

TEA & HERBAL INFUSIONS EUROPE

Formerly: European Tea Committee (ETC) and European Herbal Infusions Association (EHIA)



16th October, 2017

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

In 2000 the European Herbal Infusions Association (EHIA), the predecessor of 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, Tea & Herbal Infusions Europe 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. 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 (EC) No 258/97) 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 a significant degree prior to 15th 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.

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	Name of the plant	Name of the plant	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 barbadensis</i> Mill. / <i>Aloe vera</i> (L.) Burm.f.	Aloe vera	Blattgel	
* Alpine ladies mantle	herb	<i>Alchemilla alpina</i> L.	Silbermantel	Kraut	
* Angelica	stems	<i>Angelica archangelica</i> L.	Engelwurz	Stengel	
* 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> Borkh.	Apfel	Früchte	
Apple mint	leaves	<i>Mentha suaveolens</i> Ehrh.	Apfelminze	Blätter	
Apricot	fruits	<i>Armeniaca vulgaris</i> Lam. / <i>Prunus armeniaca</i> L.	Aprikose	Früchte	
* Apricot	seeds	<i>Armeniaca vulgaris</i> Lam. / <i>Prunus armeniaca</i> L.	Aprikose	Samen	
Asparagus	shoots	<i>Asparagus officinalis</i> L.	Spargel	Sprosse	
Bamboo	shoots	<i>Bambusa vulgaris</i> Schrad. ex Wendl.	Bambus	Sprosse	
Banana	fruits	<i>Musa x paradisiaca</i> L.	Banane	Früchte	
Barbados cherry	fruits	<i>Malpighia glabra</i> L. / <i>Malpighia punicifolia</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	



English		Latin	German	
Name of the plant	Plant part used	Name of the plant	Name of the plant	Plant part used
Beetroot	bulbs	<i>Beta vulgaris</i> var. <i>vulgaris</i>	Rote Bete	Knollen
Bergamot	peel	<i>Citrus bergamia</i> (Risso) <i>Risso Poit.</i>	Bergamotte	Schalen
Bilberry / Blueberry	leaves	<i>Vaccinium myrtillus</i> L.	Heidelbeere / Blaubeere	Blätter
Bilberry / Blueberry	fruits	<i>Vaccinium myrtillus</i> L.	Heidelbeere / Blaubeere	Früchte
* Birch	leaves	<i>Betula pendula</i> Roth	Birke (Hängebirke)	Blätter
* Bitter Gourd	fruits	<i>Momordica charantia</i> L.	Balsambirne	Früchte
Bitter Orange	leaves	<i>Citrus aurantium</i> L.	Pomeranze	Blätter
Bitter Orange	flowers	<i>Citrus aurantium</i> L.	Pomeranze	Blüten
Bitter Orange	fruits	<i>Citrus aurantium</i> L.	Pomeranze	Früchte
Bitter Orange	peel	<i>Citrus aurantium</i> L.	Pomeranze	Schalen
Black chokeberry	fruits	<i>Aronia melanocarpa</i> (Michx.) Elliott	Aronia	Früchte
Black locust	flowers	<i>Robinia pseudoacacia</i> L.	Robinie	Blüten
Black mulberry	leaves	<i>Morus nigra</i> L.	Maulbeere, schwarz	Blätter
Black mulberry	fruits	<i>Morus nigra</i> L.	Maulbeere, schwarz	Früchte
Black mustard	seeds	<i>Brassica nigra</i> (L.) Koch	Senf, schwarz	Samen
Blackberry	leaves	<i>Rubus fruticosus</i> L.	Brombeere	Blätter
Blackberry	fruits	<i>Rubus fruticosus</i> L.	Brombeere	Früchte
Blackcurrant	leaves	<i>Ribes nigrum</i> L.	Johannisbeere, schwarz	Blätter
Blackcurrant	fruits	<i>Ribes nigrum</i> L.	Johannisbeere, schwarz	Früchte
Blond psyllium	seeds	<i>Plantago ovata</i> Forssk.	Flohsamen, indisch	Samen
Blond psyllium	husks	<i>Plantago ovata</i> Forssk.	Flohsamen, indisch	Samen- schalen
* Blue flag	roots	<i>Iris versicolor</i> L.	Iris	Wurzeln
Blueberry	fruits	<i>Vaccinium corymbosum</i> L.	(Kultur-) Heidel- beere / Blaubeere, amerikanisch	Früchte
* Boldu	leaves	<i>Peumus boldus</i> Mol.	Boldo	Blätter



English		Latin	German	
Name of the plant	Plant part used	Name of the plant	Name of the plant	Plant part used
* Box thorn / Goji	fruits	<i>Lycium barbarum</i> L.	Bocksdom / Goji	Früchte
Boysenberry	fruits	<i>Rubus x loganobaccus x Rubus fruticosus / Rubus ursinus x Rubus idaeus</i>	Boysenbeere	Früchte
* Brazil pepper / Pink pepper	fruits	<i>Schinus terebinthifolius</i> Raddi	Pfeffer, brasilianisch/ Pfeffer, rosa	Früchte
Buchu	leaves	<i>Barosma betulina</i> (Bergius) Bartl. & Wendl. / <i>Agathosma betulina</i> Pillans	Bukko / Buchu	Blätter
Buckwheat	fruits	<i>Fagopyrum esculentum</i> Moench	Buchweizen	Früchte
Buckwheat	herb	<i>Fagopyrum esculentum</i> Moench	Buchweizen	Kraut
* Burdock	roots	<i>Arctium lappa</i> L. / <i>Arctium majus</i> Bernh.	Klette	Wurzeln
Cabbage	leaves	<i>Brassica oleracea</i> L.	Kohl	Blätter
* Calamus ¹	roots	<i>Acorus calamus</i> L.	Kalmus ¹	Wurzeln
Camomile	flowers ²	<i>Matricaria recutita</i> L. / <i>Matricaria chamomilla</i> L.	Kamille	Blüten ²
Camomile	herb ³	<i>Matricaria recutita</i> L. / <i>Matricaria chamomilla</i> L.	Kamille	Kraut ³
Camomile	seeds	<i>Matricaria recutita</i> L. / <i>Matricaria chamomilla</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, irländisch	Thallus
Carrot	roots	<i>Daucus carota</i> subsp. <i>sativus</i>	Karotte	Wurzeln
* Cat's foot	flowers	<i>Antennaria dioica</i> (L.) Gaertn.	Katzenpfötchen, rot	Blüten
Catmint	herb	<i>Nepeta cataria</i> L.	Katzenminze	Kraut
Celery	leaves	<i>Apium graveolens</i> L.	Sellerie	Blätter
Celery	seeds	<i>Apium graveolens</i> L.	Sellerie	Früchte



English		Latin	German	
Name of the plant	Plant part used	Name of the plant	Name of the plant	Plant part used
Celery	roots	<i>Apium graveolens</i> L.	Sellerie	Wurzeln
* Centaury	herb	<i>Centaureum erythraea</i> Raf.	Tausendgüldenkraut	Kraut
Chervil	herb	<i>Anthriscus cerefolium</i> (L.) Hoffm.	Gartenkerbel	Kraut
Chick pea	seeds	<i>Cicer arietinum</i> subsp. <i>arietinum</i>	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> Paol.	Dreifarbenamaranth	Kraut
* Chiretta	herb	<i>Swertia chirata</i> Buch.-Ham. ex Wall.	Chiretta, indisch	Kraut
* Cinchona	bark	<i>Cinchona pubescens</i> Vahl / <i>Cinchona succirubra</i> Pav. ex Klotzsch	Chinarinde	Rinde
Cinnamon	flowers	<i>Cinnamomum</i> spec.	Zimt	Blüten
Cinnamon	bark	<i>Cinnamomum</i> spec.	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. & 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
Coffee	seeds	<i>Coffea canephora</i> Pierre ex Froehner / <i>Coffea robusta</i> Linden	Kaffee	Samen
Cola nut	seeds	<i>Cola acuminata</i> (P. Beauv.) Schott & Endl.	Kolanuss	Samen



English		Latin	German	
Name of the plant	Plant part used	Name of the plant	Name of the plant	Plant part used
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	stigmas and styles	<i>Zea mays</i> L.	Mais	Narben und Griffel
Corn	seeds	<i>Zea mays</i> L.	Mais	Samen
Cornflower	flowers	<i>Cyanus segetum</i> Hill / <i>Centaurea cyanus</i> L.	Kornblume	Blüten
* Couch-Grass	roots	<i>Elymus repens</i> (L.) Gould / <i>Agropyron repens</i> (L.) P. Beauv.	Quecke	Wurzeln
Cowberry	leaves	<i>Vaccinium vitis-idaea</i> L.	Preiselbeere	Blätter
Cowberry	fruits	<i>Vaccinium vitis-idaea</i> L.	Preiselbeere	Früchte
* 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
Cubeb pepper	fruits	<i>Piper cubeba</i> L.f.	Kubebenpfeffer	Früchte
Cumin	fruits	<i>Cuminum cyminum</i> L.	Kreuzkümmel	Früchte
* Curcuma	roots	<i>Curcuma xanthorrhiza</i> Roxb.	Gelbwurz, javanisch	Wurzeln
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</i> sect. <i>Ruderalia</i> / <i>Taraxacum officinale</i> auct.	Löwenzahn	Kraut



English		Latin	German	
Name of the plant	Plant part used	Name of the plant	Name of the plant	Plant part used
* Dandelion	roots	<i>Taraxacum</i> sect. <i>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, gelb	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 pallida</i> (Nutt.) Nutt.	Sonnenhut (Sonnenhut, blassfarbener)	Kraut
* 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
* Echinacea	herb	<i>Echinacea angustifolia</i> DC.	Sonnenhut (Sonnenhut, schmalblättrig)	Kraut
* Echinacea	roots	<i>Echinacea angustifolia</i> DC.	Sonnenhut (Sonnenhut, schmalblättrig)	Wurzeln
Elder	leaves	<i>Sambucus nigra</i> L.	Holunder	Blätter
Elder	flowers	<i>Sambucus nigra</i> L.	Holunder	Blüten
Elder	fruits	<i>Sambucus nigra</i> L.	Holunder	Früchte
* Elecampane	roots	<i>Inula helenium</i> L.	Alant, echt	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



English		Latin	German	
Name of the plant	Plant part used	Name of the plant	Name of the plant	Plant part used
Feijoa	fruits	<i>Acca sellowiana</i> (O. Berg) Burret / <i>Feijoa sellowiana</i> (O.Berg) O.Berg	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 spec.</i>	Tanne	junge Sprosse
Fleawort	seeds	<i>Plantago afra</i> L. / <i>Plantago</i> <i>psyllium</i> L.	Flohsamen	Samen
Foxtail amaranth / Love-lies-bleeding	seeds	<i>Amaranthus caudatus</i> subsp. <i>caudatus</i> / <i>Amaranthus</i> <i>caudatus</i> L.	Gartenfuchsschwanz	Samen
Fragrant sumac	bark	<i>Rhus aromatica</i> Aiton	Gewürzsumach	Rinde
Fragrant sumac	root bark	<i>Rhus aromatica</i> Aiton	Gewürzsumach	Wurzel- 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
Garden nasturtium	herb	<i>Tropaeolum majus</i> L.	Kapuzinerkresse	Kraut
Garden pea	seeds	<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	Knospen- kopf einschl. Blütenkelch



English		Latin	German	
Name of the plant	Plant part used	Name of the plant	Name of the plant	Plant part used
Goat's rue	herb	<i>Galega officinalis</i> L.	Geißraute / Geißklee	Kraut
Golden root	herb	<i>Rhodiola rosea</i> L.	Rosenwurz	Kraut
Golden root	roots	<i>Rhodiola rosea</i> L.	Rosenwurz	Wurzeln
* Goldenrod	herb	<i>Solidago virgaurea</i> L.	Goldrute	Kraut
Grape	leaves	<i>Vitis vinifera</i> L.	Wein	Blätter
Grape	fruits	<i>Vitis vinifera</i> L.	Wein	Früchte
Grapefruit	fruits	<i>Citrus paradisi</i> Macfad.	Grapefruit	Früchte
Grapefruit	peel	<i>Citrus paradisi</i> Macfad.	Grapefruit	Schalen
Greek mountain tea	herb	<i>Sideritis spec.</i>	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> H.B.K.	Guarana	Samen
Guava	fruits	<i>Psidium guajava</i> L.	Guave	Früchte
* Hairy rupturewort	herb	<i>Herniaria hirsuta</i> L.	Bruchkraut, rauh	Kraut
* Hawthorn	leaves	<i>Crataegus spec.</i>	Weißdorn	Blätter
* Hawthorn	flowers	<i>Crataegus spec.</i>	Weißdorn	Blüten
* Hawthorn	fruits	<i>Crataegus spec.</i>	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, wild	Kraut
Heather	flowers	<i>Calluna vulgaris</i> (L.) Hull	Heidekraut	Blüten
Heather	herb	<i>Calluna vulgaris</i> (L.) Hull	Heidekraut	Kraut
Hemp	leaves	<i>Cannabis sativa</i> L. (except <i>Cannabis sativa</i> subsp. <i>indica</i>)	Hanf	Blätter



English		Latin	German	
Name of the plant	Plant part used	Name of the plant	Name of the plant	Plant part used
Hemp	seeds	<i>Cannabis sativa</i> L. (except <i>Cannabis sativa</i> subsp. <i>indica</i>)	Hanf	Samen
* Herb bennet	herb	<i>Geum urbanum</i> L.	Nelkenwurz	Kraut
* Herb bennet	roots	<i>Geum urbanum</i> L.	Nelkenwurz	Wurzeln
* 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>Cnicus benedictus</i> L.	Benediktendistel	Kraut
Honey bush	herb	<i>Cyclopia genistoides</i> (L.) Vent.	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
* Horse-Chestnut	flowers	<i>Aesculus hippocastanum</i> L.	Roßkastanie	Blüten
* Horse-Chestnut	bark	<i>Aesculus hippocastanum</i> L.	Roßkastanie	Rinde
* Horse-Chestnut	seeds	<i>Aesculus hippocastanum</i> L.	Roßkastanie	Samen
* Horse-Chestnut	leaves	<i>Aesculus hippocastanum</i> L.	Roßkastanien	Blätter
Horseradish	roots	<i>Armoracia rusticana</i> P. Gaertn., B. Mey. & Scherb.	Meerrettich	Wurzeln
Hyssop	herb	<i>Hyssopus officinalis</i> L.	Ysop	Kraut
* Iceland moss	thallus	<i>Cetraria islandica</i> (L.) Ach.	Moos, isländisch	Thallus
Jambolan / Java plum	fruits	<i>Syzygium cuminii</i> (L.) Skeels	Jambolanbaum	Früchte



English		Latin	German	
Name of the plant	Plant part used	Name of the plant	Name of the plant	Plant part used
Jerusalem artichoke	tubers	<i>Helianthus tuberosus</i> L.	Topinambur	Knollen
Juniper	fruits	<i>Juniperus communis</i> L.	Wacholder	Früchte
* Juniper	wood	<i>Juniperus communis</i> L.	Wacholder	Holz
* Juniper	shoots	<i>Juniperus communis</i> L.	Wacholder	junge Sprosse
Kiwi	fruits	<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>Consolida regalis</i> Gray / <i>Delphinium consolida</i> L.	Rittersporn	Blüten
Lavender	flowers	<i>Lavandula angustifolia</i> Mill. / <i>Lavandula officinalis</i> Chaix.	Lavendel	Blüten
Leek	leaves	<i>Allium ampeloprasum ampeloprasum</i> Leek Group / <i>Allium porrum</i> L.	Lauch	Blätter
Lemon	fruits	<i>Citrus limon</i> (L.) Burm.f.	Zitrone	Früchte
Lemon	peel	<i>Citrus limon</i> (L.) Burm.f.	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 citriodora</i> Palau / <i>Lippia triphylla</i> (L'Hér.) Kuntze	Zitronenverbene	Kraut
Lemongrass	herb	<i>Cymbopogon spec.</i>	Zitronengras / Lemongras	Kraut
* Lignum vitae	wood	<i>Guajacum officinale</i> L.	Guajak	Holz
Lime	fruits	<i>Citrus aurantiifolia</i> (Christm. & Panz.) Swingle	Limette / Limone	Früchte
Lime	peel	<i>Citrus aurantiifolia</i> (Christm. & Panz.) Swingle	Limette / Limone	Schalen



English		Latin	German	
Name of the plant	Plant part used	Name of the plant	Name of the plant	Plant part used
Lime / Linden	leaves	<i>Tilia platyphyllos</i> Scop.	Linde (Sommerlinde)	Blätter
Lime / Linden	flowers	<i>Tilia platyphyllos</i> Scop.	Linde (Sommerlinde)	Blüten
Lime / Linden	leaves	<i>Tilia cordata</i> Mill.	Linde (Winterlinde)	Blätter
Lime / Linden	flowers	<i>Tilia cordata</i> Mill.	Linde (Winterlinde)	Blüten
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
Lovage	fruits	<i>Levisticum officinale</i> W. Koch	Liebstockel	Früchte
Lovage	herb	<i>Levisticum officinale</i> W. Koch	Liebstockel	Kraut
Lovage	roots	<i>Levisticum officinale</i> W. Koch	Liebstockel	Wurzeln
Lupin	seeds	<i>Lupinus spec.</i>	Lupine	Samen
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	fruits	<i>Citrus reticulata</i> Blanco / <i>Citrus deliciosa</i> Ten.	Mandarine	Früchte
Mandarin orange	peel	<i>Citrus reticulata</i> Blanco / <i>Citrus deliciosa</i> Ten.	Mandarine	Schalen
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	fruits	<i>Origanum majorana</i> L.	Majoran	Früchte
Marjoram	herb	<i>Origanum majorana</i> L.	Majoran	Kraut
* Marshmallow	leaves	<i>Althaea officinalis</i> L.	Eibisch	Blätter
* Marshmallow	roots	<i>Althaea officinalis</i> L.	Eibisch	Wurzeln



English		Latin	German	
Name of the plant	Plant part used	Name of the plant	Name of the plant	Plant part used
Maté	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
* Mexican Valerian	roots	<i>Valeriana edulis</i> subsp. <i>procera</i> (Kunth) F.G. Mey. / <i>Valeriana procera</i> Kunth	Baldrian, mexikanisch	Wurzeln
Millet	seeds	<i>Panicum miliaceum</i> L.	Rispenhirse	Samen
Mint	herb	<i>Mentha</i> spec.	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>Cerasus vulgaris</i> Mill. / <i>Prunus cerasus</i> L.	Sauerkirsche	Früchte
Morello cherry	stems	<i>Cerasus vulgaris</i> Mill. / <i>Prunus cerasus</i> L.	Sauerkirsche	Stiele
Mugwort	herb	<i>Artemisia vulgaris</i> L.	Beifuss	Kraut
* Mullein	leaves	<i>Verbascum</i> spec.	Königskerze / Wollblume	Blätter
* Mullein	flowers	<i>Verbascum</i> spec.	Königskerze / Wollblume	Blüten
Nettle	herb	<i>Urtica</i> spec.	Brennnessel	Kraut
* Nettle	roots	<i>Urtica</i> spec.	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	herb	<i>Avena sativa</i> L.	Hafer	Kraut
Oat	seeds	<i>Avena sativa</i> L.	Hafer	Samen
Olive	leaves	<i>Olea europaea</i> L.	Olive	Blätter
Onion	bulbs	<i>Allium cepa</i> L.	Zwiebel	Zwiebeln
Oregano	herb	<i>Origanum vulgare</i> L.	Oregano	Kraut



English		Latin	German	
Name of the plant	Plant part used	Name of the plant	Name of the plant	Plant part used
Papaya	leaves	<i>Carica papaya</i> L.	Melonenbaum / Papaya	Blätter
Papaya	fruits	<i>Carica papaya</i> L.	Melonenbaum / Papaya	Früchte
Paprika	fruits	<i>Capsicum annum</i> L.	Paprika	Früchte
Parsley	leaves	<i>Petroselinum crispum</i> (Mill.) Nym.	Petersilie	Blätter
Parsley	fruits	<i>Petroselinum crispum</i> (Mill.) Nym.	Petersilie	Früchte
Parsley	roots	<i>Petroselinum crispum</i> (Mill.) Nym.	Petersilie	Wurzeln
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>Persica vulgaris</i> Mill. / <i>Prunus persica</i> Batsch	Pfirsich	Früchte
Pear	fruits	<i>Pyrus communis</i> L. / <i>Pyrus domestica</i> Med.	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 (grün, schwarz, weiß)	Früchte
Peppermint	leaves	<i>Mentha x piperita</i> L.	Pfefferminze	Blätter
* Peruvian pepper / Pink pepper	fruits	<i>Schinus molle</i> L.	Pfeffer, peruanisch / Pfeffer, rosa	Früchte
Pimpernel	herb	<i>Pimpinella major</i> (L.) Huds.	Bibernelle	Kraut
Pimpernel	roots	<i>Pimpinella major</i> (L.) Huds.	Bibernelle	Wurzeln
Pineapple	fruits	<i>Ananas comosus</i> (L.) Merrill	Ananas	Früchte
Pistachio	seeds	<i>Pistacia vera</i> L.	Pistazien	Samen
Pitahaya / Dragon fruit	fruits	<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



English		Latin	German	
Name of the plant	Plant part used	Name of the plant	Name of the plant	Plant part used
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 sativus</i> L.	Rettich	Wurzeln
Raspberry	leaves	<i>Rubus idaeus</i> L.	Himbeere	Blätter
Raspberry	fruits	<i>Rubus idaeus</i> L.	Himbeere	Früchte
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, rot	Früchte
* Red sandalwood	wood	<i>Pterocarpus santalinus</i> L.f.	Sandelholz, rot	Holz
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 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, römisch	Blüten
Rooibos	herb	<i>Aspalathus linearis</i> (Burm.f.) R. Dahlgr.	Rooibos / Rotbusch	Kraut
Rose	petals	<i>Rosa spec.</i>	Rose	Blütenblätter
Rose hip	fruits	<i>Rosa canina</i> L.	Hagebutte	Früchte
Rosemary	leaves	<i>Rosmarinus officinalis</i> L.	Rosmarin	Blätter
Rowan	fruits	<i>Sorbus aucuparia</i> L.	Eberesche / Vogelbeere	Früchte



English		Latin	German	
Name of the plant	Plant part used	Name of the plant	Name of the plant	Plant part used
Sacred lotus	flowers	<i>Nelumbo nucifera</i> Gaertn.	Lotus, indisch	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, gelb	Blüten
* Sarsaparilla	roots	<i>Smilax spec.</i>	Sarsaparill	Wurzeln
Savory	herb	<i>Satureja hortensis</i> L.	Bohnenkraut	Kraut
* Schisandra	fruits	<i>Schisandra chinensis</i> (Turcz.) Baill.	Schisandra / Spalkkörbchen, chinesisches	Früchte
Sea buckthorn	fruits	<i>Hippophae rhamnoides</i> L.	Sanddorn	Früchte
* 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	Frucht-körper
* Siberian ginseng	roots	<i>Eleutherococcus senticosus</i> (Rupr. & Maxim.) Maxim. / <i>Acanthopanax senticosus</i> (Rupr. & Maxim.) Harms	Taigawurzel	Wurzeln
Silver lime	leaves	<i>Tilia tomentosa</i> Moench / <i>Tilia argentea</i> DC.	Silberlinde	Blätter
Silver lime	flowers	<i>Tilia tomentosa</i> Moench / <i>Tilia argentea</i> DC.	Silberlinde	Blüten
Silverweed	herb	<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, kahl	Kraut
* Soap-bark 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



English		Latin	German	
Name of the plant	Plant part used	Name of the plant	Name of the plant	Plant part used
Spinach	leaves	<i>Spinacia oleracea</i> L.	Spinat	Blätter
Spirulina	algae	<i>Spirulina platensis</i> (Nordst.) Geitler	Spirulina	Alge
Sprouting broccoli	flowers and stems	<i>Brassica oleracea</i> L. var. <i>italica</i> Plenck	Brokkoli	Blütenstand und Stengel
* St. John´s Wort	flowers ⁴	<i>Hypericum perforatum</i> L.	Johanniskraut	Blüten ⁴
* St. John´s Wort	herb ⁴	<i>Hypericum perforatum</i> L.	Johanniskraut	Kraut ⁴
Star anise	fruits	<i>Illicium verum</i> Hook.f.	Sternanis	Früchte
Stevia	leaves	<i>Stevia rebaudiana</i> (Bertoni) Bertoni	Stevia	Blätter
Strawberry	leaves	<i>Fragaria x ananassa</i> Duchesne	Erdbeere (Gartenerdbeere)	Blätter
Strawberry	fruits	<i>Fragaria x ananassa</i> Duchesne	Erdbeere (Gartenerdbeere)	Früchte
Strawberry pear / Red pitahaya	fruits	<i>Hylocereus trigonus</i> (Haw.) Saff. / <i>Hylocereus triangularis</i> (L.) Britton & Rose	Rote Pitahaya	Früchte
Sunflower	petals	<i>Helianthus annuus</i> L.	Sonnenblume	Blütenblätter
Sunflower	seeds	<i>Helianthus annuus</i> L.	Sonnenblume	Samen
Sweet basil	herb	<i>Ocimum basilicum</i> L.	Basilikum	Kraut
Sweet blackberry	leaves	<i>Rubus chingii</i> var. <i>suavissimus</i> (S. Lee) L.T. Lu / <i>Rubus suavissimus</i> S. K. Lee	Brombeere, süß	Blätter
Sweet cherry	fruits	<i>Cerasus avium</i> (L.) Moench / <i>Prunus avium</i> (L.) L.	Süßkirsche	Früchte
Sweet cherry	stems	<i>Cerasus avium</i> (L.) Moench / <i>Prunus avium</i> (L.) L.	Süßkirsche	Stiele
Sweet fennel	fruits	<i>Foeniculum vulgare</i> var. <i>dulce</i> (Mill.) Battand. & Trabut	Fenchel, süß	Früchte
Sweet olive / Sweet osmanthus	flowers	<i>Osmanthus fragrans</i> Lour.	Osmanthus	Blüten
Sweet orange	leaves	<i>Citrus sinensis</i> (L.) Osbeck	Orange	Blätter
Sweet orange	flowers	<i>Citrus sinensis</i> (L.) Osbeck	Orange	Blüten
Sweet orange	fruits	<i>Citrus sinensis</i> (L.) Osbeck	Orange	Früchte
Sweet orange	peel	<i>Citrus sinensis</i> (L.) Osbeck	Orange	Schalen



English		Latin	German	
Name of the plant	Plant part used	Name of the plant	Name of the plant	Plant part used
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	stems	<i>Camellia sinensis</i> (L.) Kuntze	Tee	Stengel
Tea	leaves and buds	<i>Camellia sinensis</i> (L.) Kuntze	Tee	Blätter und Blattknospen
Tea	flowers	<i>Camellia sinensis</i> (L.) Kuntze	Tee	Blüten
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.) Willd.	Tonkabohne	Samen
* Tormentil	roots	<i>Potentilla erecta</i> (L.) Raeusch.	Tormentill	Wurzeln
Turmeric	roots	<i>Curcuma longa</i> L. / <i>Curcuma domestica</i> Valetton	Kurkuma / Gelbwurzel	Wurzeln
* Valerian	roots	<i>Valeriana officinalis</i> L.	Baldrian	Wurzeln
Vanilla	fruits	<i>Vanilla planifolia</i> Andr. / <i>Vanilla fragrans</i> (Salisb.) Ames	Vanille	Früchte
* Walnut	leaves	<i>Juglans regia</i> L.	Walnuß	Blätter
Walnut	seeds	<i>Juglans regia</i> L.	Walnuß	Samen
Watercress	herb	<i>Nasturtium officinale</i> R. Br.	Brunnenkresse	Kraut
Watermint	herb	<i>Mentha aquatica</i> L.	Wassermintze	Kraut
Wheat	seeds	<i>Triticum aestivum</i> L.	Weizen	Samen
White deadnettle	flowers	<i>Lamium album</i> L.	Taubnessel, weiss	Blüten
White deadnettle	herb	<i>Lamium album</i> L.	Taubnessel, weiss	Kraut



English		Latin	German	
Name of the plant	Plant part used	Name of the plant	Name of the plant	Plant part used
White jasmine	flowers	<i>Jasminum officinale</i> L.	Jasmin	Blüten
White mulberry	leaves	<i>Morus alba</i> L.	Maulbeere, weiss	Blätter
White mulberry	fruits	<i>Morus alba</i> L.	Maulbeere, weiss	Früchte
White mustard	seeds	<i>Sinapis alba</i> L.	Senf, weiss	Samen
* Wild angelica	fruits	<i>Angelica sylvestris</i> L.	Angelika, wild	Früchte
* Wild angelica	herb	<i>Angelica sylvestris</i> L.	Angelika, wild	Kraut
* Wild angelica	roots	<i>Angelica sylvestris</i> L.	Angelika, wild	Wurzeln
Wild Pear	fruits	<i>Pyrus pyraster</i> (L.) Burgsdorf / <i>Pyrus communis</i> var. <i>pyraster</i> L.	Wildbirne	Früchte
Wild strawberry	leaves	<i>Fragaria vesca</i> L.	Walderdbeere	Blätter
Wild strawberry	fruits	<i>Fragaria vesca</i> L.	Walderdbeere	Früchte
Willow herb	herb	<i>Epilobium angustifolium</i> L. / <i>Chamaenerium angustifolium</i> (L.) Scop.	Weidenröschen, schmalblättrig	Kraut
* Witch hazel	leaves	<i>Hamamelis virginiana</i> L.	Hamamelis / Zaubernuss	Blätter
* Witch hazel	bark	<i>Hamamelis virginiana</i> L.	Hamamelis / Zaubernuss	Rinde
Wood betony	herb	<i>Stachys officinalis</i> (L.) Trev. / <i>Betonica officinalis</i> L.	Betonie	Kraut
* Yarrow	flowers	<i>Achillea millefolium</i> L.	Schafgarbe	Blüten
* Yarrow	herb	<i>Achillea millefolium</i> L.	Schafgarbe	Kraut
Yellow bedstraw	herb	<i>Galium verum</i> L.	Labkraut, echt	Kraut
* Yellow gentian	roots	<i>Gentiana lutea</i> L.	Enzian, gelb	Wurzeln
Yellow plum	fruits	<i>Prunus domestica</i> subsp. <i>syriaca</i> (Borkh.) Janchen ex Mansfeld	Mirabelle	Früchte
* Yellow sweet clover	herb	<i>Melilotus officinalis</i> (L.) Pall.	Steinklee	Kraut
Zedoary	roots	<i>Curcuma zedoaria</i> (Bergius) Rosc.	Zitwer	Wurzeln



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. For the determination of the Latin plant names given in the THIE Inventory list the following acknowledged plant databases were used as references:

1. Taxonomy Database of the National Center for Biotechnology Information (NCBI):
<http://www.ncbi.nlm.nih.gov/taxonomy>
2. Mansfeld's World Database of Agriculture and Horticultural Crops:
<http://mansfeld.ipk-gatersleben.de/apex/f?p=185:3:.....>
3. The Plant List by the Royal Botanic Gardens (Kew), the Missouri Botanical Garden and worldwide collaborators:
<http://www.theplantlist.org/>

Further resources may have been consulted to identify the correct botanical denomination of a plant if necessary. If two Latin denominations are mentioned in one entry of the Inventory List, the first name is the “accepted name” and the second is an important synonym to it.

- * = Restricted quantity recommended.
- ¹ = According to Regulation (EC) No 1334/2008 the tetraploid form of calamus is not used as ingredient of herbal infusions.
- ² = Including Camomilla setacciata for Italy (i.e. tubular flowers of *Matricaria recutita* L. / *Matricaria chamomilla* L.).
- ³ = Only used in combination with flowers.
- ⁴ = 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*'.