

TEA & HERBAL INFUSIONS EUROPE

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



27th June, 2019

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

In 2000 the European Herbal Infusions Association (EHIA), the predecessor of THIE, set up the *Inventory List of Herbs 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 (EU) No 2015/2283; formerly Regulation (EC) No 258/97) and especially article 3, para. 2 a thereof. According to this regulation a foodstuff is not regarded as novel, if the food or the food ingredient has been used for human consumption to a significant degree prior to 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 | 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 | roots | <i>Angelica archangelica</i> L. | Engelwurz | Wurzeln |
| * Angelica | stems | <i>Angelica archangelica</i> L. | Engelwurz | Stengel |
| 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 |



| English | | Latin | German | |
|----------------------|-----------------|---|---------------------------|-----------------|
| Name of the plant | Plant part used | Name of the plant | Name of the plant | Plant part used |
| * 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 puniceifolia</i> L. | Acerola / Barbadoskirsche | Früchte |
| Barley | seeds | <i>Hordeum vulgare</i> L. | Gerste | Samen |
| Bay | leaves | <i>Laurus nobilis</i> L. | Lorbeer | Blätter |
| Bear garlic | herb | <i>Allium ursinum</i> L. | Bärlauch | Kraut |
| Bee balm | flowers | <i>Monarda didyma</i> L. | Goldmelisse | Blüten |
| Beetroot | bulbs | <i>Beta vulgaris</i> var. <i>vulgaris</i> | Rote Bete | Knollen |
| Bergamot | peel | <i>Citrus bergamia</i> (Risso) Risso Poit. | Bergamotte | Schalen |
| Bilberry / Blueberry | fruits | <i>Vaccinium myrtillus</i> L. | Heidelbeere / Blaubeere | Früchte |
| Bilberry / Blueberry | leaves | <i>Vaccinium myrtillus</i> L. | Heidelbeere / Blaubeere | Blätter |
| * Birch | leaves | <i>Betula pendula</i> Roth | Birke (Hängebirke) | Blätter |
| * Bitter Gourd | fruits | <i>Momordica charantia</i> L. | Balsambirne | Früchte |
| Bitter Orange | flowers | <i>Citrus aurantium</i> L. | Pomeranze | Blüten |
| Bitter Orange | fruits | <i>Citrus aurantium</i> L. | Pomeranze | Früchte |
| Bitter Orange | leaves | <i>Citrus aurantium</i> L. | Pomeranze | Blätter |



| English | | Latin | German | |
|--------------------|-----------------|---|---|-----------------|
| Name of the plant | Plant part used | Name of the plant | Name of the plant | Plant part used |
| 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 | fruits | <i>Morus nigra</i> L. | Maulbeere, schwarz | Früchte |
| Black mulberry | leaves | <i>Morus nigra</i> L. | Maulbeere, schwarz | Blätter |
| Black mustard | seeds | <i>Brassica nigra</i> (L.) Koch | Senf, schwarz | Samen |
| Blackberry | fruits | <i>Rubus fruticosus</i> L. | Brombeere | Früchte |
| Blackberry | leaves | <i>Rubus fruticosus</i> L. | Brombeere | Blätter |
| Blackcurrant | fruits | <i>Ribes nigrum</i> L. | Johannisbeere, schwarz | Früchte |
| Blackcurrant | leaves | <i>Ribes nigrum</i> L. | Johannisbeere, schwarz | Blätter |
| Blond psyllium | husks | <i>Plantago ovata</i> Forssk. | Flohsamen, indisch | Samen-schalen |
| Blond psyllium | seeds | <i>Plantago ovata</i> Forssk. | Flohsamen, indisch | Samen |
| * Blue flag | roots | <i>Iris versicolor</i> L. | Iris | Wurzeln |
| Blueberry | fruits | <i>Vaccinium corymbosum</i> L. | (Kultur-)Heidelbeere / Blaubeere, amerikanisch | Früchte |
| * Boldu | leaves | <i>Peumus boldus</i> Mol. | Boldo | Blätter |
| * Box thorn / Goji | fruits | <i>Lycium barbarum</i> L. | Bocksdorn / Goji | Früchte |
| Boysenberry | fruits | <i>Rubus x loganobaccus x Rubus fruticosus / Rubus ursinus x Rubus idaeus</i> | Boysenbeere | Früchte |



| English | | Latin | | German | |
|-------------------------------|----------------------|---|-------------------|--|---------------------|
| Name of the plant | Plant part used | Name of the plant | Name of the plant | Plant part used | Plant part used |
| * 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 |



| English | | | Latin | German | |
|---|-----------------|--|------------------------|-----------------|--|
| Name of the plant | Plant part used | Name of the plant | Name of the plant | Plant part used | |
| * 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 | roots | <i>Apium graveolens</i> L. | Sellerie | Wurzeln | |
| Celery | seeds | <i>Apium graveolens</i> L. | Sellerie | Früchte | |
| * 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 | bark | <i>Cinnamomum spec.</i> | Zimt | Rinde | |
| Cinnamon | flowers | <i>Cinnamomum spec.</i> | Zimt | Blüten | |
| Clary sage | flowers | <i>Salvia sclarea</i> L. | Muskatellersalbei | Blüten | |



| English | | Latin | German | |
|-------------------|--------------------|--|-------------------|--------------------|
| Name of the plant | Plant part used | Name of the plant | Name of the plant | Plant part used |
| Clary sage | leaves | <i>Salvia sclarea</i> L. | Muskatellersalbei | Blätter |
| 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 | husks | <i>Theobroma cacao</i> L. | Kakao | Samenschalen |
| Cocoa | seeds | <i>Theobroma cacao</i> L. | Kakao | Samen |
| 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 |
| Cola nut | seeds | <i>Cola nitida</i> (Vent.) Schott & Endl. / <i>Cola vera</i> K. Schum. | Kolanuss | Samen |
| Common speedwell | herb | <i>Veronica officinalis</i> L. | Ehrenpreis | Kraut |
| * Common wormwood | herb | <i>Artemisia absinthium</i> L. | Wermut | Kraut |
| Condurango | bark | <i>Marsdenia cundurango</i> Rchb.f. | Condurango | Rinde |
| Coriander | leaves | <i>Coriandrum sativum</i> L. | Koriander | Blätter |
| Coriander | seeds | <i>Coriandrum sativum</i> L. | Koriander | Früchte |
| Corn | seeds | <i>Zea mays</i> L. | Mais | Samen |
| Corn | stigmas and styles | <i>Zea mays</i> L. | Mais | Narben und Griffel |



| English | | Latin | German | |
|----------------------|-----------------|---|-----------------------|-----------------|
| Name of the plant | Plant part used | Name of the plant | Name of the plant | Plant part used |
| Cornflower | flowers | <i>Cyanus segetum Hill / Centaurea cyanus L.</i> | Kornblume | Blüten |
| * Couch-grass | roots | <i>Elymus repens (L.) Gould / Agropyron repens (L.) P. Beauv.</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 L.</i> | Schlüsselblume | Blüten |
| * Cowslip / Primrose | roots | <i>Primula veris L.</i> | Schlüsselblume | Wurzeln |
| Crab apple | fruits | <i>Malus sylvestris (L.) Mill.</i> | Wildapfel / Holzapfel | Früchte |
| Cranberry | fruits | <i>Vaccinium macrocarpon Aiton</i> | Cranberry | Früchte |
| Creeping thyme | herb | <i>Thymus serpyllum L.</i> | Quendel | Kraut |
| Cubeb pepper | fruits | <i>Piper cubeba L.f.</i> | Kubebenpfeffer | Früchte |
| Cumin | fruits | <i>Cuminum cyminum L.</i> | Kreuzkümmel | Früchte |
| Curry leaf tree | leaves | <i>Murraya koenigii (L.) Spreng.</i> | Curryblattbaum | Blätter |
| Daisy | flowers | <i>Bellis perennis L.</i> | Gänseblümchen | Blüten |
| * Damiana | leaves | <i>Turnera diffusa Willd. ex Schult.</i> | Damiana | Blätter |
| * Dandelion | herb | <i>Taraxacum sect. Ruderalia / Taraxacum officinale auct.</i> | Löwenzahn | Kraut |
| * Dandelion | roots | <i>Taraxacum sect. Ruderalia / Taraxacum officinale auct.</i> | Löwenzahn | Wurzeln |
| Date | fruits | <i>Phoenix dactylifera L.</i> | Dattel | Früchte |
| Dill | fruits | <i>Anethum graveolens L.</i> | Dill | Früchte |



| English | | Latin | German | |
|-----------------------------------|-----------------|--|---------------------------------------|-----------------|
| Name of the plant | Plant part used | Name of the plant | Name of the plant | Plant part used |
| 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 angustifolia</i> DC. | Sonnenhut (Sonnenhut, schmalblättrig) | Kraut |
| * Echinacea | herb | <i>Echinacea pallida</i> (Nutt.) Nutt. | Sonnenhut (Sonnenhut, blassfarbener) | Kraut |
| * Echinacea | roots | <i>Echinacea angustifolia</i> DC. | Sonnenhut (Sonnenhut, schmalblättrig) | Wurzeln |
| * Echinacea | roots | <i>Echinacea pallida</i> (Nutt.) Nutt. | Sonnenhut (Sonnenhut, blassfarbener) | Wurzeln |
| * Echinacea | roots | <i>Echinacea purpurea</i> (L.) Moench | Sonnenhut (Sonnenhut, purpurfarbener) | Wurzeln |
| Elder | flowers | <i>Sambucus nigra</i> L. | Holunder | Blüten |
| Elder | fruits | <i>Sambucus nigra</i> L. | Holunder | Früchte |
| Elder | leaves | <i>Sambucus nigra</i> L. | Holunder | Blätter |
| * Elecampane | roots | <i>Inula helenium</i> L. | Alant, echt | Wurzeln |
| Eucalyptus | leaves | <i>Eucalyptus globulus</i> Labill. | Eukalyptus | Blätter |
| European barberry | fruits | <i>Berberis vulgaris</i> L. | Berberitze | Früchte |



| English | | Latin | German | |
|--|-----------------|---|--------------------|------------------|
| Name of the plant | Plant part used | Name of the plant | Name of the plant | Plant part used |
| Eyebright | herb | <i>Euphrasia officinalis</i> L. | Augentrost | Kraut |
| 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 psyllium</i> L. | Flohsamen | Samen |
| Foxtail amaranth / Love-lies-bleeding | seeds | <i>Amaranthus caudatus</i> subsp. <i>caudatus</i> / <i>Amaranthus 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 |



| English | | Latin | German | |
|--------------------|----------------------------------|--|-----------------------|----------------------------------|
| Name of the plant | Plant part used | Name of the plant | Name of the plant | Plant part used |
| 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 | Knospenkopf einschl. Blütenkelch |
| 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 | fruits | <i>Vitis vinifera</i> L. | Wein | Früchte |
| Grape | leaves | <i>Vitis vinifera</i> L. | Wein | Blätter |
| Grapefruit | fruits | <i>Citrus paradisi</i> Macfad. | Grapefruit | Früchte |
| Grapefruit | peel | <i>Citrus paradisi</i> Macfad. | Grapefruit | Schalen |
| Greek mountain tea | herb | <i>Sideritis spec.</i> | Bergtee, griechischer | Kraut |
| Greek sage | leaves | <i>Salvia fruticosa</i> Mill. / <i>Salvia triloba</i> L.f. | Salbei, griechischer | Blätter |



| English | | Latin | German | |
|----------------------|-----------------|--|-----------------------|-----------------|
| Name of the plant | Plant part used | Name of the plant | Name of the plant | Plant part used |
| 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 | flowers | <i>Crataegus</i> spec. | Weißdorn | Blüten |
| * Hawthorn | fruits | <i>Crataegus</i> spec. | Weißdorn | Früchte |
| * Hawthorn | leaves | <i>Crataegus</i> spec. | Weißdorn | Blätter |
| 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 |
| * 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 |



| English | | Latin | | German | |
|-----------------------|-------------------|--|-------------------|-----------------------|--|
| Name of the plant | Plant part used | Name of the plant | Name of the plant | Plant part used | |
| * 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 | bark | <i>Aesculus hippocastanum</i> L. | Roßkastanie | Rinde | |
| * Horse-chestnut | flowers | <i>Aesculus hippocastanum</i> L. | Roßkastanie | Blüten | |
| * Horse-chestnut | leaves | <i>Aesculus hippocastanum</i> L. | Roßkastanie | Blätter | |
| * Horse-chestnut | seeds | <i>Aesculus hippocastanum</i> L. | Roßkastanie | Samen | |
| Horseradish | roots | <i>Armoracia rusticana</i> P. Gaertn., B. Mey. & Scherb. | Meerrettich | Wurzeln | |



| English | | Latin | German | |
|----------------------|-----------------|---|---------------------|-----------------|
| Name of the plant | Plant part used | Name of the plant | Name of the plant | Plant part used |
| 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 |
| * Javanese turmeric | roots | <i>Curcuma xanthorrhiza</i> Roxb. | Gelbwurz, javanisch | Wurzeln |
| Jerusalem artichoke | tubers | <i>Helianthus tuberosus</i> L. | Topinambur | Knollen |
| Juniper | fruits | <i>Juniperus communis</i> L. | Wacholder | Früchte |
| * Juniper | shoots | <i>Juniperus communis</i> L. | Wacholder | junge Sprosse |
| * Juniper | wood | <i>Juniperus communis</i> L. | Wacholder | Holz |
| 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 |



| English | | Latin | German | |
|-------------------|-----------------|--|--------------------------|-----------------|
| Name of the plant | Plant part used | Name of the plant | Name of the plant | Plant part used |
| 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</i> spec. | 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 |
| Lime / Linden | flowers | <i>Tilia cordata</i> Mill. | Linde (Winterlinde) | Blüten |
| Lime / Linden | leaves | <i>Tilia cordata</i> Mill. | Linde (Winterlinde) | Blätter |
| Lime / Linden | flowers | <i>Tilia platyphyllos</i> Scop. | Linde (Sommerlinde) | Blüten |
| Lime / Linden | leaves | <i>Tilia platyphyllos</i> Scop. | Linde (Sommerlinde) | Blätter |
| Linseed | seeds | <i>Linum usitatissimum</i> L. | Lein | Samen |
| * Liquorice | roots | <i>Glycyrrhiza glabra</i> L. | Süßholz | Wurzeln |
| Litchi | fruits | <i>Litchi chinensis</i> Sonn. | Litschi | Früchte |
| Loganberry | fruits | <i>Rubus x loganobaccus</i> L.H. Bailey | Loganbeere | Früchte |



| English | | Latin | German | |
|-------------------|-----------------|---|-------------------|-----------------|
| Name of the plant | Plant part used | Name of the plant | Name of the plant | Plant part used |
| Lovage | fruits | <i>Levisticum officinale</i> W. Koch | Liebstockel | Fruchte |
| 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 | flowers | <i>Malva sylvestris</i> L. | Malve | Bluten |
| Mallow | leaves | <i>Malva sylvestris</i> L. | Malve | Blatter |
| Mandarin orange | fruits | <i>Citrus reticulata</i> Blanco / <i>Citrus deliciosa</i> Ten. | Mandarine | Fruchte |
| Mandarin orange | peel | <i>Citrus reticulata</i> Blanco / <i>Citrus deliciosa</i> Ten. | Mandarine | Schalen |
| Mango | fruits | <i>Mangifera indica</i> L. | Mango | Fruchte |
| Manna ash | resin | <i>Fraxinus ornus</i> L. | Manna-Esche | Harz |
| Marigold | flowers | <i>Calendula officinalis</i> L. | Ringelblume | Bluten |
| Marjoram | fruits | <i>Origanum majorana</i> L. | Majoran | Fruchte |
| Marjoram | herb | <i>Origanum majorana</i> L. | Majoran | Kraut |
| * Marshmallow | leaves | <i>Althaea officinalis</i> L. | Eibisch | Blatter |
| * Marshmallow | roots | <i>Althaea officinalis</i> L. | Eibisch | Wurzeln |
| Mate | leaves | <i>Ilex paraguariensis</i> A. St.-Hil. | Mate | Blatter |



| English | | Latin | German | |
|----------------------|-----------------|--|-------------------------|-----------------|
| Name of the plant | Plant part used | Name of the plant | Name of the plant | Plant part used |
| 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 | flowers | <i>Verbascum</i> spec. | Königskerze / Wollblume | Blüten |
| * Mullein | leaves | <i>Verbascum</i> spec. | Königskerze / Wollblume | Blätter |
| 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 |



| 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 |
| * 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 |
| Papaya | fruits | <i>Carica papaya</i> L. | Melonenbaum / Papaya | | Früchte |
| Papaya | leaves | <i>Carica papaya</i> L. | Melonenbaum / Papaya | | Blätter |
| Paprika | fruits | <i>Capsicum annuum</i> L. | Paprika | | Früchte |
| Parsley | fruits | <i>Petroselinum crispum</i> (Mill.) Nym. | Petersilie | | Früchte |
| Parsley | leaves | <i>Petroselinum crispum</i> (Mill.) Nym. | Petersilie | | Blätter |
| 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 |



| English | | | Latin | German | |
|-------------------------------|-----------------|--|-------------------------------------|-----------------|--|
| Name of the plant | Plant part used | Name of the plant | Name of the plant | Plant part used | |
| * 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 | |
| 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 | |



| English | | Latin | German | |
|-------------------------------|-----------------|---|------------------------------|--------------------|
| Name of the plant | Plant part used | Name of the plant | Name of the plant | Plant part used |
| Raspberry | fruits | <i>Rubus idaeus</i> L. | Himbeere | Früchte |
| Raspberry | leaves | <i>Rubus idaeus</i> L. | Himbeere | Blätter |
| Red amaranth | seeds | <i>Amaranthus cruentus</i> L. | Rispenfuchsschwanz | Samen |
| Red clover | flowers | <i>Trifolium pratense</i> L. | Rotklee | Blüten |
| Red clover | herb | <i>Trifolium pratense</i> L. | Rotklee | Kraut |
| Red currant | fruits | <i>Ribes rubrum</i> L. | Johannisbeere, rot | Früchte |
| * Red sandalwood ⁴ | wood | <i>Pterocarpus santalinus</i> L.f. | Sandelholz, rot ⁴ | Holz |
| Rhatany | roots | <i>Krameria lappacea</i> (Dombey) Burdet & B. B. Simpson / <i>Kameria 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 | Blüten- blätter |
| 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 / Spaltkörbchen, 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 | flowers | <i>Tilia tomentosa</i> Moench / <i>Tilia argentea</i> DC. | Silberlinde | Blüten |
| Silver lime | leaves | <i>Tilia tomentosa</i> Moench / <i>Tilia argentea</i> DC. | Silberlinde | Blätter |
| Silverweed | herb | <i>Potentilla anserina</i> L. | Gänsefingerkraut | Kraut |
| Sloe | fruits | <i>Prunus spinosa</i> L. | Schlehe | Früchte |



| English | | Latin | German | |
|-----------------------------------|----------------------|--|---------------------------------|----------------------------------|
| Name of the plant | Plant part used | Name of the plant | Name of the plant | Plant part used |
| * 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 |
| Spinach | leaves | <i>Spinacia oleracea</i> L. | Spinat | Blätter |
| Spirulina | thallus | <i>Spirulina platensis</i> (Nordst.) Geitler | Spirulina | Thallus |
| Sprouting broccoli | flowers and stems | <i>Brassica oleracea</i> L. var. <i>italica</i> Plenck | Brokkoli | Blüten-- stand und Stengel |
| * St. John´s Wort | flowers ⁵ | <i>Hypericum perforatum</i> L. | Johanniskraut | Blüten ⁵ |
| * St. John´s Wort | herb ⁵ | <i>Hypericum perforatum</i> L. | Johanniskraut | Kraut ⁵ |
| Star anise | fruits | <i>Illicium verum</i> Hook.f. | Sternanis | Früchte |
| Stevia | leaves | <i>Stevia rebaudiana</i> (Bertoni) Bertoni | Stevia / Süßblatt / Süßkraut | Blätter |
| Strawberry | fruits | <i>Fragaria x ananassa</i> Duchesne | Erdbeere (Gartenerdbeere) | Früchte |
| Strawberry | leaves | <i>Fragaria x ananassa</i> Duchesne | Erdbeere (Gartenerdbeere) | Blätter |
| 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 | Blüten- blätter |



| English | | Latin | German | |
|----------------------------------|-----------------|---|-------------------|-----------------|
| Name of the plant | Plant part used | Name of the plant | Name of the plant | Plant part used |
| 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 | flowers | <i>Citrus sinensis</i> (L.) Osbeck | Orange | Blüten |
| Sweet orange | fruits | <i>Citrus sinensis</i> (L.) Osbeck | Orange | Früchte |
| Sweet orange | leaves | <i>Citrus sinensis</i> (L.) Osbeck | Orange | Blätter |
| Sweet orange | peel | <i>Citrus sinensis</i> (L.) Osbeck | Orange | Schalen |
| Sweet trefoil | herb | <i>Trigonella caerulea</i> (L.) Ser. / <i>Trigonella coerulea</i> (Desr.) Ser. | Schabzigerklee | Kraut |
| * Sweet violet | flowers | <i>Viola odorata</i> L. | Märzveilchen | Blüten |
| * Sweet woodruff | herb | <i>Galium odoratum</i> (L.) Scop / <i>Asperula odorata</i> L. | Waldmeister | Kraut |
| Tamarind | fruits | <i>Tamarindus indica</i> L. | Tamarinde | Früchte |
| Tarragon | leaves | <i>Artemisia dracunculus</i> L. | Estragon | Blätter |
| Tea | flowers | <i>Camellia sinensis</i> (L.) Kuntze | Tee | Blüten |



| English | | Latin | German | |
|-------------------|-----------------|---|-------------------------|--------------------------|
| Name of the plant | Plant part used | Name of the plant | Name of the plant | Plant part used |
| Tea | leaves and buds | <i>Camellia sinensis</i> (L.) Kuntze | Tee | Blätter und Blattknospen |
| Tea | stems | <i>Camellia sinensis</i> (L.) Kuntze | Tee | Stengel |
| 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 | fruits | <i>Morus alba</i> L. | Maulbeere, weiss | Früchte |
| White mulberry | leaves | <i>Morus alba</i> L. | Maulbeere, weiss | Blätter |
| 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 | fruits | <i>Fragaria vesca</i> L. | Walderdbeere | Früchte |
| Wild strawberry | leaves | <i>Fragaria vesca</i> L. | Walderdbeere | Blätter |
| Willow herb | herb | <i>Epilobium angustifolium</i> L. / <i>Chamaenerium angustifolium</i> (L.) Scop. | Weidenröschen, schmalblättrig | Kraut |
| * Witch hazel | bark | <i>Hamamelis virginiana</i> L. | Hamamelis / Zaubernuss | Rinde |
| * Witch hazel | leaves | <i>Hamamelis virginiana</i> L. | Hamamelis / Zaubernuss | Blätter |
| 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 |



| English | | Latin | German | |
|-----------------------|-----------------|---|-------------------|-----------------|
| Name of the plant | Plant part used | Name of the plant | Name of the plant | Plant part used |
| * Yellow gentian | roots | <i>Gentiana lutea</i> L. | Enzian, gelb | Wurzeln |
| Yellow plum | fruits | <i>Prunus domestica subsp. 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 |



Plant parts which are approved novel foods in the EU and which can be used as ingredients in herbal infusions according to Implementing Regulation (EU) 2018/1023 of 23 July 2018 correcting Implementing Regulation (EU) 2017/2470 establishing the Union list of novel foods.

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

| English | | Latin | German | | Commission Implementing Regulation (EU) 2018/1023 | | |
|---|-----------------|------------------------------------|--------------------------|-----------------|--|--|----------------------------------|
| Name of the plant | Plant part used | Name of the plant | Name of the plant | Plant part used | Maximum levels | Additional specific labelling requirements | Specified food category |
| Chinese hawthorn | fruit | <i>Crataegus pinnatifida</i> Bunge | Weißdorn, fiederteiliger | Frucht | In line with normal food use of <i>Crataegus laevigata</i> | The designation of the novel food on the labelling of the foodstuffs containing it shall be ' <i>Crataegus pinnatifida</i> dried fruit' | herbal infusions |
| Guayusa | leaves | <i>Ilex guayusa</i> Loes. | Guayusa | Blätter | In line with normal use in herbal infusions and food supplements of a similar aqueous extract of dried leaves of <i>Ilex paraguariensi</i> | The designation of the novel food on the labelling of the foodstuffs containing it shall be 'Extracts of dried leaves of <i>Ilex guayusa</i> ' | herbal infusions |
| Hoary rock rose | herb | <i>Cistus incanus</i> L. Pandalis | Zistrose, graubehaarte | Kraut | Intended daily intake: 3 g herbs/day (2 cups/day) | The designation of the novel food on the labelling of the foodstuffs containing it shall be ' <i>Cistus incanus</i> L. Pandalis herb' | herbal infusions |
| Noni / brimstone tree / Indian mulberry | leaves | <i>Morinda citrifolia</i> L. | Maulbeerbaum, indischer | Blätter | A cup of infusion to be consumed shall not be prepared with more than 1 g of dried and roasted leaves of <i>Morinda citrifolia</i> | 1. The designation of the novel food on the labelling of the foodstuffs containing it shall be 'Noni leaves' or 'leaves of <i>Morinda citrifolia</i> '. 2. Instructions shall be given to the consumer that a cup of infusion should not be prepared with more than 1 g of dried and roasted leaves of <i>Morinda citrifolia</i> . | for the preparation of infusions |



Footnotes:

The THIE *Inventory List of Herbals Considered as Food* also shows the Latin plant name for each entry. It is common practice in botany to specify a plant via its full Latin name/scientific denomination which consists of three parts, i.e. the genus plus a species specific epitheton plus the (abbreviated) name of the author who first described the plant in question. Only this denomination allows a clear specification of a plant. For the determination of the Latin plant names given in the THIE Inventory list the following acknowledged plant databases were used as references:

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

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 = The wood of red sandalwood (*Pterocarpus santalinus* L.f.) is protected under the Washington Convention / Convention on International Trade in Endangered Species of Wild Fauna and Flora (CITES).
- ⁵ = 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*'.