</i> L.		Melisse	Blätter
Lemon myrtle	leaves	<i>Backhousia citriodora</i> F.Muell.		Zitronenmyrte	Blätter
Lemon savory	herb	<i>Micromeria biflora</i> (Buch.-Ham. ex D.Don) Benth.	<i>Satureja biflora</i> (Buch.-Ham. ex D.Don) Briq.	Zitronenkraut	Kraut
Lemon thyme	herb	<i>Thymus x citriodorus</i> (Pers.) Schreb.		Zitronenthymian	Kraut
Lemon verbena	herb	<i>Aloysia citrodora</i> Paláu	<i>Lippia triphylla</i> Kuntze	Zitronenverbene	Kraut
Lemongrass	herb	<i>Cymbopogon</i> Spreng.	<i>Cymbopogon</i> spp.	Zitronengras / Lemongras	Kraut
* Lignum vitae	wood	<i>Guaiaacum officinale</i> L.		Guajak	Holz
Lime	peel	<i>Citrus x aurantiifolia</i> (Christm.) Swingle		Limette / Limone	Schalen
Lime	fruits	<i>Citrus x aurantiifolia</i> (Christm.) Swingle		Limette / Limone	Früchte
Lime / Linden	flowers	<i>Tilia cordata</i> Mill.		Linde / Winterlinde	Blüten
Lime / Linden	leaves	<i>Tilia cordata</i> Mill.		Linde / Winterlinde	Blätter
Lime / Linden	flowers	<i>Tilia platyphyllos</i> Scop.		Linde / Sommerlinde	Blüten
Lime / Linden	leaves	<i>Tilia platyphyllos</i> Scop.		Linde / Sommerlinde	Blätter
Linseed	seeds	<i>Linum usitatissimum</i> L.		Lein	Samen
* Liquorice	roots	<i>Glycyrrhiza glabra</i> L.		Süßholz	Wurzeln
Litchi	fruits	<i>Litchi chinensis</i> Sonn.		Litschi	Früchte
Loganberry	fruits	<i>Rubus x loganobaccus</i> L.H.Bailey		Loganbeere	Früchte



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Lovage	roots	<i>Levisticum officinale</i> W.D.J.Koch		Liebstöckel	Wurzeln
Lovage	herb	<i>Levisticum officinale</i> W.D.J.Koch		Liebstöckel	Kraut
Lovage	fruits	<i>Levisticum officinale</i> W.D.J.Koch		Liebstöckel	Früchte
Macadamia	seeds	<i>Macadamia ternifolia</i> F.Muell.		Macadamia	Samen
Mallow	leaves	<i>Malva sylvestris</i> L.		Malve	Blätter
Mallow	flowers	<i>Malva sylvestris</i> L.		Malve	Blüten
Mandarin orange	peel	<i>Citrus reticulata</i> Blanco	<i>Citrus deliciosa</i> Ten.	Mandarine	Schalen
Mandarin orange	fruits	<i>Citrus reticulata</i> Blanco	<i>Citrus deliciosa</i> Ten.	Mandarine	Früchte
Mango	fruits	<i>Mangifera indica</i> L.		Mango	Früchte
Manna ash	resin	<i>Fraxinus ornus</i> L.		Manna-Esche	Harz
Marigold	flowers	<i>Calendula officinalis</i> L.		Ringelblume	Blüten
Marjoram	herb	<i>Origanum majorana</i> L.		Majoran	Kraut
Marjoram	fruits	<i>Origanum majorana</i> L.		Majoran	Früchte
* Marshmallow	roots	<i>Althaea officinalis</i> L.		Eibisch	Wurzeln
* Marshmallow	leaves	<i>Althaea officinalis</i> L.		Eibisch	Blätter
Mate	leaves	<i>Ilex paraguariensis</i> A.St.-Hil.		Mate	Blätter
Meadowsweet	flowers	<i>Filipendula ulmaria</i> (L.) Maxim.		Mädesüß	Blüten
Meadowsweet	herb	<i>Filipendula ulmaria</i> (L.) Maxim.		Mädesüß	Kraut
Melon	fruits	<i>Cucumis melo</i> L.		Melone	Früchte



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* Mexican valerian	roots	<i>Valeriana edulis</i> subsp. <i>procera</i> (Kunth) F.G.Mey.	<i>Valeriana procera</i> Kunth	Baldrian, mexikanischer	Wurzeln
Millet	seeds	<i>Panicum miliaceum</i> L.		Rispenhirse	Samen
Mint	herb	<i>Mentha</i> L.	<i>Mentha</i> spp.	Minze	Kraut
Mistletoe	herb	<i>Viscum album</i> L.		Mistel	Kraut
Moldavian dragonhead	herb	<i>Dracocephalum moldavica</i> L.		Drachenkopf	Kraut
Morello cherry	fruits	<i>Prunus cerasus</i> L.	<i>Cerasus vulgaris</i> Mill.	Sauerkirsche	Früchte
Morello cherry	stems	<i>Prunus cerasus</i> L.	<i>Cerasus vulgaris</i> Mill.	Sauerkirsche	Stiele
Mugwort	herb	<i>Artemisia vulgaris</i> L.		Beifuss	Kraut
* Mullein	flowers	<i>Verbascum</i> L.	<i>Verbascum</i> spp.	Königskerze / Wollblume	Blüten
* Mullein	leaves	<i>Verbascum</i> L.	<i>Verbascum</i> spp.	Königskerze / Wollblume	Blätter
Nettle	herb	<i>Urtica</i> L.	<i>Urtica</i> spp.	Brennnessel	Kraut
* Nettle	roots	<i>Urtica</i> L.	<i>Urtica</i> spp.	Brennnessel	Wurzeln
* Norway spruce	leaves	<i>Picea abies</i> (L.) H.Karst.		Fichte	Blätter
* Nutmeg	aril	<i>Myristica fragrans</i> Houtt.		Muskat	Mazis
* Nutmeg	seeds	<i>Myristica fragrans</i> Houtt.		Muskat	Samen
Oat	seeds	<i>Avena sativa</i> L.		Hafer	Samen
Oat	herb	<i>Avena sativa</i> L.		Hafer	Kraut
Olive	leaves	<i>Olea europaea</i> L.		Olive	Blätter
Onion	bulbs	<i>Allium cepa</i> L.		Zwiebel	Zwiebeln



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Oregano	herb	<i>Origanum vulgare</i> L.		Oregano	Kraut
Papaya	fruits	<i>Carica papaya</i> L.		Melonenbaum / Papaya	Früchte
Papaya	leaves	<i>Carica papaya</i> L.		Melonenbaum / Papaya	Blätter
Paprika	fruits	<i>Capsicum annuum</i> L.		Paprika	Früchte
Parsley	leaves	<i>Petroselinum crispum</i> (Mill.) Fuss		Petersilie	Blätter
Parsley	roots	<i>Petroselinum crispum</i> (Mill.) Fuss		Petersilie	Wurzeln
Parsley	fruits	<i>Petroselinum crispum</i> (Mill.) Fuss		Petersilie	Früchte
Parsnip	roots	<i>Pastinaca sativa</i> L.		Pastinak	Wurzeln
* Passion flower	herb	<i>Passiflora incarnata</i> L.		Passionsblume	Kraut
Passion fruit	fruits	<i>Passiflora edulis</i> Sims		Maracuja	Früchte
Peach	fruits	<i>Prunus persica</i> (L.) Batsch	<i>Persica vulgaris</i> Mill.	Pfirsich	Früchte
Pear	fruits	<i>Pyrus communis</i> L.	<i>Pyrus domestica</i> (Borkh.) Medik.	Birne	Früchte
* Pennyroyal	herb	<i>Mentha pulegium</i> L.		Poleiminze	Kraut
* Peony	flowers	<i>Paeonia officinalis</i> L.		Pfingstrose	Blüten
Pepper, green / black / white	fruits	<i>Piper nigrum</i> L.		Pfeffer, grüner / schwarzer / weißer	Früchte
Peppermint	leaves	<i>Mentha x piperita</i> L.		Pfefferminze	Blätter
Peruvian pepper / Pink pepper	fruits	<i>Schinus molle</i> L.		Pfeffer, peruanischer / Pfeffer, rosa	Früchte
Pimpernel	herb	<i>Pimpinella major</i> (L.) Huds.		Bibernelle	Kraut
Pimpernel	roots	<i>Pimpinella major</i> (L.) Huds.		Bibernelle	Wurzeln



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Pineapple	fruits	<i>Ananas comosus</i> (L.) Merr.		Ananas	Früchte
Pistachio	seeds	<i>Pistacia vera</i> L.		Pistazien	Samen
Pitahaya / Dragon fruit	fruits	<i>Selenicereus undatus</i> (Haw.) D.R.Hunt	<i>Hylocereus undatus</i> (Haw.) Britton & Rose	Pitahaya / Drachenfrucht	Früchte
Plantain	herb	<i>Plantago major</i> L.		Breitwegerich	Kraut
Plum	fruits	<i>Prunus domestica</i> L.		Pflaumen	Früchte
Pomegranate	fruits	<i>Punica granatum</i> L.		Granatapfel	Früchte
Poppy	seeds	<i>Papaver somniferum</i> subsp. <i>somniferum</i>		Blaumohn	Samen
Pumpkin	seeds	<i>Cucurbita pepo</i> L.		Kürbis	Samen
Purging cassia	fruits	<i>Cassia fistula</i> L.		Röhrenkassie	Früchte
* Quassia	wood	<i>Quassia amara</i> L.		Bitterholz	Holz
Quince	fruits	<i>Cydonia oblonga</i> Mill.		Quitte	Früchte
Radish	roots	<i>Raphanus raphanistrum</i> subsp. <i>sativus</i> (L.) Domin	<i>Raphanus sativus</i> L.	Rettich	Wurzeln
Raspberry	fruits	<i>Rubus idaeus</i> L.		Himbeere	Früchte
Raspberry	leaves	<i>Rubus idaeus</i> L.		Himbeere	Blätter
Red amaranth	seeds	<i>Amaranthus cruentus</i> L.		Rispenfuchsschwanz	Samen
Red clover	flowers	<i>Trifolium pratense</i> L.		Rotklee	Blüten
Red clover	herb	<i>Trifolium pratense</i> L.		Rotklee	Kraut
Red currant	fruits	<i>Ribes rubrum</i> L.		Johannisbeere, rote	Früchte
* Red sandalwood <sup>5</sup>	wood	<i>Pterocarpus santalinus</i> L.f.		Sandelholz, rotes <sup>5</sup>	Holz



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Rhatany	roots	<i>Krameria lappacea</i> (Dombey) Burdet & B.B.Simpson	<i>Krameria triandra</i> Ruiz & Pav.	Ratanhia	Wurzeln
Ribwort plantain	herb	<i>Plantago lanceolata</i> L.		Spitzwegerich	Kraut
Rice	seeds	<i>Oryza sativa</i> L.		Reis	Samen
Rock rose	herb	<i>Cistus x incanus</i> L.	<i>Cistus creticus</i> L., <i>Cistus villosus</i> auct.	Zistrose	Kraut
Roman camomile	flowers	<i>Chamaemelum nobile</i> (L.) All.	<i>Anthemis nobilis</i> L.	Kamille, römische	Blüten
Rooibos	herb	<i>Aspalathus linearis</i> (Burm.f.) R.Dahlgren		Rooibos / Rotbusch	Kraut
Rose	petals	<i>Rosa</i> L.	<i>Rosa</i> spp.	Rose	Blütenblätter
Rose hip	fruits	<i>Rosa canina</i> L.		Hagebutte	Früchte
Rosemary	leaves	<i>Salvia rosmarinus</i> Spenn.	<i>Rosmarinus officinalis</i> L.	Rosmarin	Blätter
Rowan	fruits	<i>Sorbus aucuparia</i> L.		Eberesche / Vogelbeere	Früchte
Sacred lotus	flowers	<i>Nelumbo nucifera</i> Gaertn.		Lotus, indischer	Blüten
Safflower	flowers	<i>Carthamus tinctorius</i> L.		Färberdistel / Saflor	Blüten
* Saffron	stigmata and styles	<i>Crocus sativus</i> L.		Safran	Narben und Griffel
Sage	leaves	<i>Salvia officinalis</i> L.		Salbei	Blätter
* Sandy everlasting	flowers	<i>Helichrysum arenarium</i> (L.) Moench		Katzenpfötchen, gelbes	Blüten
* Sarsaparilla	roots	<i>Smilax</i> L.	<i>Smilax</i> spp.	Sarsaparill	Wurzeln
Savory	herb	<i>Satureja hortensis</i> L.		Bohnenkraut	Kraut
* Schisandra	fruits	<i>Schisandra chinensis</i> (Turcz.) Baill.		Schisandra / Spalkörbchen, chinesisches	Früchte
Sea buckthorn	fruits	<i>Hippophae rhamnoides</i> L.		Sanddorn	Früchte



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* Seneca snakeroot	roots	<i>Polygala senega</i> L.		Senega	Wurzeln
* Shepherd's purse	herb	<i>Capsella bursa-pastoris</i> (L.) Medik.		Hirtentäschel	Kraut
Shiitake mushroom	fruiting body	<i>Lentinula edodes</i> (Berk.) Pegler		Schitake / Shiitake	Fruchtkörper
* Siberian ginseng	roots	<i>Eleutherococcus senticosus</i> (Rupr. & Maxim.) Maxim.	<i>Acanthopanax senticosus</i> (Rupr. & Maxim.) Harms	Taigawurzel	Wurzeln
Silver lime	flowers	<i>Tilia tomentosa</i> Moench	<i>Tilia argentea</i> DC.	Silberlinde	Blüten
Silver lime	leaves	<i>Tilia tomentosa</i> Moench	<i>Tilia argentea</i> DC.	Silberlinde	Blätter
Silverweed	herb	<i>Argentina anserina</i> (L.) Rydb.	<i>Potentilla anserina</i> L.	Gänsefingerkraut	Kraut
Sloe	fruits	<i>Prunus spinosa</i> L.		Schlehe	Früchte
* Smooth rupturewort	herb	<i>Herniaria glabra</i> L.		Bruchkraut, kahles	Kraut
* Soapbark tree	bark	<i>Quillaja saponaria</i> Molina		Seifenrindenbaum	Rinde
Sorrel	herb	<i>Rumex acetosa</i> L.		Sauerampfer	Kraut
Southernwood	herb	<i>Artemisia abrotanum</i> L.		Eberraute	Kraut
Spearmint	leaves	<i>Mentha spicata</i> L.		Krauseminze / Minze, grüne	Blätter
Spelt	seeds	<i>Triticum aestivum</i> subsp. <i>spelta</i> (L.) Thell.		Dinkel	Samen
Spinach	leaves	<i>Spinacia oleracea</i> L.		Spinat	Blätter
Spirulina	thallus	<i>Arthrospira platensis</i> Gomont	<i>Spirulina platensis</i> (Gomont) Geitler	Spirulina	Thallus
Sprouting broccoli	flowers and stems	<i>Brassica oleracea</i> L. var. <i>italica</i> Plenck		Brokkoli	Blütenstand und Stängel
* St. John's Wort	flowers <sup>6</sup>	<i>Hypericum perforatum</i> L.		Johanniskraut	Blüten <sup>6</sup>



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* St. John's Wort	herb <sup>6</sup>	<i>Hypericum perforatum</i> L.		Johanniskraut	Kraut <sup>6</sup>
Star anise	fruits	<i>Illicium verum</i> Hook.f.		Sternanis	Früchte
Stevia	leaves	<i>Stevia rebaudiana</i> (Bertoni) Bertoni		Stevia / Süßblatt / Süßkraut	Blätter
Strawberry	leaves	<i>Fragaria x ananassa</i> (Duchesne ex Weston) Duchesne ex Rozier		Erdbeere / Gartenerdbeere	Blätter
Strawberry	fruits	<i>Fragaria x ananassa</i> (Duchesne ex Weston) Duchesne ex Rozier		Erdbeere / Gartenerdbeere	Früchte
Strawberry pear / Red pitahaya	fruits	<i>Selenicereus triangularis</i> (L.) D.R.Hunt	<i>Hylocereus trigonus</i> (Haw.) Saff., <i>Hylocereus triangularis</i> (L.) Britton & Rose	Pitahaya, rote	Früchte
Sunflower	seeds	<i>Helianthus annuus</i> L.		Sonnenblume	Samen
Sunflower	petals	<i>Helianthus annuus</i> L.		Sonnenblume	Blütenblätter
Sweet basil	herb	<i>Ocimum basilicum</i> L.		Basilikum	Kraut
Sweet blackberry	leaves	<i>Rubus chingii</i> var. <i>suavissimus</i> (S.K.Lee) L.T.Lu	<i>Rubus suavissimus</i> S.K.Lee	Brombeere, süße	Blätter
Sweet cherry	fruits	<i>Prunus avium</i> (L.) L.	<i>Cerasus avium</i> (L.) Moench	Süßkirsche	Früchte
Sweet cherry	stems	<i>Prunus avium</i> (L.) L.	<i>Cerasus avium</i> (L.) Moench	Süßkirsche	Stiele
Sweet fennel	fruits	<i>Foeniculum vulgare</i> var. <i>dulce</i> (Mill.) Battand. & Trabut		Fenchel, süßer	Früchte
Sweet olive / Sweet osmanthus	flowers	<i>Osmanthus fragrans</i> Lour.		Osmanthus	Blüten
Sweet orange	flowers	<i>Citrus sinensis</i> (L.) Osbeck		Orange	Blüten
Sweet orange	peel	<i>Citrus sinensis</i> (L.) Osbeck		Orange	Schalen



English		Latin		German	
Name of the plant	Plant part used	Accepted name	Synonym(s)	Name of the plant	Plant part used
Sweet orange	fruits	<i>Citrus sinensis</i> (L.) Osbeck		Orange	Früchte
Sweet orange	leaves	<i>Citrus sinensis</i> (L.) Osbeck		Orange	Blätter
Sweet trefoil	herb	<i>Trigonella caerulea</i> (L.) Ser.	<i>Trigonella coerulea</i> (Desr.) Ser.	Schabzigerklee	Kraut
* Sweet violet	flowers	<i>Viola odorata</i> L.		Märzveilchen	Blüten
* Sweet woodruff	herb	<i>Galium odoratum</i> (L.) Scop.	<i>Asperula odorata</i> L.	Waldmeister	Kraut
Tamarind	fruits	<i>Tamarindus indica</i> L.		Tamarinde	Früchte
Tarragon	leaves	<i>Artemisia dracunculus</i> L.		Estragon	Blätter
Tea	flowers	<i>Camellia sinensis</i> (L.) Kuntze		Tee	Blüten
Tea	leaves and buds	<i>Camellia sinensis</i> (L.) Kuntze		Tee	Blätter und Blattknospen
Tea	stems	<i>Camellia sinensis</i> (L.) Kuntze		Tee	Stängel
Tea tree	leaves	<i>Melaleuca alternifolia</i> (Maiden & Betche) Cheel		Teebaum	Blätter
Thyme	herb	<i>Thymus vulgaris</i> L.		Thymian	Kraut
Toadflax	herb	<i>Linaria vulgaris</i> Mill.		Leinkraut	Kraut
* Tonka bean	seeds	<i>Dipteryx odorata</i> (Aubl.) Forsyth f.		Tonkabohne	Samen
* Tormentil	roots	<i>Potentilla erecta</i> (L.) Raeusch.		Tormentill	Wurzeln
Turmeric	roots	<i>Curcuma longa</i> L.	<i>Curcuma domestica</i> <i>Valeton</i>	Kurkuma / Gelbwurzel	Wurzeln
* Valerian	roots	<i>Valeriana officinalis</i> L.		Baldrian	Wurzeln
Vanilla	fruits	<i>Vanilla planifolia</i> Andrews	<i>Vanilla fragrans</i> Ames	Vanille	Früchte
* Walnut	leaves	<i>Juglans regia</i> L.		Walnuß	Blätter



English		Latin		German	
Name of the plant	Plant part used	Accepted name	Synonym(s)	Name of the plant	Plant part used
Walnut	seeds	<i>Juglans regia</i> L.		Walnuß	Samen
Watercress	herb	<i>Nasturtium officinale</i> W.T.Aiton		Brunnenkresse	Kraut
Watermint	herb	<i>Mentha aquatica</i> L.		Wassermintze	Kraut
Wheat	seeds	<i>Triticum aestivum</i> L.		Weizen	Samen
White deadnettle	herb	<i>Lamium album</i> L.		Taubnessel, weiße	Kraut
White deadnettle	flowers	<i>Lamium album</i> L.		Taubnessel, weiße	Blüten
White jasmine	flowers	<i>Jasminum officinale</i> L.		Jasmin	Blüten
White mulberry	fruits	<i>Morus alba</i> L.		Maulbeere, weiße	Früchte
White mulberry	leaves	<i>Morus alba</i> L.		Maulbeere, weiße	Blätter
White mustard	seeds	<i>Sinapis alba</i> L.		Senf, weißer	Samen
* Wild angelica	herb	<i>Angelica sylvestris</i> L.		Angelika, wilde	Kraut
* Wild angelica	roots	<i>Angelica sylvestris</i> L.		Angelika, wilde	Wurzeln
* Wild angelica	fruits	<i>Angelica sylvestris</i> L.		Angelika, wilde	Früchte
Wild Pear	fruits	<i>Pyrus communis</i> subsp. <i>communis</i>	<i>Pyrus pyraaster</i> (L.) Burgsd.	Wildbirne	Früchte
Wild strawberry	fruits	<i>Fragaria vesca</i> L.		Walderdbeere	Früchte
Wild strawberry	leaves	<i>Fragaria vesca</i> L.		Walderdbeere	Blätter
Willow herb	herb	<i>Epilobium angustifolium</i> L.	<i>Chamaenerion angustifolium</i> (L.) Scop.	Weidenröschen, schmalblättriges	Kraut
* Witch hazel	bark	<i>Hamamelis virginiana</i> L.		Hamamelis / Zaubernuss	Rinde
* Witch hazel	leaves	<i>Hamamelis virginiana</i> L.		Hamamelis / Zaubernuss	Blätter





English		Latin		German	
Name of the plant	Plant part used	Accepted name	Synonym(s)	Name of the plant	Plant part used
Wood betony	herb	<i>Betonica officinalis</i> L.	<i>Stachys officinalis</i> (L.) Trevis.	Betonie	Kraut
* Yarrow	herb	<i>Achillea millefolium</i> L.		Schafgarbe	Kraut
* Yarrow	flowers	<i>Achillea millefolium</i> L.		Schafgarbe	Blüten
Yellow bedstraw	herb	<i>Galium verum</i> L.		Labkraut, echtes	Kraut
* Yellow gentian	roots	<i>Gentiana lutea</i> L.		Enzian, gelber	Wurzeln
Yellow plum	fruits	<i>Prunus x syriaca</i> Borkh.	<i>Prunus domestica</i> subsp. <i>syriaca</i> (Borkh.) Janch.	Mirabelle	Früchte
* Yellow sweet clover	herb	<i>Melilotus officinalis</i> (L.) Lam.		Steinklee	Kraut
Zedoary	roots	<i>Curcuma zedoaria</i> (Christm.) Roscoe		Zitwer	Wurzeln



Plant parts which are approved novel foods in the EU and which can be used as ingredients in herbal infusions according to Implementing Regulation (EU) 2017/2470 establishing the Union list of novel foods up to Implementing Regulation (EU) 2023/972.

If these plant parts are used, the specifications as outlined in table 2 of the aforementioned Implementing Regulation also need to be considered.

English		Latin		German		Commission Implementing Reg. (EU) 2017/2470 (up to Reg. (EU) 2023/972)		
Name of the plant	Plant part used	Name of the plant according to Union List	Scientific name according to Kew Royal Botanic Gardens	Name of the plant	Plant part used	Maximum levels	Additional specific labelling requirements	Specified food category
Chinese hawthorn	fruit	<i>Crataegus pinnatifida</i> Bunge	<i>Crataegus pinnatifida</i> Bunge	Weißdorn, fiederteiliger	Frucht	In line with normal food use of <i>Crataegus laevigata</i>	The designation of the novel food on the labelling of the foodstuffs containing it shall be ' <i>Crataegus pinnatifida</i> dried fruit'	herbal infusions
Coffee	leaves	<i>Coffea arabica</i> L.	<i>Coffea arabica</i> L.	Kaffee	Blätter		The designation of the novel food on the labelling of the foodstuffs containing it shall "Infusion from coffee leaves" or "Dried infusion from coffee leaves", depending on the form to be marketed.	Coffee, coffee and chicory extracts, instant coffee, tea, herbal- and fruit-infusions, coffee substitutes, coffee mixes and instant mixes for beverages (and their flavoured counterparts)
Coffee	cherry pulp	<i>Coffea arabica</i> L.	<i>Coffea arabica</i> L.	Kaffee	Fruchtfleisch der Kirsche		The designation of the novel food on the labelling of the foodstuffs containing it shall be "coffee cherry pulp" and/or "cascara (coffee cherry pulp)", and/or "coffee cherry pulp infusion" and/or "coffee cherry pulp dried infusion". If the product containing the novel food contains more than 150 mg/l of caffeine (as such or after reconstitution), it shall be labelled with the following indication: "High caffeine content. Not recommended for children or pregnant or breast-feeding women" in the same field of vision as the name of the food, followed by the caffeine content expressed in mg per 100 ml. Typical infusion preparations are prepared with up to 6 g of coffee cherry pulp per 100 ml of hot water (> 75 °C). For the coffee cherry pulp placed on the market as such for the preparation of infusions, instructions shall be given to the consumer on the preparation.'	Coffee cherry pulp from <i>Coffea arabica</i> L. and/or <i>Coffea canephora</i> Pierre ex A. Froehner for the preparation of infusions;  Coffee, coffee and chicory extracts, instant coffee, tea, herbal- and fruit-infusions, coffee substitutes, coffee mixes and instant mixes for hot beverages (and their flavoured counterparts).



English		Latin		German		Commission Implementing Reg. (EU) 2017/2470 (up to Reg. (EU) 2023/972)		
Name of the plant	Plant part used	Name of the plant according to Union List	Scientific name according to Kew Royal Botanic Gardens	Name of the plant	Plant part used	Maximum levels	Additional specific labelling requirements	Specified food category
Coffee	leaves	<i>Coffea canephora</i> Pierre ex. A. Froehner	<i>Coffea canephora</i> Pierre ex. A. Froehner	Kaffee	Blätter		The designation of the novel food on the labelling of the foodstuffs containing it shall be “Infusion from coffee leaves” or “Dried infusion from coffee leaves”, depending on the form to be marketed.	Coffee, coffee and chicory extracts, instant coffee, tea, herbal- and fruit-infusions, coffee substitutes, coffee mixes and instant mixes for beverages (and their flavoured counterparts)
Coffee	cherry pulp	<i>Coffea canephora</i> Pierre ex. A. Froehner	<i>Coffea canephora</i> Pierre ex. A. Froehner	Kaffee	Fruchtfleisch der Kirsche		The designation of the novel food on the labelling of the foodstuffs containing it shall be “coffee cherry pulp” and/or “cascara (coffee cherry pulp)”, and/or “coffee cherry pulp infusion” and/or “coffee cherry pulp dried infusion”. If the product containing the novel food contains more than 150 mg/l of caffeine (as such or after reconstitution), it shall be labelled with the following indication: “High caffeine content. Not recommended for children or pregnant or breast-feeding women” in the same field of vision as the name of the food, followed by the caffeine content expressed in mg per 100 ml. Typical infusion preparations are prepared with up to 6 g of coffee cherry pulp per 100 ml of hot water (> 75 °C). For the coffee cherry pulp placed on the market as such for the preparation of infusions, instructions shall be given to the consumer on the preparation.’	Coffee cherry pulp from <i>Coffea arabica</i> L. and/or <i>Coffea canephora</i> Pierre ex A. Froehner for the preparation of infusions;  Coffee, coffee and chicory extracts, instant coffee, tea, herbal- and fruit-infusions, coffee substitutes, coffee mixes and instant mixes for hot beverages (and their flavoured counterparts).



English		Latin		German		Commission Implementing Reg. (EU) 2017/2470 (up to Reg. (EU) 2023/972)		
Name of the plant	Plant part used	Name of the plant according to Union List	Scientific name according to Kew Royal Botanic Gardens	Name of the plant	Plant part used	Maximum levels	Additional specific labelling requirements	Specified food category
Guayusa	leaves	<i>Ilex guayusa</i> Loes.	<i>Ilex guayusa</i> Loes.	Guayusa	Blätter	In line with normal use in herbal infusions and food supplements of a similar aqueous extract of dried leaves of <i>Ilex paraguariensis</i>	The designation of the novel food on the labelling of the foodstuffs containing it shall be 'Extracts of dried leaves of <i>Ilex guayusa</i> '	herbal infusions
Hoary rockrose	herb	<i>Cistus incanus</i> L. Pandalis	<i>Cistus x incanus</i> L.	Zistrose, graube-haarte	Kraut	Intended daily intake: 3 g herbs/day (2 cups/day)	The designation of the novel food on the labelling of the foodstuffs containing it shall be 'Cistus incanus L. Pandalis herb'	herbal infusions
Noni / brimstone tree / Indian mulberry	leaves	<i>Morinda citrifolia</i> L.	<i>Morinda citrifolia</i> L.	Maulbeer-baum, indischer	Blätter	A cup of infusion to be consumed shall not be prepared with more than 1 g of dried and roasted leaves of <i>Morinda citrifolia</i>	1. The designation of the novel food on the labelling of the foodstuffs containing it shall be 'Noni leaves' or 'leaves of <i>Morinda citrifolia</i> '. 2. Instructions shall be given to the consumer that a cup of infusion should not be prepared with more than 1 g of dried and roasted leaves of <i>Morinda citrifolia</i> .	for the preparation of infusions



## Footnotes:

The THIE *Inventory List of Herbals Considered as Food* also shows the Latin plant name for each entry. It is common practice in botany to specify a plant via its full Latin name/scientific denomination which consists of three parts, i.e. the genus plus a species specific epitheton plus the (abbreviated) name of the author who first described the plant in question. Only this denomination allows a clear specification of a plant. Kew Royal Botanic Gardens' Medicinal Plant Names Services advised THIE with regard to the correct scientific plant names based on its World Checklist of Selected Plant Families (WCSP) [https://wcsp.science.kew.org/prepareChecklist.do;jsessionid=8BCA5CB7755B1617DC2299E6F3960372.kppapp06-wcsp?checklist=selected\\_families%40%40147270520210811331](https://wcsp.science.kew.org/prepareChecklist.do;jsessionid=8BCA5CB7755B1617DC2299E6F3960372.kppapp06-wcsp?checklist=selected_families%40%40147270520210811331)).

- \* = Restricted quantity recommended.
- <sup>1</sup> = According to Regulation (EC) No 1334/2008 the tetraploid form of calamus is not used as ingredient of herbal infusions.
- <sup>2</sup> = Including *Camomilla setacciata* for Italy (i.e. tubular flowers of *Matricaria recutita* L. / *Matricaria chamomilla* L.).
- <sup>3</sup> = Only used in combination with flowers.
- <sup>4</sup> = In some MS marketing of hemp leaves is forbidden. In MS where hemp leaves may be used for food purposes only hemp of privileged origin (Reg. (EU) 1307/2013 in ammended version Reg. (EU) 2020/2220) is allowed and misuse for intoxication purposes must be excluded, that means THC levels must respect the ARfD of 1µg Δ9-THC/kg body weight.
- <sup>5</sup> = The wood of red sandalwood (*Pterocarpus santalinus* L.f.) is protected under the Washington Convention / Convention on International Trade in Endangered Species of Wild Fauna and Flora (CITES).
- <sup>6</sup> = According to Regulation (EC) No 1334/2008 of the European Parliament and of the Council the condition of use for *Hypericum perforatum* is limited to the following: '*Flavourings and food ingredients with flavouring properties produced from the source material may only be used for the production of alcoholic beverages*'.