

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 use 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 Wirtschaftvereinigung Kräuter- und Früchtetee 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.

INVENTORY LIST OF HERBALS CONSIDERED AS FOOD

English name	Latin name	German name
* Agrimony, herb	<i>Agrimonia eupatoria</i>	Odermennigkraut
Alfalfa, herb	<i>Medicago sativa</i>	Alfalfakraut
Allspice, fruit	<i>Pimenta officinalis</i>	Pimentfrüchte
Almond, bran	<i>Amygdala</i>	Mandelkleie
Almond, flowers	<i>Amygdala</i>	Mandelblüten
Almond, nuts	<i>Amygdala</i>	Mandel
* Alpine Ladies mantle, herb	<i>Alchemilla alpina</i>	Silbermantelkraut
* Anise hyssop	<i>Agastache anisata</i> (<i>Agastache foeniculum</i>)	Anisysop
Aniseed	<i>Pimpinella anisum</i>	Anisfrüchte
Apple, fruit	<i>Pyrus malus</i>	Äpfel
Apricot, fruit	<i>Armeniaca vulgaris</i>	Aprikosen(früchte)
Banana, fruit	<i>Musa paradisiaca</i>	Bananen(früchte)
Barberries	<i>Berberis vulgaris</i>	Berberitzenfrüchte
Barley, seeds	<i>Hordeum vulgare</i>	Gerstenkörner
Basil, herb	<i>Ocimum basilicum</i>	Basilienkraut
Basil, herb	<i>Ocimum suave</i>	Königskraut (Basilienkraut)
Bay, leaves	<i>Laurus nobilis</i>	Lorbeerblätter
Bergamot, flowers	<i>Monarda didyma</i>	Goldmelissenblüten
* Bermuda Grass, rhizome	<i>Cynodon dactylon</i>	Queckenwurzstock ital.
Bilberry, fruit	<i>Vaccinium myrtillus</i>	Heidelbeeren
Bilberry, leaves	<i>Vaccinium myrtillus</i>	Heidelbeerblätter
* Birch, leaves	<i>Betula spec.</i>	Birkenblätter
Bitter Orange Tree, peel	<i>Citrus spec.</i>	Curacaoschalen
Bitter Orange, flowers	<i>Citrus aurantium var. amara</i>	Pomeranzenblüten
Bitter Orange, leaves	<i>Citrus aurantium var. amara</i>	Pomeranzenblätter
Bitter Orange, peel	<i>Citrus aurantium var. amara</i>	Pomeranzenschalen
Black Mustard, seeds	<i>Brassica nigra</i>	Senfkörner schwarz
Blackberry, fruit	<i>Rubus fruticosus</i>	Brombeeren
Blackberry, leaves	<i>Rubus fruticosus</i>	Brombeerblätter
Blackcurrant, fruit	<i>Ribes nigrum</i>	Johannisbeeren schwarz
Blackcurrant, leaves	<i>Ribes nigrum</i>	Johannisbeerblätter schwarz
Blond Psyllium, husk	<i>Plantago ovata</i>	Flohsamenschalen indisch
Blue Flag Iris, rhizome	<i>Iris versicolor</i>	Iriswurzstock
* Boldu, leaves	<i>Peumus boldus</i>	Boldoblätter
Borage, herb	<i>Borrago officinalis</i>	Boretschkraut
Buchu, leaves	<i>Barosma betulina</i>	Buccoblätter
Buckwheat, herb	<i>Fagopyrum esculentum</i>	Buchweizenkraut
Buckwheat, seeds	<i>Fagopyrum esculentum</i>	Buchweizenfrüchte
* Burdock, root	<i>Arctium majus</i>	Klettenwurzel
Cabbage, leaves	<i>Brassica oleracea</i>	Kohlblätter
Cacao, husk	<i>Theobroma cacao</i>	Kakaoschalen
Camomile, flowers	<i>Matricaria chamomille</i>	Kamillenblüten
Camomile, herb	<i>Matricaria chamomille</i>	Kamillenkraut
Camomile, seeds	<i>Matricaria chamomille</i>	Kamillensamen
Caraway, seeds	<i>Carum carvi</i>	Kümmelfrüchte
Cardamom, fruit	<i>Elettaria cardamomum</i>	Kardamomen
Cardamom, husk	<i>Elettaria cardamomum</i>	Kardamomenschalen
Carob, fruit	<i>Ceratonia siliqua</i>	Johannisbrot
* Carrageen, herb	<i>Chondrus crispus</i>	Moos irländisch
Carrot	<i>Daucus carota</i>	Karotten
Cassia, flowers	<i>Cinnamomum spec.</i>	Cassiablüten
* Cat's foot, flowers	<i>Antennaria dioica</i>	Katzenpfötchenblüten rot
Catnip, herb	<i>Nepeta cataria</i>	Katzenminzkraut
Catuaba	<i>Erythroxylon catuaba martius</i>	Catuaba
Cayenne Pepper, fruit	<i>Capsicum frutescens</i>	Cayennepfefferfrüchte
Celery, leaves	<i>Apium graveolens</i>	Sellerieblätter
Celery, root	<i>Apium graveolens</i>	Selleriewurzel

	Celery, seeds		Apium graveolens		Selleriefrüchte
*	Centaury, herb		Erythraea centaurium		Tausendgüldenkraut
	Cherry, stalks		Prunus cerssus		Kirschenstiele
	Chervil, herb		Anthriscus cerefolium		Gartenkerbelkraut
	Chick pea, seeds		Cicer arietinum		Kichererbse
	Chicory, herb		Cichorium intybus		Zichorienkraut
	Chicory, root		Cichorium intybus		Zichorienwurzel
*	Chiretta, herb		Sweertia chirata		Chirettakraut indisch
	Chrysanthemum		Chrysanthemum morifolium Ramat.		Chrysanthemen
	Cinnamon, bark		Cinnamomum spec.		Zimt
	Clary Sage, flowers		Salvia sclarea		Muskatellersalbeiblüten
	Clary Sage, leaves		Salvia sclarea		Muskatellersalbeiblätter
	Clove, buds		Eugenia caryophyllata		Gewürznelken
	Club Moss, herb		Lycopodium clavatum		Bärlappkraut
	coconut, flakes		Cocos nucifera		Kokosflocken
	Cola Nut, seeds		Cola vera		Kolanüsse
	Common Speedwell, herb		Veronica officinalis		Ehrenpreis
*	Common Wormwood, herb		Artemisia absinthium		Wermutkraut
	Condor Vine, bark		Marsdenia condurango		Condurangorinde
	Coriander, leaves		Coriandrum sativum		Korianderblätter
	Coriander, seeds		Coriandrum sativum		Korianderfrüchte
	Cornflower, flowers		Centaurea cyanus		Kornblumenblüten
	Cornsilks		Zea mays		Maisgriffel
*	Couch-Grass, rhizome		Agropyron repens		Queckenwurzel echt
*	Cowslip, Oxslip, flowers		Primula elatior, P. veris		Schlüsselblumenblüten
*	Cowslip, Oxslip, root		Primula elatior, P. veris		Schlüsselblumenwurzel
	Cranberry, fruit		Vaccinium vitis idaea		Preiselbeeren
	Cranberry, leaves		Vaccinium vitis idaea		Preiselbeerblätter
	Creeping Thyme, herb		Thymus serpyllum		Quendelkraut
	Cumin, seeds		Cuminum cyminum		Kreuzkümmel
*	Curcuma, root		Curcuma domestica		Gelbwurz javanisch
	Curled Mint, leaves		Mentha spicata var. crispata		Krauseminzblätter
	Currants		Vitis vinifera		Korinthen
	Daisy, flowers		Bellis perennis		Gänseblümchenblüten
*	Damiana, leaves		Turnera diffusa var. aphrodis		Damianablätter
*	Dandelion, herb		Taraxacum officinale		Löwenzahnkraut
*	Dandelion, herb, root		Taraxacum officinale		Löwenzahn
*	Dandelion, root		Taraxacum officinale		Löwenzahnwurzel
	Date Palm, fruit		Phoenix dactylifera		Datteln
	Dead Nettle, flowers		Lamium album		Taubnesselblüten
	Dead Nettle, herb		Lamium album		Taubnesselkraut
	Dill, herb		Anethum graveolens		Dillkraut
	Dill, seeds		Anethum graveolens		Dillfrüchte
	Dwarf Elder, fruit		Sambucus ebulus		Attichbeeren
	Dwarf Elder, root		Sambucus ebulus		Attichwurzel
*	Dwarf montain pine		Pinus mugo var. pumillio		Latschenkiefersprosse
*	Dyer's Broom, flowers		Genista tinctoria		Färberginsterblüten
*	Echinacea, herb		Echinacea spec.		Sonnenhutkraut
*	Echinacea, root		Echinacea spec.		Sonnenhutwurzel
*	Elacampane, rhizome		Inula helenium		Alantwurzelstock
	Elder, flowers		Sambucus nigra		Holunderblüten
	Elder, fruit		Sambucus nigra		Holunderbeeren
	Elder, leaves		Sambucus nigra		Holunderblätter
	Eucalyptus, leaves		Eucalyptus spec.		Eucalyptusblätter
	Eyebright, herb		Euphrasia officinalis		Augentrostkraut
	Fennel, seeds		Foeniculum vulgare		Fenchelfrüchte
	Fenugreek, seeds		Trigonella foenum-graecum		Bockshornsamensamen
*	Field Larkspur, flowers		Delphinium consolida		Ritterspornblüten
	Fig tree, fruit		Ficus carica		Feigen
*	Fir, shoots		Abies spec.		Tannenspitzen
	Fleawort, seeds		Plantago psyllium		Flohensamen
	Florence Fennel, seeds		Foeniculum dulce		Fenchelfrüchte süß

Fragrant Sumac, bark	<i>Rhus aromatica</i>	Gewürzsumachrinde
Fragrant Sumac, bark	<i>Rhus aromatica</i>	Gewürzsumachwurzelrinde
* French Bean, pods	<i>Phaseolus vulgaris</i>	Bohnenhülsen
French Bean, seeds	<i>Phaseolus vulgaris</i>	Gartenbohnsamen
* Fumitory, herb	<i>Fumaria officinalis</i>	Erdrauchkraut
Fustic wood	<i>Morus tinctoria</i>	Gelbholz
Garden Asparagus, rhizome	<i>Asparagus officinalis</i>	Spargelwurzelstock
Garlic, bulb	<i>Allium sativum</i>	Knoblauchknolle
Ginger, rhizome	<i>Zingiber officinale</i>	Ingwerwurzel
* Ginkgo, leaves	<i>Ginkgo biloba</i>	Ginkgoblätter
* Ginseng, root	<i>Panax ginseng</i>	Ginsengwurzel
Globe Artichoke, leaves	<i>Cynara cardunculus</i>	Artischockenblätter
Grape, leaves	<i>Vitis vinifera</i> L.	Weinblätter
* Greater Galangal, rhizome	<i>Alpinia galanga</i>	Galgantwurzel
Greek Sage, leaves	<i>Salvia triloba</i>	Salbeiblätter dreilappig
Guar, gum	<i>Cyanopsis tetragonoloba</i>	Guargummi
Guava, fruit	<i>Psidium guajava</i>	Guaven
Gurnana, seeds	<i>Paullinia cupana</i>	Guaranasamen
* Gymnema, leaves	<i>Gymnema silvestre</i>	Gymnemablätter
* Hawthorn, flowers	<i>Crataegus spec.</i>	Weißdornblüten
* Hawthorn, fruit	<i>Crataegus spec.</i>	Weißdornbeeren
* Hawthorn, leaves and flowers	<i>Crataegus spec.</i>	Weißdornblätter (m. Blüten)
Hazel, leaves	<i>Corylus avellana</i>	Haselnussblätter
Hazel, seeds	<i>Corylus avellana</i>	Haselnüsse
Hemp, seeds	<i>Cannabis sativa</i> var. <i>indica</i>	Hanfkörner, indisch
* Herb Bennet, herb	<i>Geum urbanum</i>	Nelkenwurzkraut
* Herb Bennet, root	<i>Geum urbanum</i>	Nelkenwurzel
Hibiscus, flowers	<i>Hibiscus sabdariffa</i>	Hibiscusblüten
Hibiscus, seeds	<i>Hibiscus sabdariffa</i>	Hibiscussamen
* Holly, leaves	<i>Ilex aquifolium</i>	Stechpalmenblätter
Hollyhock, flowers	<i>Althaea rosea</i>	Stockrosenblüten
Holy basil, herb	<i>Ocimum sanctum</i>	Mönchsbasilienkraut
Holy Thistle, herb	<i>Cnicus benedictus</i>	Benediktenkraut
Honey Bush	<i>Cyclopia genistoides</i>	Honigbusch
Hops	<i>Humulus lupulus</i>	Hopfenzapfen
Hops, gland	<i>Humulus lupulus</i>	Hopfendrüsen, Lupulin
* Horehound, herb	<i>Marrubium vulgare</i>	Andornkraut
* Horse-Chestnut, bark	<i>Aesculus hippocastanum</i>	Roßkastanienrinde
* Horse-Chestnut, flowers	<i>Aesculus hippocastanum</i>	Roßkastanienblüten
* Horse-Chestnut, leaves	<i>Aesculus hippocastanum</i>	Roßkastanienblätter
* Horse-Chestnut, seeds	<i>Aesculus hippocastanum</i>	Roßkastaniensamen
Horseradish, root	<i>Cochleria armoracia</i>	Meerrettichwurzel
Hyssop, herb	<i>Hyssopus officinalis</i>	Ysopkraut
* Iceland moss, herb	<i>Cetraria islandica</i>	Moos isländisch
Jelly-Gras	<i>Mesona spec.</i>	Jelly-Gras
Jerusalem artichoke, tubers	<i>Helianthus tuberosus</i>	Topinamburknollen
Juniper, fruit	<i>Juniperus communis</i>	Wacholderbeeren
* Juniper, shoots	<i>Juniperus communis</i>	Wacholderspitzen
* Juniper, wood	<i>Juniperus communis</i>	Wacholderholz
* Kava Kava, rhizome	<i>Piper methysticum</i>	Kawa-Kawa-Wurzelstock
Kiwi, fruit	<i>Actinidia chinensis</i>	Kiwi
* Knotgrass, herb	<i>Polygonum aviculare</i>	Vogelknöterichkraut
* Ladies Mantle, herb	<i>Alchemilla vulgaris</i>	Frauenmantelkraut
Lapacho, bark	<i>Tecoma spec.</i>	Lapachorinde
Lavender, flowers	<i>Lavandula officinalis</i>	Lavendelblüten
Leek	<i>Allium porrum</i>	Lauchstangen
Lemon Balm, leaves	<i>Melissa officinalis</i>	Melissenblätter
Lemon Myrtle	<i>Backhousia citriodora</i>	Zitronenmyrte
Lemon savory	<i>Satureja biflora</i>	Zitronenkraut afrik. (Zitronenbohnenkraut)
Lemon Verbena, herb	<i>Lippia citriodora</i>	Eisenkraut wohlriechend
Lemon, peel	<i>Citrus limonum</i>	Limonenschalen

Lemon, peel	Citrus limon	Zitronenschalen
* Lemonade Tree, fruit	Schisandra chinensis	Limonenbaumfrüchte
Lemongrass	Andropogon citratus	Zitronellgras
* Lignum vitae, wood	Guajacum officinale	Guajakholz
Lime, flowers	Tilia cordata, Tilia platyphyllos	Lindenblüten
Lime, leaves	Tilia cordata, Tilia platyphyllos	Lindenblätter
Linseed	Linum usitatissimum	Leinsamen
* Liquorice, root	Glycyrrhiza glabra	Süßholzwurzel
Locust tree, flowers	Robina Pseud-Acacia	Robinienblüten
Lovage, fruit	Levisticum officinale	Liebstockelfrüchte
Lovage, herb	Levisticum officinale	Liebstockkraut
Lovage, root	Levisticum officinale	Liebstockwurzel
Lupin, seeds	Lupinus spec.	Lupinensamen
* Mace, aril, Nutmeg	Myristica fragrans	Muskatblüte, Muskatnüsse
Maize, seeds	Zea mays	Maiskörner
Mallow, flowers	Malve silvestris	Malvenblüten (blau)
Mallow, leaves	Malve silvestris	Malvenblätter
Mandarin Orange, peel	Citrus nobilis var. deliciosa	Mandarinenschalen
Mango, fruit	Mangifera indica	Mango
Manna Ash, resin	Fraxinus ornus	Manna
Marigold, flowers	Calendula officinalis	Ringelblumenblüten
Marjoram, fruits	Origanum majorana	Majoranfrüchte
Marjoram, herb	Origanum majorana	Majorankraut
* Marshmallow, leaves	Althaea officinalis	Eibischblätter
* Marshmallow, root	Althaea officinalis	Eibischwurzel
Maté, leaves	Ilex paraguariensis	Mateblätter
Meadowsweet, flowers	Filipendula ulmaria	Mädesüßblüten
Meadowsweet, herb	Filipendula ulmaria	Mädesüßkraut
* Melilot, herb	Melilotus officinalis	Steinklee Kraut
Melon, fruit	Curcumis melo	Melonen
* Mexican Valerian, root	Valeriana edulis	Baldrianwurzel mexikanisch
Millet, seeds	Panicum miliaceum	Hirsekörner
Mint spec.	Mentha spec.	Minze spec.
Mistletoe, herb	Viscum album	Mistelkraut
Moldavian balm	Dracocephalum moldavica L.	Drachenkopf
Morello Cherry, fruit	Prunus cerasus	Sauerkirschen
Mugwort, herb	Artemisia vulgaris	Beifusskraut
* Muira-puama, wood	Ptychopetalum olacoides	Muira-Puama-Holz
* Mullein, flowers	Verbascum spec.	Wollblumenblüten
* Mullein, leaves	Verbascum spec.	Wollblumenblätter
* Myrrh, oil	Commiphora molmol	Myrrhe
Nasturtium, herb	Tropaeolum majus	Kapuzinerkressenkraut
Nettle, herb	Urtica spec.	Brennesselkraut
* Nettle, root	Urtica spec.	Brennesselwurzel
Oats, grain	Avena sativa	Haferkörner
Oats, straw, green	Avena sativa	Haferstroh grün
Onion, bulb	Allium cepa	Zwiebel
Opium Poppy, seeds	Papaver somniferum var. nig	Blaumohnsamen
Oregano, herb	Origanum vulgare	Dostenkraut wild
Paeony, flowers	Paeonia officinalis	Pfingstrosenblüten
Papaya, fruit	Carica papaya	Papaya
Papaya, leaves	Carica papaya	Melonenbaumblätter
Paprika, fruit	Capsicum annum	Paprika
Parsley, leaves	Petroselinum spec.	Petersilienblätter
Parsley, root	Petroselinum spec.	Petersilienwurzel
Parsley, seeds	Petroselinum spec.	Petersilienfrüchte
Parsnip, root	Pastinaca sativa	Pastinakwurzel
* Passion Flower, herb	Passiflora incarnata	Passionsblumenkraut
* Patchouli, leaves	Pogostemon patchouly	Patschuliblätter
Peach, fruit	Persica vulgaris	Pfirsich
Pear, fruit	Pyrus communis	Birnen
* Pennyroyal, herb	Mentha pulegium	Poleiminzkraut

Pepper, fruit	<i>Piper nigrum</i>	Pfefferkörner
Peppermint, leaves	<i>Mentha piperita</i>	Pfefferminzblätter
* Peruvian bark, bark	<i>Cinchona succirubra</i>	Chinarinde
Pimpernel, herb	<i>Pimpinella spec.</i>	Bibernellkraut
Pimpernel, root	<i>Pimpinella spec.</i>	Bibernellwurzel
Pineapple, fruit	<i>Ananas comosus</i>	Ananas(früchte)
Pistachio	<i>Pistacia vera</i>	Pistazien
Plantain, herb	<i>Plantago major</i>	Breitwegerichkraut
Plum, fruit	<i>Prunus domestica</i>	Pflaumen
* Prickly Cedar, fruit	<i>Juniperus oxycedrus</i>	Baumwacholderbeeren
Pumpkin, seeds	<i>Cucurbita pepo</i>	Kürbissamen
Purging Cassia tree, fruit	<i>Cassia fistula</i>	Röhrenkassie
* Quassia, wood	<i>Quassia amara</i>	Bitterholz
Quince, fruit	<i>Cydonia vulgaris</i>	Quittenfrüchte
Radish, root	<i>Raphanus sativus var. niger</i>	Rettichwurzel
Raisins	<i>Vitis vinifera</i>	Rosinen
Raspberry, fruit	<i>Rubus idaeus</i>	Himbeeren
Raspberry, leaves	<i>Rubus idaeus</i>	Himbeerblätter
Red Poppy, flowers	<i>Papaver rhoeas</i>	Klatschmohnblüten
* Red Sandalwood	<i>Pterocarpus santalinus</i>	Sandelholz rot
Rhatany	<i>Ratanhiae radix</i>	Ratanhiawurzel
Rice, seeds	<i>Oryza sativa</i>	Reiskörner
Roman Camomile, flowers	<i>Anthemis nobilis</i>	Kamillenblüten römisch
Rooibos, leaves	<i>Aspalathus spec.</i>	Rooiboskraut
Rose Hip	<i>Rosa canina</i>	Hagebutten
Rose, petals	<i>Rosa spec.</i>	Rosenblüten
Rosemary, leaves	<i>Rosmarinus officinalis</i>	Rosmarinblätter
Rowan, fruit	<i>Pyrus Aucuparia</i>	Vogelbeeren
* Rupturewort, Hairy Burstwort, herb	<i>Herniaria glabra und Herniaria hirsuta</i>	Bruchkraut
Sacred Lotus	<i>Nelumbo nucifera</i>	Lotusblume
Safflower, flowers	<i>Carthamnus tinctorius</i>	Färberdistelblüten
Saffron, stamens	<i>Crocus sativus</i>	Safran
Sage, leaves	<i>Salvia officinalis</i>	Salbeiblätter
Sandy Everlasting, flowers	<i>Helichrysum arenarium</i>	Ruhrkrautblüten
* Sarsaparilla, root	<i>Smilax spec.</i>	Sarsaparillwurzel
Savory, herb	<i>Satureja hortensis</i>	Bohnenkraut
Scotch Heather, flowers	<i>Calluna vulgaris</i>	Heidekrautblüten
Scotch Heather, herb	<i>Calluna vulgaris</i>	Heidekraut
* Scotch Pine, leaves	<i>Pinus silvestris</i>	Fichtennadeln
Sea Buckthorn, fruit	<i>Hippophae rhamnoides</i>	Sanddornbeeren
* Seneca, root	<i>Polygala senega</i>	Senegawurzel
* Shepherd's purse, herb	<i>Capsella bursa pastoris</i>	Hirtentäschelkraut
* Siberian ginseng, root	<i>Eleutherococcus spec.</i>	Taigawurzel
Silver Lime, flowers	<i>Tilia argentea</i>	Silberlindenblüten
Silver Lime, leaves	<i>Tilia argentea</i>	Silberlindenblätter
Siteritis, herb	<i>Sideritis spec.</i>	Bergkräutertee
Sloe, fruit	<i>Prunus spinosa</i>	Schlehen
* Soap tree, bark	<i>Quillaia saponaria</i>	Seifenrinde
Sorrel, herb	<i>Rumex acetosa</i>	Sauerampferkraut
Southernwood, herb	<i>Artemisia abrotanum</i>	Eberrautekraut
Spinach, leaves	<i>Spinacia oleracea</i>	Spinatblätter
* St. John's wort, flowers	<i>Hypericum perforatum</i>	Johanniskrautblüten
* St. John's wort, herb	<i>Hypericum perforatum</i>	Johanniskraut
Star Anise, fruit	<i>Illicium verum</i>	Sternanisfrüchte
Strawberry, fruit	<i>Fragaria vesca</i>	Erdbeeren
Strawberry, leaves	<i>Fragaria vesca</i>	Erdbeerblätter
Sultanas	<i>Vitis vinifera</i>	Sultaninen
Sunflower, flowers	<i>Helianthus anuus</i>	Sonnenblumenblüten
Sunflower, seeds	<i>Helianthus anuus</i>	Sonnenblumenkerne
Sweet Orange, flowers	<i>Citrus sinensis</i>	Orangenblüten
Sweet Orange, leaves	<i>Citrus sinensis</i>	Orangenblätter

Sweet Orange, peel	Citrus sinensis	Orangenschalen
* Sweet Sedge, rhizome	Acorus calamus	Kalmuswurzel
Sweet Trefoil, herb	Trigonella coerulea	Schabzigerkleekraut
* Sweet Violet, flowers	Viola odorata	Märzveilchenblüten
* Sweet Woodruff, herb	Asperula odorata	Waldmeisterkraut
Tamarind, fruit	Tamarindus indica	Tamarindenfrüchte
Tarragon, leaves	Artemisia dracunculus	Estragonblätter
Tea plant	Camellia sinensis	Tee
Tea Tree, leaves	Melaleuca alternifolia	Teebaum
Thyme satureioid., herb	Thymus satureioides	Thymiankraut, saturei
Thyme, herb	Thymus vulgaris	Thymiankraut
Toad Flax, herb	Linaria vulgaris	Leinkraut
* Tonka bean, seeds	Dipteryx odorata	Tonkabohne
* Toothpick, fruit	Ammi visnaga	Ammi-visnaga-Früchte
* Tormentil, rhizome	Potentilla tormentilla	Tormentillwurzelstock
Turmeric, rhizome	Curcuma longa	Curcumawurzelstock lang
* Valerian, root	Valeriana officinalis	Baldrianwurzel
Vanilla	Vanilla fragrans	Vanilleschoten
* Walnut, leaves	Juglans regia	Walnußblätter
Walnut, seeds	Juglans regia	Walnüsse
* Walnut, shells	Juglans regia	Walnußschalen
Watercress, herb	Nasturtium officinale	Brunnenkressekraut
Watermint, herb	Mentha aquatica	Wassermintkraut
Wheat, bran	Triticum sativum	Weizenkleie
Wheat, seeds	Triticum sativum	Weizenkörner
White Jasmine, flowers	Jasminum officinale	Jasminblüten
White Mustard, seeds	Sinapis alba	Senfkörner weiss
* Wild Angelica, fruit	Angelica silvestris	Angelikafrüchte
* Wild Angelica, herb	Angelica silvestris	Angelikakraut
* Wild Angelica, root	Angelica silvestris	Angelikawurzel
Wild Garlic, herb	Allium ursinum	Bärlauchkraut
Wild Rye, flowers	Graminis flos	Heublumenblüten
Willow herb, herb	Epilobium spec.	Weidenröschenkraut
* Witch Hazel, bark	Hamamelis virginiana	Hamamelisrinde
* Witch Hazel, leaves	Hamamelis virginiana	Hamamelisblätter
Wood Betony, herb	Betonica officinalis	Betonienkraut
* Yarrow, flowers	Achillea millefolium	Schafgarbenblüten
* Yarrow, herb	Achillea millefolium	Schafgarbenkraut
Yellow Bedstraw, herb	Galium verum	Labkraut echt
* Yellow Gentian, root	Gentiana lutea	Enzianwurzel
Zedoary, root	Curcuma zedoaria	Zitwerwurzel

* = restricted quantity recommended

Note

EHIA also regards *Stevia rebaudiana* as a foodstuff. According to Commission Decision 2000/196/EC (OJ L 61/14, 8th March 2000) *Stevia* has been taken out of the list but nevertheless EHIA will defend this drug.