

Inventory list of Herbals considered as Food

In 2000 EHIA set up the inventory list of herbals considered as food. This list was established because there is an increasing use in edible products of food plants, preparations and extracts thereof. In the interest of consumers and manufacturers of such products and in the absence of an harmonised frame, the European Herbal Infusions Association 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 complete and is open for modifications according to development in common consensus. Accordingly, regular updates are done and a current version is always available on EHIA's website: www.ehia-online.org. In case, a plant 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 special regions or in certain 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 the concrete way of use have 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 EHIA recommends that certain plant material is only used in restricted doses in foodstuffs which is indicated in the list by an asterisk behind the name of the plant. As the special conditions of use of the plant material have to be regarded in every single case no special limits were set.

The list is of great importance because there are different histories of use of herbals 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 and especially article 1, para. 2 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 significant degree.

EHIA's list is a compendium of the different histories of use 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 Lebensmittelrundschau, a well-known German food journal. A sequence of comments on this list by interested parties followed the publication. In cases of doubt EHIA's secretariat provides further details on the different plant material and its use. This information is useful for companies involved as well as for the authorities.

Thus EHIA's inventory list of herbals regarded as foodstuffs is a useful tool for all interested parties and helps to identify plant material used as foodstuff or food ingredient in Europe.

EHIA INVENTORY LIST OF HERBALS CONSIDERED AS FOOD

	English name		Latin	German	
	name of the plant	plant part used	name of the plant	name of the plant	plant part used
*	Agrimony	herb	<i>Agrimonia eupatoria</i>	Odermennig	Kraut
	Alfalfa / Lucerne	herb	<i>Medicago sativa</i>	Alfalfa / Luzerne	Kraut
	Allspice	fruits	<i>Pimenta officinalis</i>	Piment	Früchte
	Almond	flowers	<i>Prunus dulcis var. dulcis</i>	Mandel	Blüten
	Almond	seeds	<i>Prunus dulcis var. dulcis</i>	Mandel	Samen
*	Aloe vera	leaf gel	<i>Aloe barbadensis / Aloe vera</i>	Aloe vera	Blattgel
*	Alpine ladies mantle	herb	<i>Alchemilla alpina</i>	Silbermantel	Kraut
*	Angelica	roots	<i>Angelica archangelica</i>	Engelwurz	Wurzeln
*	Angelica	stems	<i>Angelica archangelica</i>	Engelwurz	Stengel
	Anise	fruits	<i>Pimpinella anisum</i>	Anis	Früchte
	Annato	seeds	<i>Bixa orellana</i>	Annatto	Samen
	Apple	fruits	<i>Malus domestica</i>	Apfel	Früchte
	Apple mint	leaves	<i>Mentha rotundifolia</i>	Apfelminze	Blätter
	Apricot	fruits	<i>Prunus armeniaca L.</i>	Aprikose	Früchte
*	Apricot	seeds	<i>Prunus armeniaca L.</i>	Aprikose	Samen
	Asparagus	shoots	<i>Asparagus officinalis</i>	Spargel	Sprosse
	Bamboo	shoots	<i>Bambusa vulgaris</i>	Bambus	Sprosse
	Banana	fruits	<i>Musa paradisiaca</i>	Banane	Früchte
	Barbados cherry	fruits	<i>Malpighia glabra / Malpighia punicifolia</i>	Acerola	Früchte
	Barley	seeds	<i>Hordeum vulgare</i>	Gerste	Samen
	Bay	leaves	<i>Laurus nobilis</i>	Lorbeer	Blätter
	Bear garlic	herb	<i>Allium ursinum</i>	Bärlauch	Kraut
	Bee balm	flowers	<i>Monarda didyma</i>	Goldmelisse	Blüten
	Beetroot	bulbs	<i>Beta vulgaris subsp. vulgaris</i>	Rote Beete	Knollen
	Bilberry	fruits	<i>Vaccinium myrtillus</i>	Heidelbeere	Früchte
	Bilberry	leaves	<i>Vaccinium myrtillus</i>	Heidelbeere	Blätter
*	Birch	leaves	<i>Betula pendula Roth / Betula pubescens Ehrh.</i>	Birke	Blätter
*	Bitter Gourd	fruits	<i>Momordica charantia L.</i>	Balsambirne	Früchte
	Bitter Orange	flowers	<i>Citrus aurantium var. amara</i>	Pomeranze	Blüten
	Bitter Orange	fruits	<i>Citrus aurantium var. amara</i>	Pomeranze	Früchte
	Bitter Orange	leaves	<i>Citrus aurantium var. amara</i>	Pomeranze	Blätter
	Bitter Orange	peel	<i>Citrus aurantium var. amara</i>	Pomeranze	Schalen
	Black chokeberry	fruits	<i>Aronia melanocarpa</i>	Aronia	Früchte
	Black locust	flowers	<i>Robinia pseudoacacia</i>	Robinie	Blüten
	Black mulberry	leaves	<i>Morus nigra L.</i>	Maulbeere, schwarz	Blätter
	Black mulberry	fruits	<i>Morus nigra L.</i>	Maulbeere, schwarz	Früchte
	Black mustard	seeds	<i>Brassica nigra</i>	Senf, schwarz	Samen
	Blackberry	fruits	<i>Rubus fruticosus</i>	Brombeere	Früchte
	Blackberry	leaves	<i>Rubus fruticosus</i>	Brombeere	Blätter
	Blackcurrant	fruits	<i>Ribes nigrum</i>	Johannisbeere, schwarz	Früchte
	Blackcurrant	leaves	<i>Ribes nigrum</i>	Johannisbeere, schwarz	Blätter

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name of the plant	plant part used	name of the plant	name of the plant	plant part used
Blond psyllium	husk	<i>Plantago ovata</i>	Flohsamen, indisch	Samenschalen
Blond psyllium	seeds	<i>Plantago ovata</i>	Flohsamen, indisch	Samen
* Blue flag	roots	<i>Iris versicolor</i>	Iris	Wurzeln
* Boldu	leaves	<i>Peumus boldus</i>	Boldo	Blätter
Borage	herb	<i>Borrago officinalis</i>	Borretsch	Kraut
* Box thorn	fruits	<i>Lycium barbarum L.</i>	Bocksdorn	Früchte
* Brazil pepper	fruits	<i>Schinus molle / Schinus terebinthifolius</i>	Pfeffer, rosa	Früchte
Buchu	leaves	<i>Barosma betulina</i>	Bukko	Blätter
Buckwheat	herb	<i>Fagopyrum esculentum</i>	Buchweizen	Kraut
Buckwheat	fruits	<i>Fagopyrum esculentum</i>	Buchweizen	Früchte
* Burdock	roots	<i>Arctium majus</i>	Klette	Wurzeln
Cabbage	leaves	<i>Brassica oleracea</i>	Kohl	Blätter
* Calamus	roots	<i>Acorus calamus</i>	Kalmus	Wurzeln
Camomile	herb ¹	<i>Matricaria chamomilla / Matricaria recutita</i>	Kamille	Kraut ¹
Camomile	seeds	<i>Matricaria chamomilla / Matricaria recutita</i>	Kamille	Samen
Camomile	flowers ²	<i>Matricaria chamomilla / Matricaria recutita</i>	Kamille	Blüten ²
Camu-Camu	fruits	<i>Myrciaria dubia</i>	Camu Camu	Früchte
Caper	buds of the flowers	<i>Capparis spinosa</i>	Kapern	Blütenknospen
Caraway	fruits	<i>Carum carvi</i>	Kümmel	Früchte
Cardamom	fruits	<i>Elettaria cardamomum</i>	Kardamom	Früchte
Cardamom	husks	<i>Elettaria cardamomum</i>	Kardamom	Samenschalen
Carob	fruits	<i>Ceratonia siliqua</i>	Johannisbrot	Früchte
* Carrageen	thallus	<i>Chondrus crispus</i>	Moos, irländisch	Thallus
Carrot	roots	<i>Daucus carota ssp. sativus</i>	Karotte	Wurzeln
* Cat's foot	flowers	<i>Antennaria dioica</i>	Katzenpötchen, rot	Blüten
Catmint	herb	<i>Nepeta cataria</i>	Katzenminze	Kraut
Catuaba	bark	<i>Erythroxylon catuaba martius</i>	Catuaba	Rinde
Celery	leaves	<i>Apium graveolens</i>	Sellerie	Blätter
Celery	roots	<i>Apium graveolens</i>	Sellerie	Wurzeln
Celery	seeds	<i>Apium graveolens</i>	Sellerie	Früchte
* Centaury	herb	<i>Erythraea centaurium</i>	Tausendgüldenkrout	Kraut
Chervil	herb	<i>Anthriscus cerefolium</i>	Gartenkerbel	Kraut
Chick pea	seeds	<i>Cicer arietinum</i>	Kichererbse	Samen
Chicory	herb	<i>Cichorium intybus</i>	Zichorie	Kraut
Chicory	roots	<i>Cichorium intybus</i>	Zichorie	Wurzeln
Chilli pepper	fruits	<i>Capsicum frutescens L.</i>	Cayennepfeffer / Chili	Früchte
Chinese amaranth / Joseph's coat amaranth	herb	<i>Amaranthus tricolor</i>	Dreifarbenamaranth	Kraut
* Chiretta	herb	<i>Swertia chirata</i>	Chiretta, indisch	Kraut
Chrysanthemum	flowers	<i>Chrysanthemum morifolium Ramat.</i>	Chrysanthemen	Blüten

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*	Cinchona	bark	<i>Cinchona succirubra</i>	Chinarinde	Rinde
	Cinnamon	bark	<i>Cinnamomum spec.</i>	Zimt	Rinde
	Cinnamon	flowers	<i>Cinnamomum spec.</i>	Zimt	Blüten
	Clary sage	flowers	<i>Salvia sclarea</i>	Muskatellersalbei	Blüten
	Clary sage	leaves	<i>Salvia sclarea</i>	Muskatellersalbei	Blätter
	Clove	buds	<i>Eugenia caryophyllata</i>	Gewürznelke	Blütenknospen
	Clubmoss	herb	<i>Lycopodium clavatum</i>	Bärlapp	Kraut
	Cocoa	seeds	<i>Theobroma cacao L.</i>	Kakao	Samen
	Cocoa	husks	<i>Theobroma cacao L.</i>	Kakao	Samenschalen
	Coconut	seeds	<i>Cocos nucifera</i>	Kokosnuss	Samen
	Coffee	seeds	<i>Coffea arabica</i>	Kaffee	Samen
	Cola nut	seeds	<i>Cola acuminata</i>	Kolanuss	Samen
	Common speedwell	herb	<i>Veronica officinalis</i>	Ehrenpreis	Kraut
*	Common wormwood	herb	<i>Artemisia absinthium</i>	Wermut	Kraut
	Condurango	bark	<i>Marsdenia cundurango</i>	Condurango	Rinde
	Coriander	leaves	<i>Coriandrum sativum</i>	Koriander	Blätter
	Coriander	seeds	<i>Coriandrum sativum</i>	Koriander	Früchte
	Corn	stigmas and styles	<i>Zea mays</i>	Mais	Narben und Griffel
	Corn	seeds	<i>Zea mays</i>	Mais	Samen
	Cornflower	flowers	<i>Centaurea cyanus</i>	Kornblume	Blüten
*	Couch-Grass	roots	<i>Agropyron repens</i>	Quecke	Wurzeln
	Cowberry	fruits	<i>Vaccinium vitis-idaea L.</i>	Preiselbeere	Früchte
	Cowberry	leaves	<i>Vaccinium vitis-idaea L.</i>	Preiselbeere	Blätter
*	Cowslip / Primrose	flowers	<i>Primula veris</i>	Schlüsselblume	Blüten
*	Cowslip / Primrose	roots	<i>Primula veris</i>	Schlüsselblume	Wurzeln
	Crab apple	fruits	<i>Malus sylvestris var. sylvestris</i>	Wildapfel	Früchte
	Cranberry	fruits	<i>Vaccinium macrocarpon Aiton</i>	Cranberry	Früchte
	Creeping thyme	herb	<i>Thymus serpyllum</i>	Quendel	Kraut
	Cubeb pepper	fruits	<i>Piper cubeba</i>	Kubebenpfeffer	Früchte
	Cumin	fruits	<i>Cuminum cyminum</i>	Kreuzkümmel	Früchte
*	Curcuma	roots	<i>Curcuma xanthorrhiza Roxb.</i>	Gelbwurz, javanisch	Wurzeln
	Curry leaf tree	leaves	<i>Murraya koenigii</i>	Curryblattbaum	Blätter
	Daisy	flowers	<i>Bellis perennis</i>	Gänseblümchen	Blüten
*	Damiana	leaves	<i>Turnera diffusa var. aphrodisiaca</i>	Damiana	Blätter
*	Dandelion	herb	<i>Taraxacum officinale</i>	Löwenzahn	Kraut
*	Dandelion	roots	<i>Taraxacum officinale</i>	Löwenzahn	Wurzeln
	Date	fruits	<i>Phoenix dactylifera</i>	Dattel	Früchte
	Dill	herb	<i>Anethum graveolens</i>	Dill	Kraut
	Dill	fruits	<i>Anethum graveolens</i>	Dill	Früchte
	Downy hemp nettle	herb	<i>Galeopsis segetum</i>	Hohlzahn, gelb	Kraut
*	Dwarf elder	fruits	<i>Sambucus ebulus</i>	Attich	Früchte
*	Dwarf mountain pine	shoots	<i>Pinus mugo</i>	Latschenkiefer	junge Sprosse

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* Dyer's broom	flowers	<i>Genista tinctoria</i>	Färberginster	Blüten
* Echinacea	herb	<i>Echinacea spec.</i>	Sonnenhut	Kraut
* Echinacea	roots	<i>Echinacea spec.</i>	Sonnenhut	Wurzeln
* Elacampane	roots	<i>Inula helenium</i>	Alant, echter	Wurzeln
Elder	flowers	<i>Sambucus nigra</i>	Holunder	Blüten
Elder	fruits	<i>Sambucus nigra</i>	Holunder	Früchte
Elder	leaves	<i>Sambucus nigra</i>	Holunder	Blätter
Eucalyptus	leaves	<i>Eucalyptus globulus</i>	Eucalyptus	Blätter
European barberry	fruits	<i>Berberis vulgaris</i>	Berberitze	Früchte
Eyebright	herb	<i>Euphrasia officinalis</i>	Augentrost	Kraut
Feijoa	fruits	<i>Feijoa sellowiana O.</i>	Feijoa	Früchte
Fennel	fruits	<i>Foeniculum vulgare</i>	Fenchel	Früchte
Fenugreek	seeds	<i>Trigonella foenum-graecum</i>	Bockshorn	Samen
Field horsetail	herb	<i>Equisetum arvense L.</i>	Ackerschachtelhalm	Kraut
Field poppy	flowers	<i>Papaver rhoeas</i>	Klatschmohn	Blüten
Fig	fruits	<i>Ficus carica</i>	Feige	Früchte
* Fir	shoots	<i>Abies spec.</i>	Tanne	junge Sprosse
Fleawort	seeds	<i>Plantago psyllium</i>	Flohsamen	Samen
Foxtail amaranth / Love-lies-bleeding	seeds	<i>Amaranthus caudatus</i>	Gartenfuchs-schwanz	Samen
Fragrant sumac	bark	<i>Rhus aromatica</i>	Gewürzsumach	Rinde
Fragrant sumac	root bark	<i>Rhus aromatica</i>	Gewürzsumach	Wurzel-rinde
* French bean	pods	<i>Phaseolus vulgaris</i>	Gartenbohne	Hülsen
French bean	seeds	<i>Phaseolus vulgaris</i>	Gartenbohne	Samen
* Fumitory	herb	<i>Fumaria officinalis</i>	Erdrach	Kraut
* Galangal	roots	<i>Alpinia galanga</i>	Galgant	Wurzeln
Garden nasturtium	herb	<i>Tropaeolum majus</i>	Kapuzinerkresse	Kraut
Garden pea	seeds	<i>Pisum sativum</i>	Erbse	Samen
Garden rhubarb	stems	<i>Rheum rhabarbarum</i>	Garten-Rhabarber	Stiele
Garlic	bulb	<i>Allium sativum</i>	Knoblauch	Zwiebel
Ginger	roots	<i>Zingiber officinale</i>	Ingwer	Wurzeln
* Ginkgo	leaves	<i>Ginkgo biloba</i>	Ginkgo	Blätter
* Ginseng	roots	<i>Panax ginseng</i>	Ginseng	Wurzel
Globe artichoke	leaves	<i>Cynara cardunculus</i>	Artischocke	Blätter
Goat's rue	herb	<i>Galega officinalis L.</i>	Geißraute / Geißklee	Kraut
Golden root	roots	<i>Rhodiola Rosea</i>	Rosenwurz	Wurzeln
Golden root	herb	<i>Rhodiola Rosea</i>	Rosenwurz	Kraut
* Goldenrod	herb	<i>Solidago virgaurea</i>	Goldrute	Kraut
Grape	leaves	<i>Vitis vinifera L.</i>	Wein	Blätter
Grape	fruits	<i>Vitis vinifera L.</i>	Wein	Früchte
Grapefruit	peel	<i>Citrus paradisi Macf.</i>	Grapefruit	Schalen
Grapefruit	fruits	<i>Citrus paradisi Macf.</i>	Grapefruit	Früchte
Greek mountain tea	herb	<i>Sideritis spec.</i>	Bergkräutertee	Kraut
Greek sage	leaves	<i>Salvia triloba</i>	Salbei, dreilappig	Blätter

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Green cabbage / Kale	leaves	<i>Brassica oleracea</i> convar. <i>acephala</i> var. <i>sabellica</i> L.	Grünkohl	Blätter
* Ground ivy	leaves	<i>Glechoma hederacea</i>	Gundelrebekraut	Blätter
Guarana	seeds	<i>Paullinia cupana</i>	Guarana	Samen
Guava	fruits	<i>Psidium guajava</i>	Guave	Früchte
* Gymnema	leaves	<i>Gymnema silvestre</i>	Gymnema	Blätter
* Hairy rupturewort	herb	<i>Herniaria hirsuta</i>	Bruchkraut, rauh	Kraut
* Hawthorn	flowers	<i>Crataegus spec.</i>	Weißdorn	Blüten
* Hawthorn	fruits	<i>Crataegus spec.</i>	Weißdorn	Früchte
* Hawthorn	leaves	<i>Crataegus spec.</i>	Weißdorn	Blätter
Hazelnut	leaves	<i>Corylus avellana</i>	Haselnuss	Blätter
Hazelnut	seeds	<i>Corylus avellana</i>	Haselnuss	Samen
* Heartsease	herb	<i>Viola tricolor</i>	Stiefmütterchen, wildes	Kraut
Heather	flowers	<i>Calluna vulgaris</i>	Heidekraut	Blüten
Heather	herb	<i>Calluna vulgaris</i>	Heidekraut	Kraut
Hemp	seeds	<i>Cannabis sativa</i>	Hanf	Samen
Hemp	leaves	<i>Cannabis sativa</i>	Hanf	Blätter
* Herb bennet	herb	<i>Geum urbanum</i>	Nelkenwurz	Kraut
* Herb bennet	roots	<i>Geum urbanum</i>	Nelkenwurz	Wurzel
* Herb of grace / Rue	herb	<i>Ruta graveolens</i>	Raute	Kraut
Hibiscus	flowers [calyxes]	<i>Hibiscus sabdariffa</i>	Hibiskus	Blüten [Blütenkelche]
Hibiscus	seeds	<i>Hibiscus sabdariffa</i>	Hibiskus	Samen
Hollyhock	flowers	<i>Althaea rosea</i>	Stockrose	Blüten
Holy basil	herb	<i>Ocimum sanctum</i>	Tulsi	Kraut
Holy thistle	herb	<i>Cnicus benedictus</i>	Benediktendistel	Kraut
Honey bush	herb	<i>Cyclopia genistoides</i>	Honigbusch	Kraut
Hop	flowers	<i>Humulus lupulus</i>	Hopfen	Blüten
* Horehound	herb	<i>Marrubium vulgare</i>	Andorn	Kraut
* Horse-Chestnut	bark	<i>Aesculus hippocastanum</i>	Roßkastanie	Rinde
* Horse-Chestnut	flowers	<i>Aesculus hippocastanum</i>	Roßkastanie	Blüten
* Horse-Chestnut	leaves	<i>Aesculus hippocastanum</i>	Roßkastanien	Blätter
* Horse-Chestnut	seeds	<i>Aesculus hippocastanum</i>	Roßkastanie	Samen
Horseradish	roots	<i>Armoracia rusticana</i>	Meerrettich	Wurzeln
Hyssop	herb	<i>Hyssopus officinalis</i>	Ysop	Kraut
* Iceland moss	thallus	<i>Cetraria islandica</i>	Moos, isländisch	Thallus
Jambolan / Java plum	fruits	<i>Syzygium cumini</i>	Jambolanbaum	Früchte
Jerusalem artichoke	tubers	<i>Helianthus tuberosus</i>	Topinambur	Knollen
Juniper	fruits	<i>Juniperus communis</i>	Wacholder	Früchte
* Juniper	shoots	<i>Juniperus communis</i>	Wacholder	junge Sprosse
* Juniper	wood	<i>Juniperus communis</i>	Wacholder	Holz
Kiwi	fruits	<i>Actinidia deliciosa</i>	Kiwi	Früchte
* Knotgrass	herb	<i>Polygonum aviculare</i>	Vogelknöterich	Kraut
* Ladies mantle	herb	<i>Alchemilla vulgaris</i>	Frauenmantel	Kraut

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Lapacho	bark	<i>Tebebuia impetiginosa</i>	Lapacho	Rinde
* Larkspur	flowers	<i>Delphinium consolida</i>	Rittersporn	Blüten
Lavender	flowers	<i>Lavandula officinalis</i>	Lavendel	Blüten
Leek	leaves	<i>Allium porrum</i>	Lauch	Blätter
Lemon	peel	<i>Citrus limon(um)</i>	Zitrone	Schalen
Lemon	fruits	<i>Citrus limon(um)</i>	Zitrone	Früchte
Lemon balm	leaves	<i>Melissa officinalis</i>	Melisse	Blätter
Lemon myrtle	leaves	<i>Backhousia citriodora</i>	Zitronenmyrte	Blätter
Lemon savory	herb	<i>Satureja biflora</i>	Zitronenkraut	Kraut
Lemon thyme	herb	<i>Thymus citriodorus</i>	Zitronenthymian	Kraut
Lemon verbena	herb	<i>Lippia triphylla</i>	Zitronenverbene	Kraut
Lemongrass	herb	<i>Cymbopogon citratus</i>	Zitronengras	Kraut
* Lignum vitae	wood	<i>Guajacum officinale</i>	Guajak	Holz
Lime	peel	<i>Citrus aurantiifolia</i>	Limette / Limone	Schalen
Lime	fruits	<i>Citrus aurantiifolia</i>	Limette / Limone	Früchte
Lime / Linden	flowers	<i>Tilia cordata / Tilia platyphyllos</i>	Linde	Blüten
Lime / Linden	leaves	<i>Tilia cordata / Tilia platyphyllos</i>	Linde	Blätter
Linseed	seeds	<i>Linum usitatissimum</i>	Lein	Samen
* Liquorice	roots	<i>Glycyrrhiza glabra</i>	Süßholz	Wurzeln
Lovage	fruits	<i>Levisticum officinale</i>	Liebstöckel	Früchte
Lovage	herb	<i>Levisticum officinale</i>	Liebstöckel	Kraut
Lovage	roots	<i>Levisticum officinale</i>	Liebstöckel	Wurzeln
Lucerne	herb	<i>Medicago sativa</i>	Luzerne	Kraut
Lupin	seeds	<i>Lupinus spec.</i>	Lupine	Samen
Macadamia	seeds	<i>Macadamia ternifolia</i>	Macadamia	Samen
Mallow	flowers	<i>Malva silvestris</i>	Malve	Blüten
Mallow	leaves	<i>Malva silvestris</i>	Malve	Blätter
Mandarin orange	peel	<i>Citrus nobilis var. deliciosa / Citrus reticulata</i>	Mandarine	Schalen
Mandarin orange	fruits	<i>Citrus nobilis var. deliciosa / Citrus reticulata</i>	Mandarine	Früchte
Mango	fruits	<i>Mangifera indica</i>	Mango	Früchte
Manna ash	resin	<i>Fraxinus ornus</i>	Manna-Esche	Harz
Marigold	flowers	<i>Calendula officinalis</i>	Ringelblume	Blüten
Marjoram	fruits	<i>Origanum majorana</i>	Majoran	Früchte
Marjoram	herb	<i>Origanum majorana</i>	Majoran	Kraut
* Marshmallow	leaves	<i>Althaea officinalis</i>	Eibisch	Blätter
* Marshmallow	roots	<i>Althaea officinalis</i>	Eibisch	Wurzeln
Maté	leaves	<i>Ilex paraguariensis</i>	Mate	Blätter
Meadowsweet	flowers	<i>Filipendula ulmaria</i>	Mädesüß	Blüten
Meadowsweet	herb	<i>Filipendula ulmaria</i>	Mädesüß	Kraut
Melon	fruits	<i>Cucumis melo</i>	Melone	Früchte
* Mexican Valerian	roots	<i>Valeriana edulis</i>	Baldrian, mexikanisch	Wurzeln
Millet	seeds	<i>Panicum miliaceum</i>	Rispenhirse	Samen
Mint	herb	<i>Mentha spec.</i>	Minze	Kraut
Mistletoe	herb	<i>Viscum album</i>	Mistel	Kraut

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Moldavian dragonhead	herb	<i>Dracocephalum moldavica L.</i>	Drachenkopf	Kraut
Morello cherry	fruits	<i>Prunus cerasus</i>	Sauerkirsche	Früchte
Morello cherry	stems	<i>Prunus cerasus</i>	Sauerkirsche	Stiele
Mugwort	herb	<i>Artemisia vulgaris</i>	Beifuss	Kraut
* Mullein	flowers	<i>Verbascum spec.</i>	Wollblume	Blüten
* Mullein	leaves	<i>Verbascum spec.</i>	Wollblume	Blätter
Nettle	herb	<i>Urtica spec.</i>	Brennessel	Kraut
* Nettle	roots	<i>Urtica spec.</i>	Brennessel	Wurzeln
* Norway spruce	leaves	<i>Picea abies</i>	Fichte	Blätter
* Nutmeg	aril	<i>Myristica fragrans</i>	Muskat	Mazis
* Nutmeg	seeds	<i>Myristica fragrans</i>	Muskat	Samen
Oats	seeds	<i>Avena sativa</i>	Hafer	Samen
Oats, green	herb	<i>Avena sativa</i>	Hafer, grün	Kraut
Olive	leaves	<i>Olea europaea L.</i>	Olive	Blätter
Onion	bulbs	<i>Allium cepa</i>	Zwiebel	Zwiebeln
Oregano	herb	<i>Origanum vulgare</i>	Oregano	Kraut
Papaya	fruits	<i>Carica papaya</i>	Melonenbaum / Papaya	Frucht
Papaya	leaves	<i>Carica papaya</i>	Melonenbaum / Papaya	Blätter
Paprika	fruits	<i>Capsicum annuum</i>	Paprika	Früchte
Parsley	leaves	<i>Petroselinum spec.</i>	Petersilie	Blätter
Parsley	roots	<i>Petroselinum spec.</i>	Petersilie	Wurzeln
Parsley	fruits	<i>Petroselinum spec.</i>	Petersilie	Früchte
Parsnip	roots	<i>Pastinaca sativa</i>	Pastinak	Wurzeln
* Passion flower	herb	<i>Passiflora incarnata</i>	Passionsblume	Kraut
Passion fruit	fruits	<i>Passiflora edulis</i>	Maracuja	Früchte
Peach	fruits	<i>Persica vulgaris</i>	Pfirsich	Früchte
Pear	fruits	<i>Pyrus communis</i>	Birne	Früchte
* Pennyroyal	herb	<i>Mentha pulegium</i>	Poleiminze	Kraut
* Peony	flowers	<i>Paeonia officinalis</i>	Pfingstrose	Blüten
Pepper (green, black, white)	fruits	<i>Piper nigrum</i>	Pfeffer (grün, schwarz, weiß)	Früchte
Peppermint	leaves	<i>Mentha piperita</i>	Pfefferminze	Blätter
Pimpernel	herb	<i>Pimpinella major</i>	Bibernelle	Kraut
Pimpernel	roots	<i>Pimpinella major</i>	Bibernelle	Wurzeln
Pineapple	fruits	<i>Ananas comosus</i>	Ananas	Früchte
Pistachio	seeds	<i>Pistacia vera</i>	Pistazien	Samen
Plantain	herb	<i>Plantago major</i>	Breitwegerich	Kraut
Plum	fruits	<i>Prunus domestica</i>	Pflaumen	Früchte
Pomgranate	fruits	<i>Punica granatum L.</i>	Granatapfel	Früchte
Poppy	seeds	<i>Papaver somniferum L.</i>	Blaumohn	Samen
Pumpkin	seeds	<i>Cucurbita pepo</i>	Kürbis	Samen
Purging cassia	fruits	<i>Cassia fistula</i>	Röhrenkassie	Früchte
* Quassia	wood	<i>Quassia amara</i>	Bitterholz	Holz
Quince	fruits	<i>Cydonia oblonga</i>	Quitte	Früchte
Radish	roots	<i>Raphanus sativus</i>	Rettich	Wurzeln

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Raspberry	fruits	<i>Rubus idaeus</i>	Himbeere	Früchte
Raspberry	leaves	<i>Rubus idaeus</i>	Himbeere	Blätter
Red amaranth	seeds	<i>Amaranthus cruentus</i>	Rispenfuchsschwanz	Samen
Red clover	herb	<i>Trifolium pratense L.</i>	Rotklee	Kraut
Red clover	flowers	<i>Trifolium pratense L.</i>	Rotklee	Blüten
Red currant	fruits	<i>Ribes rubrum</i>	Johannisbeere, rot	Früchte
* Red sandalwood	wood	<i>Pterocarpus santalinus</i>	Sandelholz, rot	Holz
Rhatany	roots	<i>Krameria triandra</i>	Ratanhia	Wurzeln
Ribwort plantain	herb	<i>Plantago lanceolata L.</i>	Spitzwegerich	Kraut
Rice	seeds	<i>Oryza sativa</i>	Reis	Samen
Roman camomile	flowers	<i>Anthemis nobilis</i>	Kamille, römisch	Blüten
Rooibos	herb	<i>Aspalathus linearis</i>	Rooibos	Kraut
Rose	petals	<i>Rosa spec.</i>	Rose	Blütenblätter
Rose hip	fruits	<i>Rosa canina</i>	Hagebutte	Früchte
Rosemary	leaves	<i>Rosmarinus officinalis</i>	Rosmarin	Blätter
Rowan	fruits	<i>Sorbus aucuparia L.</i>	Eberesche / Vogelbeere	Früchte
Sacred lotus	flowers	<i>Nelumbo nucifera</i>	Lotus, indisch	Blüten
Safflower	flowers	<i>Carthamus tinctorius</i>	Färberdistel/ Saflor	Blüten
* Saffron	stigmata and styles	<i>Crocus sativus</i>	Safran	Narben und Griffel
Sage	leaves	<i>Salvia officinalis L.</i>	Salbei	Blätter
* Sandy everlasting	flowers	<i>Helichrysum arenarium</i>	Katzenpfötchen, gelb	Blüten
* Sarsaparilla	roots	<i>Smilax spec.</i>	Sarsaparill	Wurzeln
Savory	herb	<i>Satureja hortensis</i>	Bohnenkraut	Kraut
* Schisandra	fruits	<i>Schisandra chinensis</i>	Schisandra	Früchte
Sea buckthorn	fruits	<i>Hippophae rhamnoides</i>	Sanddorn	Früchte
* Seneca snakeroot	roots	<i>Polygala senega</i>	Senega	Wurzeln
* Shepherd's purse	herb	<i>Capsella bursa pastoris</i>	Hirtentäschel	Kraut
Shiitake mushroom	fruiting body	<i>Lentinus edodes</i>	Schitake / Shiitake	Fruchtkörper
* Siberian ginseng	roots	<i>Eleutherococcus senticosus</i>	Taigawurzel	Wurzeln
Silver lime	flowers	<i>Tilia argentea / Tilia tomentosa</i>	Silberlinde	Blüten
Silver lime	leaves	<i>Tilia argentea / Tilia tomentosa</i>	Silberlinde	Blätter
Silverweed	herb	<i>Potentilla anserina</i>	Gänsefingerkraut	Kraut
Sloe	fruits	<i>Prunus spinosa</i>	Schlehe	Früchte
* Smooth rupturewort	herb	<i>Herniaria glabra</i>	Bruchkraut, kahl	Kraut
* Soap-bark tree	bark	<i>Quillaja saponaria</i>	Seifenrindenbaum	Rinde
Sorrel	herb	<i>Rumex acetosa</i>	Sauerampfer	Kraut
Southernwood	herb	<i>Artemisia abrotanum</i>	Eberraute	Kraut
Spearmint	leaves	<i>Mentha spicata var. crispa</i>	Krauseminze	Blätter
Spelt	seeds	<i>Triticum spelta</i>	Dinkel	Samen
Spinach	leaves	<i>Spinacia oleracea</i>	Spinat	Blätter
Spirulina	algae	<i>Spirulina platensis</i>	Spirulina	Alge
Sprouting broccoli	flowers and stems	<i>Brassica oleracea convar. botrytis var. italica</i>	Brokkoli	Blütenstand und Stengel

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* St. John's Wort	flowers ³	<i>Hypericum perforatum</i>	Johanniskraut	Blüten ³
* St. John's Wort	herb ³	<i>Hypericum perforatum</i>	Johanniskraut	Kraut ³
Star anise	fruits	<i>Illicium verum</i>	Sternanis	Früchte
Stinging nettle	leaves	<i>Urtica dioica</i>	Brennnessel	Blätter
Strawberry	fruits	<i>Fragaria ananassa</i>	Erdbeere	Früchte
Strawberry	leaves	<i>Fragaria ananassa</i>	Erdbeere	Blätter
Sunflower	petals	<i>Helianthus annuus</i>	Sonnenblume	Blütenblätter
Sunflower	seeds	<i>Helianthus annuus</i>	Sonnenblume	Samen
Sweet basil	herb	<i>Ocimum basilicum</i>	Basilikum	Kraut
Sweet blackberry	leaves	<i>Rubus suavissimus</i> S. Lee	Brombeere, süß	Blätter
Sweet cherry	fruits	<i>Prunus avium ssp. avium</i>	Süßkirsche	Früchte
Sweet cherry	stems	<i>Prunus avium ssp. avium</i>	Süßkirsche	Stiele
Sweet fennel	fruits	<i>Foeniculum vulgare var. dulce</i>	Fenchel, süß	Früchte
Sweet olive	flowers	<i>Osmanthus fragrans</i>	Osmanthus / Kwai Hua Chin Hsuan	Blüten
Sweet orange	flowers	<i>Citrus sinensis</i>	Orange	Blüten
Sweet orange	leaves	<i>Citrus sinensis</i>	Orange	Blätter
Sweet orange	peel	<i>Citrus sinensis</i>	Orange	Schalen
Sweet orange	fruits	<i>Citrus sinensis</i>	Orange	Früchte
Sweet trefoil	herb	<i>Trigonella coerulea</i>	Schabzigerklee	Kraut
* Sweet violet	flowers	<i>Viola odorata</i>	Märzveilchen	Blüten
* Sweet woodruff	herb	<i>Asperula odorata</i>	Waldmeister	Kraut
Tamarind	fruits	<i>Tamarindus indica</i>	Tamarinde	Früchte
Tarragon	leaves	<i>Artemisia dracunculus</i>	Estragon	Blätter
Tea plant	leaves and buds, stems, flowers	<i>Camellia sinensis</i>	Teestrauch	Blätter und Blattknospen, Stengel, Blüten
Tea tree	leaves	<i>Melaleuca alternifolia</i>	Teebaum	Blätter
Thyme	herb	<i>Thymus vulgaris</i>	Thymian	Kraut
Toadflax	herb	<i>Linaria vulgaris</i>	Leinkraut	Kraut
* Tonka bean	seeds	<i>Dipteryx odorata</i>	Tonkabohne	Samen
* Tormentil	roots	<i>Potentilla tormentilla</i>	Tormentill	Wurzeln
Turmeric	roots	<i>Curcuma domestica / Curcuma longa</i>	Kurkuma	Wurzeln
* Valerian	roots	<i>Valeriana officinalis</i>	Baldrian	Wurzeln
Vanilla	fruits	<i>Vanilla fragrans</i>	Vanille	Früchte
* Walnut	leaves	<i>Juglans regia</i>	Walnuß	Blätter
Walnut	seeds	<i>Juglans regia</i>	Walnuß	Samen
Watercress	herb	<i>Nasturtium officinale</i>	Brunnenkresse	Kraut
Watermint	herb	<i>Mentha aquatica</i>	Wassermintze	Kraut
Wheat	seeds	<i>Triticum sativum</i>	Weizen	Samen
White deadnettle	flowers	<i>Lamium album</i>	Taubnessel, weiss	Blüten
White deadnettle	herb	<i>Lamium album</i>	Taubnessel, weiss	Kraut
White jasmine	flowers	<i>Jasminum officinale</i>	Jasmin	Blüten
White mulberry	fruits	<i>Morus alba</i> L.	Maulbeere, weiss	Früchte

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White mulberry	leaves	<i>Morus alba L.</i>	Maulbeere, weiss	Blätter
White mustard	seeds	<i>Sinapis alba</i>	Senf, weiss	Samen
* Wild angelica	fruits	<i>Angelica silvestris</i>	Angelika, wilde	Früchte
* Wild angelica	herb	<i>Angelica silvestris</i>	Angelika, wilde	Kraut
* Wild angelica	roots	<i>Angelica silvestris</i>	Angelika, wilde	Wurzeln
Wild Pear	fruits	<i>Pyrus communis</i>	Wildbirne	Früchte
Wild strawberry	fruits	<i>Fragaria vesca</i>	Walderdbeere	Früchte
Wild strawberry	leaves	<i>Fragaria vesca</i>	Walderdbeere	Blätter
Willow herb	herb	<i>Epilobium angustifolium L.</i>	Weidenröschen, schmalblättriges	Kraut
* Witch hazel	bark	<i>Hamamelis virginiana</i>	Hamamelis	Rinde
* Witch hazel	leaves	<i>Hamamelis virginiana</i>	Hamamelis	Blätter
Wood betony	herb	<i>Betonica officinalis</i>	Betonie	Kraut
* Yarrow	flowers	<i>Achillea millefolium</i>	Schafgarbe	Blüten
* Yarrow	herb	<i>Achillea millefolium</i>	Schafgarbe	Kraut
Yellow bedstraw	herb	<i>Galium verum</i>	Labkraut, echt	Kraut
* Yellow gentian	roots	<i>Gentiana lutea</i>	Enzian, gelb	Wurzeln
* Yellow sweet clover	herb	<i>Melilotus officinalis</i>	Steinklee	Kraut
Zedoary	roots	<i>Curcuma zedoaria</i>	Zitwer	Wurzeln
* = restricted quantity recommended				
1 = only used in combination with flowers				
2 = including Camomilla setacciata for Italy (i.e. tubular flowers of <i>Matricaria chamomilla</i> / <i>Matricaria recutita</i>)				
3 = According to REGULATION (EC) No 1334/2008 OF THE EUROPEAN PARLIAMENT AND OF THE COUNCIL the condition of use for <i>Hypericum perforatum</i> 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'				
Note: EHIA also regards <i>Stevia rebaudiana</i> as a foodstuff. According to Commission Decision 2000/196/EC (Official Journal of the European Communities L 61/14, 8.03.2000) Stevia has been taken out of the list but nevertheless EHIA will defend this drug.				

Status: 13th January, 2010