

HERB	OTHER NAMES	RECORDED MEDICINAL USE	RECORDED FOOD USE	RECORDED USE IN AROMATHERAPY	RECORDED USE IN COSMETICS	COMMENTS	Parts Used Medicinally
Abelmoschus moschatus	Hibiscus abelmoschus, Ambrette, Musk mallow, Muskseed	No	No	Yes	Yes		
Abies alba	European silver fir, silver fir, Abies pectinata	Yes	No	Yes	Yes		Leaves & resin
Abies balsamea	Balm of Gilead, balsam fir	Yes	No	Yes	Yes		Leaves, bark resin & oil
Abies canadensis	Hemlock spruce, Tsuga, Pinus bark	Yes	No	No	No		Bark
Abies sibirica	Fir needle, Siberian fir	Yes	No	Yes	Yes		Young shoots
Abies spectabilis	Abies webbiana, Himalayan silver fir	Yes	No	No	No	This species not used in aromatherapy but Abies Sibirica, Abies alba Miller, Siberian Silver Fir Essential Oil are.	Leaves
Acacia catechu	Black wattle, Black catechu	Yes	Yes	No	No	Aqueous bark extract which is often concentrated and dried to produce a flavouring. Distilled with vodka to make Blavod (black vodka).	Extract, bark, wood, flowering tops and gum
Acacia farnesiana	Cassie, Prickly Moses	Yes	Yes	Yes	Yes	Ripe seeds pressed for cooking oil	Bark, flowers
Acacia senegal	Guar gum, Gum arabic	No	Yes	No	Yes	Source of Gum Arabic (E414) and Guar Gum (E412), controlled miscellaneous food additive. Used in foods as suspending and emulsifying agent.	
Acanthopanax senticosus	Kan jang	Yes	No	No	No	Kan Jang is a combination of Andrographis Paniculata and Acanthopanax Senticosus.	
Achillea millefolium	Yarrow, Milfoil, Soldier's woundwort	Yes	Yes	Yes	Yes	Flavouring source including essential oil. Contains natural toxin thujone/thuyone whose levels in flavourings are limited by EU (Council Directive 88/388/EEC) and GB (SI 1992 No.1971) legislation. There are several chemotypes of Yarrow Essential Oil, which is steam distilled from the dried herb. The linalol chemotype is the Yarrow Essential Oil that is used in aromatherapy. The plant is reportedly used in the production of alcoholic beverages, herb teas and in cosmetics.	Whole plant
Aconitum	Aconite	Yes	No	No	No	Various species used including A napellus, A. stoerkianum, A. uncinatum var japonicum, A. deinorrhizum, A. balfourii, A. chasmanthum, A. spicatum & A. lycocotum. This herb is listed on SI 1977/2130 parts II and III	
Acorus calamus	Sweet flag, Calamus,	Yes	Yes	No	Yes	Number CE 13 in Council of Europe Regulation 1981[CoE 1981] (rhizomes) . Contains natural toxin Beta asarone whose levels in flavourings are limited by EU (Council Directive 88/388/EEC) and GB (SI 1992 No. 1971) legislation. Calamus is prohibited from use in food in the USA. Calamus Essential Oil, steam distilled from the rhizomes should not be used in aromatherapy and is on the International Fragrance Association (IFRA) restricted list.	Rhizome, oil and root
Actaea spicata	Baneberry, Herb Christopher	Yes	No	No	No		Root
Adenophora stricta	Grand bellflower, Ladybell, Nan sha shen	Yes	No	No	Yes		Roots
Adiantum capillus - veneris	Maidenhair fern, Venus fern	Yes	No	No	Yes		Rhizome, rootlets
Aegle marmelos	Bael fruit, Bengal quince	Yes	Yes	No	No	Fruit pulp reportedly used in drinks	Fruit, roots, leaves and flowers
Aegopodium podagraria	Goutweed, Herb Gerrard	Yes	Yes	No	Yes	There are reports of the fresh leaves being eaten as a vegetable	Aerial parts
Aesculus hippocastanum	Horse chestnut	Yes	No	No	Yes	External use is usually regarded by the MHRA as cosmetic.	Bark & seeds
Agathosma betulina	Buchu, Betulina	Yes	Yes	Yes	No	Listed in Fenaroli as flavouring ingredient Buchu. Essential oil from dried leaves contains 1-pulegone. (also known as diosphenol). Pulegone's levels in flavourings are limited by EU (Council Directive 88/388/EEC) and GB (SI 1992 No. 1971) legislation. Buchu Essential Oil is obtained from steam distilling the fresh leaves of Barosma betulina (South Africa). Used in the food industry, sulphur containing minor compounds are important because they are responsible for the characteristic blackcurrant smell and flavour of buchu oil.	Leaves
Agrimonia eupatoria	Agrimony, Liverwort, Church steeples, Stickwort	Yes	Yes	No	Yes	Number CE 18 in CoE 1981(herb, aerial part). Is used as an ingredient for Herb teas.	Leaves, stem & flower
Alchemilla vulgaris	Lady's mantle, Lion's foot	Yes	Yes	No	Yes	Various species used. Number CE21 in CoE 1981 (herb, aerial part, roots).	Whole plant
Aletris farinosa	Aque root, Colic root, Star grass, True unicorn root	Yes	No	No	No		Rhizome, root
Aleurites moluccana	Kukuri	Yes	No	Yes	Yes	Fixed/carrier oil in aromatherapy	
Allium cepa	Onion	Yes	Yes	No	Yes		Bulb
Allium sativum	Garlic	Yes	Yes	Yes	Yes		
Allium schoenoprasum	Chives	Yes	Yes	No	No		Aerial parts
Allium ursinum	Ramsons	Yes	Yes	No	No		Herb, bulb
Aloe ferox	Cape aloe	Yes	No	No	No	Not to be confused with Aloe vera	Gum
Aloe vera	Aloe, Aloe barbadensis, Barbados aloe, Curacao aloe	Yes	Yes	Yes	Yes	Found in cosmetic products or used in capsules as food supplement. Mainly used in soft drinks, juices and as a flavouring listed by Council of Europe. Not to be confused with Aloe ferox (the Cape aloe).	
Aloysia triphylla	Lippia citriodora, Lemon verbena	No	Yes	No	Yes	Oil restricted by IFRA and should not be used in aromatherapy.	Leaves
Alpinia officinarum	Galangal, Lesser galangal, Galanga	Yes	Yes	Yes	Yes	Raw rhizome and oil are used as flavourings in oriental cookery. Listed in Fenaroli as galangal. Number CE30 in E15CoE 1981. Galangal Root Essential Oil is steam distilled from the root.	Rhizome & Oil
Althaea officinalis	Marsh mallow	Yes	Yes	No	Yes	Marsh mallow (root extract at c. 20 ppm) (Leung and Foster 1996). 'Althea flowers' and 'Althea root' listed in Fenaroli. Number CE 31 in CoE 1981. Source of original marshmallow (Mabberley). Used in the food industry and has a long history as a kitchen herb.	Leaves, flowers and root
Amaranthus hypochondriacus	Amaranth	Yes	Yes	No	No	There are reports of the fresh leaves being eaten as a substitute for spinach	Whole plant

<i>Amlica embillicus</i>	Amla, Indian gooseberry, <i>Phyllanthus embilica</i>	Yes	Yes	No	Yes	Very high Vit C content & much used in foods. Has cosmetic uses in hair preparations but is also used medicinally in scalp treatments.	Fruit
<i>Ammi visnaga</i>	Daucus visnaga, Khella	Yes	No	Yes	No		Seeds
<i>Amyris balsamifera</i>	Jamaican Rosewood, West Indian Sandalwood oil	Yes	No	Yes	Yes		Wood
<i>Anacardium occidentale</i>	Cashew	Yes	Yes	No	Yes	Nut is a common food	Bark, leaf, shell
<i>Anacyclus pyrethrum</i>	Pellitory, Pellitory of Spain	Yes	No	No	Yes		Root
<i>Andrographis paniculata</i>	Chuan-Hsin-Lien, Chuan-Xin-Lian, Kan jang	Yes	No	No	Yes	Number CE 37 in CoE 1981 (herb, aerial part). Kan Jang is a combination of <i>Andrographis paniculata</i> and <i>Acanthopanax Senticosus</i> .	Whole plant.
<i>Anemarrhena asphodeloides</i>		Yes	No	No	Yes		Rhizome
<i>Anethum graveolens</i>	Dill	Yes	Yes	Yes	Yes	Seed used in aromatherapy. Seed and leaf have food uses	Seed, leaf, upper stem
<i>Angelica archangelica</i>	Angelica	Yes	Yes	Yes	Yes	Plant stem is used as a vegetable and when candied has culinary uses Leaves a vegetable (but this may only be outside the EU). Petioles and inflorescence axes etc. candied for cake decoration etc. (Mabberley). Angelica Root Essential Oil is obtained from steam distillation of the roots of <i>Angelica archangelica</i> (European-France), it is on the IFRA restricted list. Angelica Seed Essential Oil is obtained from steam distillation of the seeds of <i>Angelica archangelica</i> (English) and is not on the IFRA restricted list. An important ingredient in alcoholic beverages and as a flavouring agent.	Root
<i>Angelica sinensis</i>	Chinese angelica, Dong quai	Yes	Yes	No	No		Root
<i>Aniba parviflora</i>	Rosewood	No	No	Yes	No		
<i>Antennaria dioica</i>	Catsfoot, Cat's ear, Life everlasting	Yes	No	No	No		Whole plant, flowers
<i>Anthemis nobilis</i>	Roman chamomile, Chamaemelum nobile	Yes	Yes	Yes	Yes	Flowers used for tea	Flowers
<i>Anthyllis vulneraria</i>	Woundwort	Yes	No	No	Yes		Plant
<i>Aphanes arvensis</i>	Parsley piert, <i>Alchemilla arvensis</i>	Yes	No	No	No		Plant
<i>Apium graveolens</i>	Celery, Smallage	Yes	Yes	Yes	Yes	Stems common as a food. Seeds used as flavouring in small amounts	Seed, fruit
<i>Apium petroselinum</i>	Parsley root, Carum petroselinum	Yes	Yes	No	Yes	Aerial parts eaten	Root
<i>Apocynum cannabinum</i>	Canadian hemp, Dogbane	Yes	No	No	No	Listed in Part I of SI 1977/2130. Banned in cosmetics.	Rhizome and root
<i>Aquilaria malaccensis</i>	<i>Aquilaria agallocha</i> , Aloewood, Eaglewood	Yes	No	No	Yes	Resin is used as incense and in manufacturing perfumes	Bark, wood & resin
<i>Aquilegia vulgaris</i>	Columbine, Granny's bonnet	Yes	No	No	No		Aerial parts
<i>Arachis hypogaea</i>	Peanut, Groundnut, Monkey nut	Yes	Yes	Yes	Yes	Oil & nuts have common food uses	Oil
<i>Aralia racemosa</i>	Spikenard, Indian Root	Yes	No	Yes	No		Root, rhizome
<i>Arctium lappa</i>	Burdock, Lappa, Beggar's buttons	Yes	Yes	No	Yes	As Burdock has many food uses it is likely that only the seeds will be regarded as medicinal, as these do not have food use. Root used in capsule/tablet form as food supplement.	Seeds
<i>Arctostaphylos uva-ursi</i>	Uva ursi, Bearberry, Mountain box	Yes	Yes	No	Yes	Fresh blossom & berries are reported to be eaten as foods.	Leaves
<i>Areca catechu</i>	Betel nut	Yes	No	No	Yes	Listed in Part I of SI 1977/2130.	Whole plant
<i>Argania spinosa</i>	Argan	No	Yes	No	Yes	Argan oil widely used in food and as an oil	
<i>Armoracia rusticana</i>	Horseradish	Yes	Yes	No	Yes		Root
<i>Arnica montana</i>	Leopard's bane, Mountain tobacco, Wolf's bane	Yes	No	Yes	Yes	Various species used Listed in Fenaroli. Arnica oil obtained by steam distillation of flowers. Arnica root oil obtained from rhizomes. Both essential oils scarce and expensive. Absolute, tincture and resinoid preferred.	Flowers, roots herb, leaves, rhizomes
<i>Artemisia abrotanum</i>	Southernwood	Yes	Yes	Yes	Yes	Number CE 60 in CoE 1981 and CoE 2000. Contains active principles methyleugenol and thujone. Also contains eucalyptol. Thujone's levels in flavourings are limited by EU (Council Directive 88/388/EEC) and GB (SI 1992 No. 1971) legislation. A Southernwood essential oil is obtained by steam distillation of the dried herb.	Leaves
<i>Artemisia absinthium</i>	Wormwood	Yes	Yes	No	Yes	Number CE 61 in CoE 1981 and CoE 2000 (herb). Contains thujone. Thujone's levels in flavourings are limited by EU (Council Directive 88/388/EEC) and GB (SI 1992 No. 1971) legislation. Also contains camphor. Used in liqueur absinthe (made by macerate). A Wormwood essential oil is obtained by steam distillation of the dried herb and it is on the IFRA restricted list. Was used in alcoholic drinks, now illegal in many countries. CoE 1981 refers to use of herb, flowers, leaves and flower tips, leaves	Whole plant
<i>Artemisia affra</i>	Wilde als, Wild wormwood, African wormwood	Yes	No	No	No	Can be used as an insect repellant. One of the most widely used traditional medicines in South Africa.	Leaves
<i>Artemisia annua</i>	Sweet annie, Sweet wormwood, Qing hao	Yes	No	No	Yes		Whole plant
<i>Artemisia dracuncululus</i>	Tarragon	Yes	Yes	Yes	Yes		Aerial parts & root
<i>Artemisia vulgaris</i>	Mugwort, Felon herb, Moxa	Yes	Yes	Yes	Yes	Is occasionally used as a flavouring herb. Mugwort Essential Oil is steam distilled from the dried herb of <i>Atemesia Vulgaris</i> . It is a natural insect repellent.	Leaves
<i>Arundinaria japonica</i>	Bamboo	Yes	Yes	No	No	Stems and leaves of young shoots are used as a food	Leaf, oil
<i>Asclepias tuberosa</i>	Pleurisy root, Butterfly weed	Yes	Yes	No	No		Root
<i>Aspalathus linearis</i>	Rooibos	Yes	Yes	No	Yes	Used as a tea (low tannin & caffeine free)	Leaf, Stem
<i>Asparagus officinalis</i>	Asparagus	Yes	Yes	No	Yes	Fresh shoots used as food.	Rhizome & root
<i>Asparagus racemosus</i>	Shtavari	Yes	Yes	No	No		Rhizome & root
<i>Asparagus sarmentosus</i>	Satavari	Yes	Yes	No	No		Rhizome & root
<i>Asphaltum</i>	Silajit, Shilajit, Asphalt, Pitch	No	No	No	No	Tar formed from decomposition of vegetable substances, is not regarded as herbal for the purposes of medicines legislation in the UK. Used in Ayurvedic products.	Gum or resin
<i>Aspidosperma quebracha blanco</i>	Quebracha	Yes	No	No	No	Listed in Parts II & III of SI 1977/2130.	Bark
<i>Astragalus membranaceus</i>	Milk vetch	Yes	Yes	No	Yes	Other members of this plant family have food uses.	Root
<i>Athyrium filix-femina</i>	Lady fern	Yes	No	No	No		Rhizome with roots
<i>Atractylodes macrocephala</i>	Chinese thistle daisy	Yes	No	No	Yes		Rhizome
<i>Avena sativa</i>	Oats, Groats, Oatstraw	Yes	Yes	No	Yes		Seed, endosperm

Azadirachta indica	Neem	Yes	Yes	Yes	Yes	Has cosmetic uses as oil in hair dressing preparations, resin in soap, paste and skin lotion. An Essential Oil of Neem is extracted by steam distillation of the leaf of Melia Azadirachta. Neem Seed Oil, cold pressed from the seeds, is also a vegetable oil.	Leaves, bark, seeds, oil & resin
Backhousia citriodora	Lemon myrtle, Lemon ironwood, Sweet verbena tree	No	Yes	Yes	Yes	Used as lemon flavouring & tea	Leaf, flower, seeds
Bacopa monnieri	Herb-of-Grace, Water hyssop	Yes	Yes	No	Yes		Whole plant, root, stalks & leaves
Ballota nigra	Black horehound	Yes	Yes	No	No	Black horehound. Number CE 84 in CoE 1981 (herb, leaves). According to Mabberley adulterant of Marrubium vulgare L. (white horehound used as tea, in sweets and liqueurs).	Whole plant
Balsamodendron kafal	Opopanax	No	No	Yes	No		
Baptisia tinctoria	Wild indigo	Yes	No	No	Yes		Root
Bellis perennis	Daisy, Bruisewort	Yes	Yes	No	Yes		Leaves and flowers
Berberis vulgaris	Barberry, Common barberry	Yes	Yes	No	Yes	Seedless form of preserved fruit used in French jam according to Mabberley. Number CE 86 in CoE 1981 and CoE 2000. Leaves and bark contain berberine, whose levels in flavourings are limited by EU (Council Directive 88/388/EEC) and GB (SI 1992 No. 1971). Barberries are used domestically to prepare juice, syrup, sauces, jelly and jam.	Roots, wood and bark
Beta vulgaris	Beet, Sugar beet	Yes	Yes	No	Yes		Root
Betonica officinalis	Wood betony	Yes	No	No	No		Herb, basal leaves
Betula alba	Birch	Yes	Yes	Yes	Yes	Betula Pendula & Betula Alba are the most commonly used species. A number of essential oils are obtained by steam distillation of the bark of Betula lenta L.(USA), Birch Sweet Essential Oil; Betula pendula Roth (Russia), Birch White Essential Oil; Betula alleghaniensis (Canada), Birch Yellow Essential. Steam distillation of the leaf buds of Betula alba also produces an essential oil of Birch. Sap has been fermented to make beer, wine, spirits or vinegar.	Leaves
Betula alleghaniensis	Yellow birch	Yes	No	Yes	No		Leaves
Betula nigra	Black birch, Sweet birch	Yes	No	Yes	No		Leaves and bark
Betula pendula	Silver birch	Yes	Yes	Yes	Yes	See above.	Leaf, bark, oil, sap & buds
Bidens tripartita	Bur-marigold	Yes	No	No	No		Plant
Bixa orellana	Anatto, Lipstick tree	Yes	Yes	No	Yes	Fruit and seeds are used as a flavouring in South America, colouring E 160b.	Leaves, fruit and seeds
Borago officinalis	Borage, Burrage, Starflower	Yes	Yes	Yes	Yes	Not usually regarded as medicinal as the plant has common food uses. Borago officinalis oil is used in cosmetics.	Leaves and flowers.
Boswellia	Frankincense	Yes	Yes	Yes	Yes	This is a generic term for a variety of different species. Has cosmetic uses in wrinkle creams, incense and perfumes. Frankincense essential oil is steam distilled from the resin and the commonly used species are Boswellia carteri Birdw. (Ethiopia & Somalia) and Boswellia Thurifera, Frankincense (Somalia, Kenya, Nigeria). The essential oil is used as a flavouring in confectionery, bakery products and soft drinks (Number CE93).	Gum or resin
Boswellia frereana	Frankincense	Yes	No	Yes	Yes		
Brassica nigra	Black mustard	Yes	Yes	No	Yes		Seed
Brassica oleracea	Cabbage	Yes	Yes	No	Yes		Leaf
Bryonia alba	White bryony	Yes	No	No	No		Root
Bupleurum flacatum	Bupleurum, Thoroughwax	Yes	No	No	Yes		Root
Calamintha ascendens	Calamint, Basil thyme, Mountain balm	Yes	No	No	Yes		Leaf
Calendula arvensis	Calendula silvestre	Yes	No	Yes	No		Flower and leaf
Calendula officinalis	Marigold	Yes	Yes	Yes	Yes	Marigold flowers are used in the food industry as a flavouring and colouring. Calendula officinalis is used as a carrier oil for Aromatherapy and massage. Calendula is used in skin care products.	Flowers (dried or as source of lutein)
Callitris intratropica	Cypress blue	No	No	Yes	Yes		
Calluna vulgaris	Heather, Ling	Yes	Yes	No	Yes	Blossom used as an ingredient in teas.	Whole plant
Calophyllum inophyllum	Tamanu oil, Oriental tacamahac, Maritua tacamahac	Yes	No	Yes	Yes		Fruit
Calystegia sepium	Greater bindweed	Yes	No	No	No		Aerial parts
Camellia sasanqua	Camellia oil	Yes	No	Yes	Yes	Used as a fixed/carrier oil for aromatherapy	
Camellia sinensis	Green tea, Black tea	No	Yes	Yes	Yes		
Cananga odorata	Ylang ylang	No	No	Yes	Yes		
Canarium commune	Eleni oil, Java almond	No	Yes	Yes	Yes		
Cannabis sativa	Hemp	Yes	Yes	Yes	Yes	Parts of this plant are controlled by the Misuse of Drugs Act and advise should be sought from the Home Office on this point. An essential oil of Hemp has been steam distilled over the past 2-3 years. Hemp seed oil is obtained by cold pressing of the seeds of Cannabis sativa, and does not contain the psychoactive substances present in the plant. The oil is used in manufacture of soap and oil paints.	Whole plant.
Capparis spinosa	Caper bush	Yes	Yes	No	Yes	Used as a food flavouring	Root bark & flower buds
Capsella bursa-pastoris	Shepherd's purse	Yes	Yes	No	Yes	There are reported culinary uses for the fresh leaves and seeds.	Whole plant
Capsicum annum	Cayenne, African chillies	Yes	Yes	No	Yes		Fruit
Cardiospermum halicacabum	Balloon vine, Love-in-a-Puff	Yes	No	No	Yes		Fuits
Carica papaya	Papaya	Yes	Yes	No	Yes		Fruit. Leaf
Carlina acaulis	Carlina thistle	Yes	No	No	Yes		Root
Carthamus tinctorius	Safflower, Safflower thistle	Yes	Yes	No	Yes		Flowers, Oil
Carum carvi	Caraway	Yes	Yes	Yes	Yes		Seed, Oil
Cascara sagrada	Cascara, Rhamnus purshiana	Yes	No	No	Yes		Dried bark
Castanea sativa	Sweet chestnut	Yes	Yes	No	Yes	Nut is used for food	Leaf
Catha edulis	Khat, Bushman's tea	Yes	No	No	No	Listed in Part I of SI 1977/2130.	Leaves and stems

Caulophyllum thalictroides	Blue cohosh, Squawroot, Pappose root	Yes	Yes	No	Yes	Not related to Black Cohosh (Cimicifuga racemosa). Fresh seeds and leaves are reported to have food uses.	Root
Cedrus atlantica	Atlas cedar	Yes	No	Yes	Yes		Wood, Bark & Oil
Cedrus deodara	Cedarwood oil, Deodor, Fountain tree, Indian cedar	Yes	No	Yes	Yes		Wood, Bark & Leaves
						This is a protected species. Commonly used Cedarwood Essential Oils are obtained by steam distillation from Cedrus atlantica Manette, Cedarwood Atlas (Morocco), Cedrus deodora G.don.f, Cedarwood Himalayan (India), Juniperus virginiana L. Cedarwood Virginian (USA), Juniperus Mexicana, Cedarwood (Texas USA), Juniperus Procera, Cedarwood (China).	Oil
Cedrus libani	Cedar, Atlas cedar, Cedar of Lebanon	Yes	No	No	No		
Centaurea cyanus	Cornflower, Bluebottle, Knapweed	Yes	Yes	No	Yes	It is reported that the fresh flowers can be eaten in salads, other species have similar uses.	Flowers (dried)
Centaureum erythraea	Centaury, Feverwort	Yes	Yes	No	Yes	Can be used in 'bitters'	Whole plant
Centella asiatica	Gotu kola, Hydrocotyle asiatica, Sim and Ginseng.	Yes	Yes	No	Yes		
Cephaelis ipecacuanha	Ipecacuanha root, Ipecac	Yes	No	No	No		Root
Ceratonia siliqua	Carob, St John's Bread	Yes	Yes	No	Yes	Chocolate substitute	Fruit and bark
Cetraria islandica	Iceland moss	Yes	Yes	No	Yes	Edible lichen reportedly used in baking	Whole plant
Chamaelirium luteum	False unicorn root, Helonias dioica	Yes	No	No	No		Rhizomes, Roots
Chelidonium majus	Celandine	Yes	No	No	Yes	Listed in Parts II & III of SI 1977/2130	Whole plant & Sap
Chelone glabra	Balmory, Turtle head	Yes	No	No	No		Aerial parts
Chenopodium ambrosioides	Chenopodium anthelminticum, Wormseed, Mexican tea, Jesuit tea	Yes	No	No	Yes	Listed in Part I of SI 1977/2130	Whole Plant, Leaves, Oil
Chenopodium vulvaria	Stinking arroch, Goosefoot, Stinking goosefoot	Yes	Yes	No	No		Whole plant
Chimaphila umbellata	Pipsissewa	Yes	Yes	No	Yes		Whole plant
Chionanthus virginicus	Fringe tree bark	Yes	Yes	No	No		Root, bark
Chondrus crispus	Irish Moss	Yes	Yes	No	Yes	Used as a stabilizer E407 in the food and pharmaceutical industry	Whole plant
Chrysanthemum cinerarifolium	Pyrethrum	Yes	No	No	Yes		Flowers
Chrysanthemum leucanthemum	Ox-eye daisy	Yes	Yes	No	No	It is reported that the fresh leaves can be eaten in salads	Aerial parts
Cichorium intybus	Chichory, Endive	Yes	Yes	No	Yes	Fresh leaves have common use as a vegetable. Also used in coffee	Leaves, roots
Cimicifuga racemosa	Black cohosh, Squawroot	Yes	No	No	Yes		Root/Rhizome
Cinchona officinalis	Peruvian bark, Jesuits bark	Yes	No	No	Yes	Listed in Parts II & III of SI 1977/2130	Bark
						Careful classification is required with Cinnamomum species, do not confuse C. Camphora with C. Zeylanicum from which cinnamon is produced. Food use as flavouring. White camphor is used in aromatherapy, yellow and brown are not.	Wood and Leaves
Cinnamomum camphora	Camphor, Laurus camphora	Yes	Yes	Yes	Yes		
						Careful classification is required with Cinnamomum species, do not confuse C. Cassia with C. Zeylanicum from which cinnamon is produced. Fruits and Oil have food use. On the IFRA restricted list.	Inner bark, Leafy twigs
Cinnamomum cassia	Cassia bark, Chinese cinnamon, C. auromaticum	Yes	Yes	Yes	Yes		
Cinnamomum micranthum		No	No	Yes	No		
Cinnamomum verum	Cinnamon bark, Cinnamomum zeylandicum	Yes	Yes	Yes	Yes	On the IFRA restricted list.	Bark
Cistus ladanifer	Gum sistus	Yes	No	Yes	Yes		Leaves, Resin, Oil
Citrus aurantiifolia	Lime	Yes	Yes	Yes	Yes		Oil
						While whole c. aurantium is not regarded as medicinal, isolates or extracts comprising or containing Synephrine are. On the IFRA restricted list.	Fruit
Citrus aurantium	Bitter orange, Seville orange	No	Yes	Yes	Yes		
Citrus bergamia	Bergamot orange	No	Yes	Yes	Yes	Source of bergamot oil, Neroli oil and Orange flower water	
Citrus clementina	Clementine	No	Yes	Yes	Yes		
Citrus hystrix	Kaffir lime, leech lime, makrut	No	Yes	No	Yes		
Citrus junos		No	No	Yes	Yes		
Citrus limon	Lemon	Yes	Yes	Yes	Yes		Fruit, Juice
Citrus paradisi	Forbidden fruit	Yes	Yes	Yes	Yes		Fruit
Citrus reticulata	Mandarin orange, Tangerine	Yes	Yes	Yes	Yes		Fruit, Peel, Pips
Citrus sinensis	Sweet orange	Yes	Yes	Yes	Yes		Peel, oil
						Armandii and Montana are banned in medicines by the Medicines (Aristolochia and Mu Tong etc.)(Prohibition) Order 2001	Root
Clematis chinensis	Chinese clematis	Yes	No	No	Yes		
						Armandii and Montana are banned in medicines by the Medicines (Aristolochia and Mu Tong etc.)(Prohibition) Order 2001	
Clematis recta	Renunculaceae	Yes	No	No	No		
						Armandii and Montana are banned in medicines by the Medicines (Aristolochia and Mu Tong etc.)(Prohibition) Order 2001	
Clematis vitalba	Renunculaceae	Yes	No	No	Yes		
Clerodendrum infortunatum		Yes	No	No	No		Leaves and Root
Cnicus benedictus	Holy thistle, Blessed thistle	Yes	No	No	Yes	Reportedly used as a skin conditioning agent in cosmetics	Whole plant
Cochlearia officinalis	Scurvy grass	Yes	Yes	No	Yes		Aerial parts
Cocos nucifera	Coconut plant	Yes	Yes	Yes	Yes		Bark, Root
Coffea arabica	Coffee	Yes	Yes	Yes	Yes		Seeds
Cola acuminata	Kola nuts, Cola seeds, Abata cola	Yes	Yes	No	Yes		Seeds
Collinsonia canadensis	Stone root, Heal-all	Yes	No	No	Yes		Root
Commiphora mukul	Suddha guggul, Myrrh	Yes	No	Yes	Yes		Resin or Gum
Convallaria majalis	Lily of the valley	Yes	No	No	Yes	Listed in Parts II & III of SI 1977/2130	Whole plant
Copaifera martii	Copai	Yes	No	No	No		Oil, Resin
Coptis chinensis	Goldthread, Mishmi bitter, Chinese goldthread	Yes	Yes	No	Yes	Apparently used as a flavouring for beer. Used as an antioxidant in cosmetics	Roots
Coriandrum sativum	Coriander	Yes	Yes	Yes	Yes		Fruit, Oil
Corylus avellana	Hazelnut	No	Yes	Yes	Yes		

Crataegus laevigata	Hawthorn, May, Thorn, Crataegus oxyacantha	Yes	Yes	No	Yes	Other species commonly used. Fruit apparently used in jams in Germany	Berries, Flowers and Leaves
Crataeva nurvula	Varunabaum, Barun	Yes	No	No	Yes	Skin conditioning agent in cosmetics (stems & bark)	Whole plant
Crithmum maritimum	Samphire	Yes	Yes	No	Yes		Aerial parts
Crocus sativus	Saffron	Yes	Yes	No	Yes		Stigma, style
Croton lechleri	Sangre de grado	Yes	No	No	No	Croton Oil is listed in the POM order and a medicinal product containing it will therefore be controlled as a prescription only medicine in the UK	Seed and Oil
Cryptomeria japonica	Japanese Cedar	No	No	Yes	Yes		
Cucumis sativus	Cucumber	Yes	Yes	Yes	Yes		Fruit
Cucurbita pepo	Pumpkin seed	Yes	Yes	Yes	Yes		Seed, Oil
Cuminum cyminum	Cumin seed	Yes	Yes	Yes	Yes	On the IFRA restricted list.	Seed
Cupressus sempervirens	Cypress tree	Yes	No	Yes	Yes		Bark
Curcuma longa	Turmeric	Yes	Yes	Yes	Yes		Root
Curcuma zedoaria	Zedoary	Yes	Yes	No	Yes		Root
Cydonia oblongata	Quince	Yes	Yes	No	Yes		Seed
Cymbopogon citratus	Lemon grass	Yes	Yes	Yes	Yes		Leaves, Oil
Cymbopogon flexuosus	East Indian lemon grass, Cochin lemon grass	No	Yes	Yes	Yes		
Cymbopogon martinii	Palla rosa oil, Roshia, Geranium grass	No	No	Yes	Yes		
Cymbopogon nardus	Citronella	No	No	Yes	Yes		
Cynara scolymus	Artichoke	Yes	Yes	No	Yes		Leaves
Cyperus scariosus	Nagar motha oil	No	No	Yes	No		
Cytisus scoparius	Broom, Sarothamnus scoparius, Scotch broom	Yes	No	No	Yes	Do not confuse with Spanish Broom (Spartum Junceum) which has food and cosmetic uses	Twigs and Flowers
Datura stramonium	Thornapple, Stramonium, Stinkweed, Thlaspi arvense	Yes	No	No	Yes	Listed in Parts II & III of SI 1977/2130	Leaves, Flowering tops and Seeds.
Daucus carota	Wild carrot	Yes	Yes	Yes	Yes	Oil from plant has uses in cosmetics	Whole plant and Seeds
Delphinium consolida	Larkspur	Yes	No	No	No		Flowers
Delphinium staphisagria	Lousewort	Yes	No	No	No	Listed in Parts II and III of SI 1977/2130	Seeds
Desmodium	Amor seco, Back relax, Strong back	Yes	No	No	No	Many different species used	Leaves, Whole plant
Dianthus caryophyllus	Wild carnation, Gillyflower, Clove pink	Yes	Yes	Yes	Yes	Used as a food flavouring	Flowers, Oil
Dioscorea opposita	Chinese yam, Cinnamon yam, Dioscorea batatas	Yes	No	No	Yes	Skin conditioning agent in cosmetics	Tuber
Dioscorea villosa	Wild yam, Mexican yam, Colic root, Rheumatism root	Yes	No	No	Yes	Skin conditioning agent in cosmetics	Root & Rhizome
Dorema ammoniacum	Gum ammoniac	Yes	No	No	No		Resin
Drosera rotundifolia	Sundew	Yes	Yes	No	Yes		Plant
Echinacea angustifolia	Purple cone flower	Yes	Yes	No	Yes	It is reported that fresh flowers can be eaten in salads	Root & Rhizome
Echinacea pallida	Purple cone flower	Yes	Yes	No	Yes	It is reported that fresh flowers can be eaten in salads	Root & Rhizome
Echinacea purpurea	Purple cone flower, Rudbeckia purpurea	Yes	Yes	No	Yes	It is reported that fresh flowers can be eaten in salads	Root & Rhizome
Eclipta prostrata	Eclipta alba, False daisy, Bhiringaraj	Yes	No	No	Yes		Whole plant
Elettaria cardamomum	Cardamom seeds	Yes	Yes	Yes	Yes		Seed
Eleutherococcus senticosus	Siberian Ginseng	Yes	Yes	No	Yes		Root
Elymus repens	Couch grass, Agropyron repens, quack grass	Yes	Yes	No	Yes	Used as a fragrance and skin conditioning agent. Fresh leaves reportedly eaten as vegetable, also as a tea/coffee substitute	Rhizomes, roots, stems
Embelia ribes	Embelia	Yes	No	No	No	Listed in Part I of SI 1977/2130	Berries, Leaves and Root Bark
Emblica officinalis	Emblica myrobalan, Indian gooseberry	Yes	Yes	No	No	Fresh fruit apparently eaten raw or used as a flavouring or in pickles, chutneys, sweetmeats and preserves.	Fruit, Seed, Leaves, Root Bark and Flowers
Ephedra	Ma huang, Desert tea, Mormon tea, Jequirity	Yes	No	No	Yes	Various species on Parts II & III of SI 1977/2130	Root, Leaves & Seeds
Epilobium parviflorum	Small flowering willowherb	Yes	No	No	No		Aerial parts
Epimedium sagittatum	Horny goat weed, Barrenwort	Yes	No	No	Yes	Antioxidant in cosmetics	Whole plant
Equisetum arvense	Horsetail, Bottle brush, Pewterwort, Scouring rush, Dutch brush, Paddock pipes and Shape grass	Yes	Yes	No	Yes	Used in cosmetics and food supplements for silica content	Stems
Eriodictyon californicum	Yerba santa	Yes	No	No	Yes		Leaf
Eryngium maritimum	Sea holly	Yes	Yes	No	Yes		Root
Erythroxylum catuaba	Catuaba	Yes	No	No	No		Bark
Eschscholzia californica	Californian poppy	Yes	Yes	No	Yes	Has uses as a food flavouring	Whole plant
Eucalyptus citriodora	Lemon scented gum	Yes	No	Yes	Yes		Leaf, Oil, Resin
Eucalyptus dives	Australian peppermint, Broad-leaved peppermint	Yes	No	Yes	Yes		Leaf, Oil
Eucalyptus globulus	Blue gum, Tasmanian blue gum	Yes	No	Yes	Yes		Leaves, Oil
Eucalyptus polybractea	Silver malee scrub	Yes	No	Yes	No		Oil
Eucalyptus radiata	E. radiata var. australiana	Yes	No	Yes	No		Oil
Eucalyptus smithii	Gully ash	Yes	No	Yes	No		Oil
Eucalyptus staigeriana	Lemon scented iron bark	Yes	No	Yes	No		Oil
Euonymus atropurpureus	Wahoo bark	Yes	No	No	No		Root bark
Eupatorium perfoliatum	Hemp agrimony, Boneset, Feverwort, Thoroughwort	Yes	Yes	No	No		Aerial parts
Eupatorium purpureum	Gravel root, Joe pyeweed	Yes	No	No	Yes		Rhizome, root
Euphorbia hirta	Pill-bearing spurge	Yes	No	No	Yes		Aerial parts
Euphrasia officinalis	Eyebright	Yes	No	No	Yes		Whole plant
Eurycoma longifolia	Tongkat ali	Yes	No	No	No	Usually from Malayasia	Root
Evemia prunastri	Oak moss	No	Yes	Yes	Yes	Oil restricted by IFRA in aromatherapy	
Fagopyrum esculentum	Buckwheat	No	Yes	No	No		

<i>Ferula assa-foetida</i>	Asafoetida, Devil's dung, Food-of-the-gods	Yes	Yes	No	Yes	Used in minute quantities as a food flavouring	Gum resin
<i>Ferula gummosa</i>	<i>Ferula galbaniflua</i> , Galbanum	Yes	No	Yes	Yes		Gum resin
<i>Ficus carica</i>	Fig	Yes	Yes	No	Yes		Latex
<i>Filipendula ulmaria</i>	Meadowsweet, Queen of the meadow	Yes	No	No	Yes		Whole plant, Flowers
<i>Foeniculum vulgare</i>	Fennel	Yes	Yes	Yes	Yes		Fruit
<i>Fragaria vesca</i>	Strawberry	Yes	Yes	Yes	Yes	An extract is used in aromatherapy, not an essential oil	Leaf, rhizome
<i>Frangula alnus</i>	Alder buckthorn bark, Frangula bark	Yes	No	No	Yes		Bark
<i>Fraxinus excelsior</i>	Ash	Yes	No	No	Yes		Leaf and Bark
<i>Fraxinus ornus</i>	Manna, Manna ash	Yes	Yes	No	Yes		Sap
<i>Fritillaria verticillata</i>	Fritillary, Bei mu	Yes	No	No	Yes		Bulbs
<i>Fucus vesiculosus</i>	Bladderwrack, Kelp, Sea wrack	Yes	Yes	Yes	Yes		Whole plant
<i>Fumaria officinalis</i>	Fumitory, Earth smoke, Wax dolls	Yes	No	No	Yes		Flowering Plant
<i>Galega officinalis</i>	Goat's rue, French lilac	Yes	Yes	No	Yes	Fresh leaves apparently used as spinach alternative	Whole plant
<i>Galipea officinalis</i>	Angustura	Yes	Yes	No	No		Leaves
<i>Galium aparine</i>	Goosegrass, Cleavers, Lady's bedstraw	Yes	Yes	No	Yes	Roasted seeds used as coffee substitute	Whole plant, Seeds
<i>Galium odoratum</i>	Woodruff, <i>Asperula odorata</i>	Yes	Yes	No	Yes	Food use as flavouring	Whole plant
<i>Ganoderma lucidum</i>	Reishi mushroom, Bracket fungus	Yes	Yes	No	Yes	Often supplied in powder form	Whole plant
<i>Garcinia cambogia</i>	Brindle berry, Tamarind	No	Yes	No	Yes	While whole <i>Garcinia cambogia</i> is not regarded as medicinal, isolates or extracts comprising or containing hydroxycitric acid are	
<i>Gaultheria fragrantissima</i>	Indian wintergreen	No	No	Yes	No		
<i>Gaultheria procumbens</i>	Wintergreen, Teaberry, Checkerberry	Yes	Yes	Yes	Yes		Leaves
<i>Gelidium amansii</i>	Agar	Yes	Yes	No	Yes		Thallus
<i>Gelsemium sempervirens</i>	Yellow jasmine root, False jasmine	Yes	No	No	No	Listed in Parts II & III of SI 1977/2130	Rhizome, root
<i>Gentiana lutea</i>	Gentian, Yellow gentian	Yes	Yes	No	Yes	Usually used as a digestive bitter, but can be used medicinally	Dried rhizomes and Roots
<i>Geranium maculatum</i>	American cranesbill, Wild geranium	Yes	No	No	Yes	Not to be confused with pelargoniums which are a separate genus	Whole plant and Roots
<i>Geranium robertianum</i>	Herb robert, Cranesbill	Yes	No	No	Yes		Whole plant
<i>Geum rivale</i>	Water avens	Yes	Yes	No	Yes		Rhizome, root
<i>Geum urbanum</i>	Herb bennet	Yes	No	No	Yes		Whole plant
<i>Gevuina avellana</i>	Avellana, Gevuina oil	No	No	Yes	Yes		
<i>Ginkgo biloba</i>	Maidenhair tree	No	Yes	No	Yes		
<i>Glechoma hederacea</i>	Ground Ivy, Alehoof	Yes	Yes	No	Yes	Can have food uses as a flavouring	Whole plant
<i>Glycine soja</i>	Soya bean	No	Yes	Yes	Yes		Bean, Oil, Seed
<i>Glycyrrhiza glabra</i>	Liquorice, Licorice	Yes	Yes	No	Yes		Roots, Stolons
<i>Gmelina arborea</i>	Gambhari	Yes	No	No	No		Root, Bark, Fruit and Leaves
<i>Gnaphalium uliginosum</i>	Marsh cudweed, Cottonweed, low cudweed	Yes	No	No	No		Aerial parts
<i>Gossypium herbaceum</i>	Cotton root bark	Yes	No	No	Yes		Root bark
<i>Griffonia simplicifolia</i>	Griffonia	Yes	Yes	No	No		Seed
<i>Grindelia</i>	Gumplant	Yes	Yes	No	Yes	Various species used. Food use as a tea is reported	Whole plant
<i>Guaiacum officinale</i>	Lignum vitae	Yes	No	Yes	Yes		Wood
<i>Guarea rusbyi</i>	Grape bark, Cocillana	Yes	No	No	No		Bark
<i>Gymnema sylvestre</i>	<i>Asclepias geminata</i>	Yes	No	No	Yes	Cosmetic use as an astringent	Root and Leaves
<i>Hamamelis virginiana</i>	Witch hazel	Yes	No	Yes	Yes	An extract is used in aromatherapy, not an essential oil	Bark
<i>Haronga madagascariensis</i>	Haronga	Yes	No	No	Yes		Leaf, Bark
<i>Harpagophytum procumbens</i>	Devil's claw, Grapple plant	Yes	No	No	Yes	Has topical uses as a skin conditioning agent	Tubers, Root
<i>Hedera</i>	Ivy	Yes	No	No	Yes	Many different species used, usually <i>Hedera helix</i>	Leaves
<i>Helianthus annuus</i>	Sunflower	Yes	Yes	Yes	Yes		Flowers, Leaves
<i>Helichrysum Gymnocephalum</i>		No	No	Yes	No		
<i>Helichrysum italicum</i>	<i>Helichrysum angustifolium</i>	No	No	Yes	Yes		
<i>Helichrysum nudifolium</i>	Copper tea	Yes	No	No	No		
<i>Heracleum sphondylium</i>	Masterwort	Yes	Yes	No	Yes		Whole plant
<i>Herniaria glabra</i>	Rupturewort	Yes	No	No	Yes		Aerial parts
<i>Hibiscus sabdariffa</i>	Hibiscus, Rose mallow, Jamaica sorrel, Karkade, Roselle	Yes	Yes	Yes	Yes		Flowers
<i>Hieracium pilosella</i>	Pilosella, Hawkweed, <i>Pilosella officinarum</i>	Yes	No	No	Yes		Whole plant
<i>Hippophae rhamnoides</i>	Sea buckthorn	Yes	Yes	No	Yes	Fresh berries apparently eaten as fruit, also used in marmalade, jelly, syrup & sauces	Berries, Juice, Oil
<i>Holarrhena antidysenterica</i>	Kurchi tree, Conessi tree	Yes	No	No	No	Listed in Part I of SI 1977/2130	Bark, Seeds & Leaves
<i>Hordeum distychum</i>	Barley	Yes	Yes	No	Yes		Seeds, Malt extract
<i>Humulus lupulus</i>	Hops	Yes	Yes	Yes	Yes		Strobiles
<i>Hydrangea arborescens</i>	Hydrangea, Seven barks	Yes	No	No	No	Other hydrangea species used in cosmetics	Roots
<i>Hydrastis canadensis</i>	Goldenseal, Yellow root	Yes	No	No	Yes		Rhizome & Root
<i>Hyoscyamus niger/albus</i>	Henbane, Hogbean	Yes	No	No	No	Listed in Parts II & III of SI 1977/2130	Whole plant
<i>Hypericum perforatum</i>	St John's wort	Yes	Yes	Yes	Yes	Fresh leaves apparently used in salads or as flavouring	Whole plant
<i>Hyssopus officinalis</i>	Hyssop	Yes	Yes	Yes	Yes	Leaves have culinary use as a flavouring	Whole plant, leaves, flowers and oil
<i>Ilex paraguariensis</i>	Mate, Yerba mate and Paraguay tea.	Yes	Yes	No	Yes		Leaves
<i>Illicium verum</i>	Star anise (Chinese)	Yes	Yes	Yes	Yes	DO NOT CONFUSE WITH POISONOUS JAPANESE STAR ANISE (<i>ILICIIUM ANISATUM</i>)	Fruit, seeds
<i>Impatiens balsamina</i>	<i>Impatiens pallida</i> , Tou Gu Cao	Yes	Yes	No	Yes	Other species of <i>Impatiens</i> are also used medicinally	Whole plant
<i>Inula graveolens</i>		No	No	No	No	On the IFRA prohibited list	
<i>Inula helenium</i>	Elecampane, scabwort, Allantroot	Yes	Yes	No	Yes	Some use in perfumery and as a flavouring. Roots can be candied. Banned by IFRA.	Roots, Flowers Oil

Ipomoea	Convolvulus, Jalap, Morning glory	Yes	No	No	Yes		Tuber, Resin, Seeds
Iris germanica	I. Florentina, Orris root, White/Yellow flag	Yes	Yes	No	Yes		Rhizome with roots
Iris versicolor	Wild iris, Blue flag	Yes	Yes	No	Yes	Apparently used as a flavouring in gin	Rhizome
Jasminum grandiflorum	Jasmine	No	Yes	Yes	Yes		
Jateorhiza palmata	Calumba root	Yes	No	No	No		Root
Juglans cinerea	Butternut bark, White walnut	Yes	Yes	No	No		Bark
Juglans nigra	Black walnut	Yes	Yes	No	Yes	Kernal is used in food	Leaf, Rind, Oil
Juglans regia	Walnut	Yes	Yes	Yes	Yes		Leaf
Juniperus communis	Common juniper	Yes	Yes	Yes	Yes		Fruit
Juniperus communis var. montana	Juniper berry	Yes	Yes	Yes	No		Berries, Oil
Juniperus mexicana	Cedarwood oil	No	No	Yes	Yes		
Juniperus oxycedrus	Prickly juniper, Cadewood oil	No	No	Yes	Yes	On the IFRA restricted list at present.	
Juniperus procera	African juniper	No	No	Yes	No		
Juniperus virginiana	Red cedar, Oil of savin	Yes	No	Yes	Yes		Oil
Justicia adhatoda	Adhatoda, Adhatoda Zelanica, Adhatoda, Vasica	Yes	No	No	No		Roots, Leaves and Flowers
Krameria triandra	Rhatany, Rhatanhia	Yes	No	No	Yes		Dried Root
Kunzea ambigua	Tick bush, Southern spring flower	No	No	Yes	No		
Lactuca virosa	Wild lettuce, Lactuca sirrola	Yes	No	No	Yes		Whole plant and Leaves
Lamium album	White dead nettle	Yes	Yes	No	Yes	It has been reported that the flowers are used make a herbal tea	Whole plant
Larix decidua	Larch, Common larch	Yes	No	No	No	Larix europa is used in cosmetics	Bark & Resin
Laurus nobilis	Bay, Bay laurel, Sweet bay	Yes	Yes	Yes	Yes		Leaf, fruit, oil
Lavandula angustifolia	Lavender, English lavender, L. officinalis, L. spica, L. vera	Yes	Yes	Yes	Yes		Flowers
Lavandula burnati		No	No	Yes	No		
Lavandula hybrida	Lavandin	No	No	Yes	Yes		
Lavandula latifolia	Spike lavender	Yes	No	Yes	Yes		Aerial parts
Lavandula stoechas	French lavender, Italian lavender, Spanish lavender	No	No	Yes	Yes		
Lawsonia inermis	Henna	Yes	No	No	Yes		Leaf, fruit, bark
Leonurus cardica	Motherwort	Yes	No	No	No	Other species also used medicinally	Whole plant
Lepidium meyenii	Maca	No	Yes	No	No	Status unclear under food law - advice should be sought from the Food Standards Agency	
Lepidium sativum	Garden cress	Yes	Yes	No	No		Aerial parts
Leptospermum scoparium	Manuka, Tea bush, Tea tree	No	Yes	Yes	No		
Levisticum officinale	Lovage	Yes	Yes	No	Yes		Rhizome, root
Ligustrum lucidum	Chinese privet	Yes	No	No	Yes		Fruits
Linum usitatissimum	Linseed, Flaxseed	Yes	Yes	Yes	Yes		Seeds, Oil
Liquidambar orientalis	Syrax oil	No	No	Yes	No		
Litsea cubeba		No	No	Yes	Yes		
Lobaria pulmonaria	Lungwort, Lungmoss	Yes	No	No	Yes		Lichen
Lobelia inflata	Lobelia, Pukeweed, Indian tobacco, Asthma weed	Yes	No	No	Yes	Listed in Parts II & III of SI 1977/2130	Whole plant
Lomatium dissectum	Osha root	Yes	No	No	No		Root
Lycopodium clavatum	Club moss	Yes	No	No	Yes		Spores, fresh plant
Lycopus	Gypsywort, Bugleweed	Yes	No	No	No	Various species used	Whole plant
Lysimachia vulgaris	Loosestrife	Yes	No	No	No		Aerial parts
Lythrum salicaria	Purple loosestrife	Yes	No	No	Yes		Aerial parts
Macadamia ternifolia		No	Yes	Yes	Yes		
Magnolia officinalis	Magnolia	Yes	No	Yes	Yes		Bark
Mahonia aquifolium	Oregon grape, Berberis aquifolium	Yes	Yes	No	Yes	Fresh berries apprently used in pies, jams and jellies	Root, rhizome, branch and twig bark
Malpighia punicifolia	Acerola, Barbados cherry	No	Yes	No	Yes	Fruit is reported to have a very high Vitamin C content	Fruit
Malva sylvestris	Blue mallow	Yes	Yes	No	Yes	Do not confuse with Marshmallow or Country Mallow. Fresh leaves, flowers and seed pods are apparently used in salads and as vegetables	Dried leaves and flowers.
Maranta arundinacea	Arrowroot	Yes	Yes	No	Yes		Rhizome, Rhizome tubers
Marrubium vulgare	White horehound	Yes	Yes	No	Yes	Flowers used as a flavouring	Whole plant.
Marsdeia cundurango	Condurango, Ascepias metaperro	Yes	No	No	Yes		Root, Bark
Matricaria recutita	M. chamomilla, Chamomilla recutita, German chamomile, Scented chamomile	Yes	Yes	Yes	Yes		Flowers
Medicago sativa	Alfalfa, Buffalo herb, Lucerne	Yes	Yes	No	Yes	Leaves and stems are reportedly used as food	Seed and root
Melaleuca alternifolia	Tea tree	Yes	No	Yes	Yes		Leaves and oil
Melaleuca ericifolia	Swamp paperbark	No	No	Yes	Yes		
Melaleuca leucadendron	Cajaput, Cajaput pure essential oil,	Yes	No	Yes	Yes		Oil
Melaleuca quinquenervia	M. cajuputti, Broad-leaved tea tree, Pink tree,	Yes	No	Yes	No		Oil
Melaleuca viridiflora	Niaouli	Yes	No	Yes	Yes		
Melia azedarach	Chinaberry, Bead tree, Persian lilac	Yes	No	No	Yes		Leaves, Bark, Root bark, Fruits
Melilotus officinalis	Melilot, Yellow melilot, Yellow sweet clover	Yes	Yes	No	Yes	It is reported that the dried herb can be used as a flavouring	Whole plant
Melissa officinalis	Balm, Lemon balm	Yes	Yes	Yes	Yes		Whole Plant and Flowers
Mentha aquatica	Watermint	Yes	Yes	No	Yes		Leaf, Plant
Mentha arvensis	Cornmint, field mint	Yes	Yes	Yes	Yes		Leaf, Whole Plant, Oil
Mentha citrata	Bergamot mint, American horsemint	No	No	Yes	No		
Mentha piperita	Peppermint	Yes	Yes	Yes	Yes		Leaf, Whole Plant, Oil

Mentha pulegium	Pennyroyal, pudding grass	Yes	Yes	Yes	Yes	Leaves are listed as a spice	Aerial parts, Whole Plant, Oil
Mentha spicata	Garden mint, Lamb mint, Spearmint, Mentha viridis	Yes	Yes	Yes	Yes	Leaves used as a flavouring	Leaf, Whole Plant, Oil
Menyanthes trifoliata	Bogbean, Marsh trefoil, Buckbean	Yes	Yes	No	Yes	Reportedly used as a flavouring in beer	Leaf
Meum mutellina	Baldmoney	Yes	Yes	No	No		Root
Mitchella repens	Squaw vine	Yes	No	No	No		Whole Plant
Momordica charantia	Kerla, Balsam pear, bitter gourd	No	Yes	No	Yes	Status unclear under food law - advice should be sought from the Food Standards Agency	
Moringa oleifera	Ben, Horseradish tree, Behen nuts	Yes	Yes	Yes	Yes		Bark, Gum, Seeds, Leaf, Root, Root juice
Mucuna pruriens	Velvet bean	Yes	No	No	Yes		
Myrica cerifera	Barberry, Candleberry bark, Wax myrtle	Yes	Yes	No	Yes		Bark, Wax from berries
Myristica fragrans	Nutmeg, Mace	No	Yes	Yes	Yes		
Myroxylon balsamum	Peruvian balsam, Tolu balsam, M. pereirae	Yes	No	Yes	Yes	Use in aromatherapy restricted by IFRA	Resin balsam from trunks
Myrrhis odorata	Sweet cicely	Yes	Yes	No	Yes		Whole herb
Myrtus communis	Myrtle	Yes	Yes	Yes	Yes		Fruit
Nardostachys jatamansi	Musk root	Yes	Yes	Yes	No		Rhizomes and Roots
Nasturtium officinale	Watercress	Yes	Yes	No	Yes		Aerial Parts
Nelumbo nucifera	Lotus, Sacred lotus, Padma	Yes	Yes	No	Yes		Flowers, beans/seeds
Nepeta cataria	Catnip, Catmint	Yes	Yes	Yes	Yes	Young leaves may reportedly be used for a tea and as flavourings in sauces & stews	Whole plant, Leaves
Nigella sativa	Black cumin, Nutmeg flower	Yes	Yes	Yes	Yes		Plant, Seed
Nilgiranthus ciliatus		Yes	No	No	No		
Nymphaea odorata	White pond lily, Water cabbage, Water nymph	Yes	Yes	No	Yes		Root, Leaves
Nymphaea alba	Water lily	Yes	Yes	No	Yes		Root, Flowers, Fruits, Seeds
Nymphoides peltata	Limnathemum nymphoides, Floating heart	Yes	Yes	No	No		
Ocimum officinale	Basil, Tulsi	No	Yes	Yes	Yes		
Oenothera biennis	Evening primrose	Yes	Yes	Yes	Yes	Oil is used in many food supplements and cosmetic products	Leaves and Stem
Olea europaea	Olive	No	Yes	Yes	Yes		
Ononis spinosa	Spiny rest harrow	Yes	No	No	Yes		Root
Optunia vulgaris (ficus-indica)	Cactus flowers, Prickly pear	Yes	Yes	No	Yes	Fresh fruit eaten as food	Leaves, Juice
Origanum marjorana	Egyptian marjoram	Yes	Yes	Yes	Yes		Plant, Oil
Origanum vulgare	French green oregano	Yes	Yes	Yes	Yes		Aerial parts, Oil
Ormenis mixta	Moroccan chamomile	No informa	No	Yes	No		
Ormenis multicaulis		No informa	No	Yes	Yes		
Oroxylum indicum	Midnight horror, Phanaphania	Yes	No	No	No		Root Bark, Stem Bark, Fruit and Seeds
Orthosiphon spicatus	Java tea, Orthosiphon Stamineus	Yes	No	No	Yes		Leaves, stem tips
Osmanthus fragrans	Wild olive, Fragrant olive	No	Yes	Yes	Yes		
Paonia	Peony	Yes	No	No	Yes	Many different species used medicinally	Roots
Panax ginseng	Ginseng	No	Yes	No	Yes		
Parietaria diffusa	Pellitory, Pellitory of the wall	Yes	No	No	Yes		Whole plant
Passiflora	Passion flower	Yes	Yes	Yes	Yes	The fruit of some species of Passion Flower is eaten as a food. The usual medicinal plant is Passiflora incarnata	Aerial parts and flowers
Pastinaca sativa	Parsnip	Yes	Yes	No	No		Seed, Tops
Paullina cupana	Guarana, Paullina vabano	No	Yes	No	Yes		
Pelargonium graveolens	Geranium, Rose geranium	No	No	Yes	Yes		
Pelargonium odoratissimum	Apple geranium, Egyptian geranium	Yes	Yes	Yes	No	Leaves are listed as a spice	Whole plant, Flowers, Oil
Persea gratissima	Avocado	Yes	Yes	Yes	Yes	Fixed oil used in aromatherapy	Leaves, Seed
Petasites vulgaris	Butterbur petasin, Langwort, Umbrella plant, Petasites hybridus	Yes	No	No	Yes		Root
Petroselinum crispum	Parsley	Yes	Yes	Yes	No		Root, Seeds
Petroselinum sativum	Common parsley, Carum petroselinum	Yes	Yes	Yes	Yes		Root, Seeds
Peumus boldus	Boldo, Boldea boldus	Yes	No	No	Yes	Banned by IFRA	Leaf and Bark
Phaseolus vulgaris	Green bean, Navy kidney pods	Yes	Yes	No	Yes		Pods, Beans
Phyllanthus fraternus	P. Niruri	Yes	No	No	No	Other P. species also have medicinal uses (P. Emblica & P. Urinaria)	Whole plant, Leaves and Root
Phyllitis scolopendrium	Scolopendrium, Hart's tongue fern	Yes	No	No	No		Leaves
Phytolacca americana	Pokeweed, Pokeroor, Red-ink plant	Yes	No	No	Yes	Phytolacca acinosa is also used medicinally	Roots and Berries
Picea mariana	Canadian black spruce	No	Yes	Yes	No		
Picrasma excelsa	Quassia, Bitter ash, Picraenia excelsa	Yes	Yes	No	Yes	Can be used as a flavouring	Wood
Picrorhiza kurroa	Katula	Yes	No	No	No	The dried Picrorhiza is indicated in the Indian Materia Medica as a laxative, a cathartic, an anti-periodic, a cholagogue and treatment of worms in children. The Materia Medica does not suggest any food use for Picrorrhiza Kurroa	Rhizome and Root
Pilosella officinarum	Hieracium pilosella, Mouse-ear	Yes	No	No	Yes		Whole herb
Pimento racemosa	Pimento acris, bay rum tree, West Indian bay	Yes	Yes	Yes	No		Berries, Oil
Pimpinella anisum	Anise, Aniseed, Green aniseed	No	Yes	Yes	Yes		
Pimpinella saxifraga	Pimpinel, Burnet saxifrage	Yes	No	No	Yes		Rhizome, roots
Pinellia ternata	Ban xia	Yes	No	No	Yes		Tuber
Pinus pinaster	Maritime pine	Yes	Yes	Yes	Yes		Oil, Resin

Pinus sylvestris	Scots pine	Yes	Yes	Yes	Yes		Oil, Resin
Piper cubeba	Cubebs, Java pepper	Yes	Yes	Yes	No		Fruit
Piper longum	Indian long pepper	No	Yes	No	No		
Piper methysticum	Kava kava	Yes	Yes	No	Yes	Some Kava products may be regulated as foods. However, Kava kava has been banned in UK foods and medicines from 13 January 2003. The medicines SI is the Medicines for Human Use (Kava-kava)(Prohibition) Order 2002 [SI 2002/3170]	Roots & Rhizomes
Piper nigrum	Black pepper	Yes	Yes	Yes	Yes		Fruit
Piscidia erythrina	Jamaica dogwood	Yes	No	No	No		Bark
Pistacia lentiscus	Mastic tree, Lentisk	Yes	Yes	No	Yes		Resin, Oil
Plantago	Plantain	Yes	Yes	No	Yes	Various species used. Plantago Psyllium has cosmetic uses. P. Psyllium husks are commonly used a laxative. Fresh leaves reportedly have food use.	Whole plant, Leaves or Seeds depending on species.
Plantago ovata	Plantago ispaghula, Ispaghula, Psyllium husk	Yes	Yes	No	Yes	Food uses as a thickening agent	Husk
Plantago psyllium	Dark psyllium, Fleaseed, Psyllium seed	Yes	Yes	No	Yes		Seed
Plectranthus barbatus	Coleus, C. barbatus, C. forskohlii	Yes	No	No	Yes	Leaves may have uses in cosmetic products.	Whole plant
Podophyllum peltatum	American mandrake, May apple root	Yes	No	No	Yes		Root
Pogostemon cablin	Patchouli, Pogostemon patchouli	No	No	Yes	Yes		
Polemonium caeruleum	Jacob's ladder	Yes	No	No	No		Root
Polemonium reptans	Abcess root, False jacob's ladder	Yes	No	No	No		Root
Polyanthes tuberosa	Mistress of the night, Lady of the night, Polianthes tuberosa	Yes	No	Yes	Yes		Root, Flowers
Polygala senega	Snakeroot, Milkwort, Rattlesnake root	Yes	Yes	No	Yes	Different species used, P. Senega & P. Tenuifolia. Can be used as a flavouring	Roots
Polygonatum multiflorum	Solomon's seal, Convallaria multiflora	Yes	Yes	No	Yes		Rhizome, Root
Polygonum bistorta	Bistort, Snakeweed, English serpentry	Yes	Yes	No	Yes	Fresh rhizome reportedly has food use	Rhizome
Polygonum hydropiper	Yellow jasmin root, False jasmine	Yes	Yes	No	No		Leaves, Whole plant
Polygonum multiflorum	Knotweed	Yes	No	No	Yes		Root & Stem
Polypodium vulgare	Polypody	Yes	Yes	No	No	Used as food flavouring	Rhizome
Populus alba	White poplar, Abele	Yes	Yes	No	Yes		Bark
Populus jackii	Balm of gilead buds, Poplar buds, P. gileadensis, P. candicans	Yes	Yes	No	No		Buds, Bark
Populus nigra	Black poplar	Yes	No	No	Yes		Buds, Bark
Potentilla erecta	Bloodroot tormentilla, Tormentil, P. tormentilla	Yes	No	No	Yes		Rhizome
Potentilla reptans	Cinquefoil, Five leaved grass	Yes	No	No	Yes		Plant
Premna obtusifolia	Agnimantha, P. integrifolia, P. corymbosa and Cornutia corymbosa	Yes	Yes	No	No	Fresh leaves used in asian cuisine	Root, Root bark and leaves
Primula veris	Cowslip	Yes	Yes	No	Yes	Flowers can be added to salads and turned into wine & tea	Root & Flowers
Primula vulgaris	Primrose	Yes	Yes	No	Yes	Flowers can be added to salads and turned into wine & tea	Whole plant, Flowers
Prunella vulgaris	Self-heal, Heal-all	Yes	No	No	No		Whole plant, Flowers
Prunus africanum	Pygeum africanum, African cherry, Red stinkwood	Yes	No	No	Yes		Fruits, kernals and oil
Prunus amygdalus	Bitter or Jordan almond	Yes	Yes	Yes	Yes	Amygdalin/laetrile/Vitamin B17 from the kernals is controlled under medicines legislation	Ripe fruit
Prunus armeniaca	Apricot	Yes	Yes	Yes	Yes	Amygdalin/laetrile/Vitamin B17 from the kernals is controlled under medicines legislation	Ripe fruit
Prunus dulcis	Sweet	Yes	Yes	Yes	Yes	Amygdalin/laetrile/Vitamin B17 from the kernals is controlled under medicines legislation	Ripe fruit
Prunus persica	Peach	No	Yes	Yes	Yes	Amygdalin/laetrile/Vitamin B17 from the kernals is controlled under medicines legislation	Ripe fruit
Prunus serotina	Rum cherry, Wild black cherry	Yes	No	No	Yes		bark
Prunus spinosa	Blackthorn, Sloe tree	Yes	Yes	No	Yes		Fruit
Pseudotsuga menziesii	Douglas fir, Douglas pine	No	No	Yes	Yes		
Pseudowintera colorata	Horopito	Yes	No	No	No		Leaves
Pterocarpus santalinus	Red Sandalwood	Yes	No	No	Yes		Wood
Ptychopetalum olacoides	Muira puama, Potency wood.	Yes	No	No	Yes		Roots, Bark, Wood and Balsam
Pueraria lobata	Kudzu, Japanese arrowroot, Pueraria thunbergiana	Yes	Yes	No	Yes	The powdered root can be used as a thickening agent	Root and Flowers
Pulmonaria officinalis	Lungwort	Yes	Yes	No	Yes	Young leaves apparently have culinary uses in salads and soups	Flowering plant
Pulsatilla vulgaris	Pasque flower, Anenome pulsatilla	Yes	No	No	No		Flowering Plant
Punica granatum	Pomegranate	Yes	Yes	Yes	Yes	Fruit has food use. Bark is listed in Part I of SI 1977/2130	Bark
Putranjiva roxburghii	Putra-jiva, Jiva	Yes	No	No	No		Leaves and Seeds
Pyrola rotundifolia	Wintergreen, Teaberry	Yes	Yes	No	No	Flavouring in foods	Leaves
Pyrus communis	Pear	Yes	Yes	No	Yes		Fruit
Quassia amara	Quassia wood, Bitter wood	Yes	No	No	Yes		Wood
Quercus robur	Black English oak, Oak	Yes	Yes	No	Yes	Acorns can have some food uses, natural flavouring source	Bark
Quillaja saponaria	Quillaia bark, Soap bark	Yes	No	No	Yes		Bark
Ranunculus ficaria	Pilewort, Lesser celandine	Yes	Yes	No	Yes		Plant
Raphanus sativus	Radish	Yes	Yes	No	Yes		Root
Rauvolfia serpentina	Serpentina, Snakewood	Yes	No	No	No	This plant is listed on the POM order so medicinal products containing it will be classified as prescription only medicines	Roots
Rehmannia glutinosa	Chinese foxglove	Yes	No	No	Yes		
Rhamnus frangula	Alder buckthorn	Yes	Yes	No	Yes	Can be used as a flavouring	Bark
Rheum palmatum	Chinese rhubarb, Turkey rhubarb	Yes	No	No	Yes		Root
Rhodiola rosea	Roseroot	Yes	Yes	No	Yes	Root stock is Medicinal, foliage part has food uses	Root
Rhus aromatica.canadensis	Sweet sumach	Yes	No	No	No		Root, bark
Ribes nigrum	Blackcurrant	Yes	Yes	No	Yes		Leaves, bark
Ricinus communis	Castor oil plant	Yes	No	Yes	Yes	Carrier oil in aromatherapy from the seeds	Oil

Rosa canina	Dog rose	Yes	Yes	No	Yes		Fruit
Rosa moschata		No	No	Yes	Yes		
Rosa rubiginosa	Rosa eglanteria, Eglantine, Sweet briar	Yes	No	Yes	Yes		Oil from seeds
Rosa x centifolia	Cabbage rose	Yes	Yes	Yes	Yes		Petals
Rosa x damascena	Damask rose	No	No	Yes	Yes		
Rosmarinus officinalis	Rosemary	Yes	Yes	Yes	Yes		Leaves
Rubia cordifolia	Indian madder	Yes	Yes	No	No	Roots are also used as a dye. Fresh leaves apparently eaten as a vegetable	Root and Rhizomes
Rubia tinctorum	Madder, Dyers madder	Yes	No	No	Yes		Root
Rubus fruticosus	Blackberry	Yes	Yes	No	Yes		bark
Rubus idaeus	Raspberry	Yes	Yes	Yes	Yes		Leaves
Rumex acetosella	Sheep's sorrel, Garden sorrel	Yes	Yes	No	Yes	It is reported that fresh leaves can be used in salads or as spinach	Whole plant?
Rumex aquaticus	Water dock	Yes	No	No	No		Root, Leaves
Rumex crispus	Yellow dock, Curled dock	Yes	Yes	No	Yes	Fresh leaves, seeds and root can apparently be used as vegetables	Root
Ruscus aculeatus	Butcher's broom, Box holly	Yes	Yes	No	Yes	Fresh shoots can apparently be used as a vegetable	Whole plant, Roots
Ruta graveolens	Rue	Yes	Yes	No	Yes		Herbs, Oil
Saccharomyces cerevisiae	Brewers yeast	Yes	yes	No	Yes		
Saccharum officinarum	Sugar cane	No	Yes	No	Yes		
Salix alba	White willow	Yes	Yes	No	Yes		Bark
Salvia hispanica	Mexican chia	No	Yes	No	No		
Salvia lavandulifolia	Spanish sage	Yes	Yes	Yes	Yes		Leaves
Salvia officinalis	Sage, Red sage	Yes	Yes	Yes	Yes		Leaves, Oil
Salvia sclarea	Clary sage, Cleareye, muscatel sage	Yes	Yes	Yes	Yes		Leaves, Flowers, Seeds, Oil
Sambucus nigra	Elderflower	Yes	Yes	No	Yes	Fruits and flowers have food uses	Bark
Sanguinaria canadensis	Bloodroot	Yes	No	No	Yes		Plant, Root
Sanguisorba officinalis	Greater burnet	Yes	No	No	Yes		Plant
Santalum album	Sandalwood, Indian sandalwood	Yes	No	Yes	Yes		Wood, Oil
Santalum austrocaledonicum	Loyalty Islands sandalwood	No	No	Yes	No		
Santalum spicatum	Australian sandalwood	No	No	Yes	No		
Santolina chamaecyparissus	Lavender cotton	Yes	No	No	Yes		Herb, Twigs
Saponaria	Soapwort, Bouncing bet	Yes	No	No	Yes	Some use in shampoos (uncommon)	Leafy stems and Rhisomes
Saricula europaea	Sanicle	Yes	No	No	Yes		Leaves, herb
Sassafras	Lauraceae	Yes	Yes	No	Yes	Food legislation contains specific controls on some extacts	Leaves, roots (bark, pith, oil),
Satureja hortensis	Savory, Summer savory	Yes	Yes	Yes	Yes		Herb
Satureja montana	French savory	Yes	Yes	Yes	No		
Saussurea lappa	Costua, Kuth	Yes	No	No	Yes	Has cosmetic uses as a perfume. ENDANGERED PLANT LISTED ON CITES	Roots and Oil
Sceletium tortuosum	Channa, Kanna, Mesembryanthemum, Kougoed, Kougoed	Yes	No	No	No		Whole plant
Schisandra chinensis	Schisandra, Schizandra	Yes	Yes	No	Yes	Widely used in traditional Chinese medicine. The fresh fruit apparently has culinary uses	Fruit
Scolopendrium vulgare	Hart's tongue fern, Asplenium scolopendrium	Yes	No	No	No		Plant
Scopolia carniolica	Scopolia, Belladonna scopola	Yes	No	No	No	Listed in Part I of SI 1977/2130	Rhizome
Scrophularia	Figwort	Yes	No	No	Yes	S. Ningpoensis is known as Xuan Shen	Whole plant or leaves depending on species used
Scutellaria lateriflora	Skullcap, Mad dog's skullcap	Yes	No	No	Yes	Other species of Scutellaria also have medicinal uses	Whole plant
Sedum acre	Common stonecrop	Yes	Yes	No	Yes		Plant
Selenicereus grandiflorus	Night blooming cereus, Sweet scented cactus	Yes	No	No	No		Flowers, Stem
Sempervivum tectorum	Houseleek	Yes	Yes	No	Yes		Plant
Senecio aureus	Groundsel, Liferoot	Yes	No	No	Yes		Whole plant and Rhizomes
Senecio jacobaea		Yes	No	No	No	Listed in Parts II & III of SI 1977/2130	Whole plant and Rhizomes
Senna alexandrina	Senna, Cassia angustifolia	Yes	No	No	Yes		Leaves and Pods
Serenoa repens	Saw palmetto	Yes	Yes	No	Yes		
Sesamum indicum	Tila, Sesamum, Sesame	Yes	Yes	Yes	Yes	Oil and Seeds have very common food uses	Leaves
Sida cordifolia	Country malow	Yes	No	No	No	Ephedra-like stimulant	Roots, Leaves and Seeds
Silybum marianum	Milk thistle, Blessed thistle, Carduus marianus	Yes	Yes	No	Yes	It is reported that the fresh plant can be used in salads or as a substitute for spinach, sea kale, salsify, cabbage & artichoke	Whole plant, Seeds
Simmondsia chinensis	Jojoba, Buxus chinensis, Goat nut, Simmondsia californica	No	Yes	Yes	Yes		
Sinapsis alba	Mustard, White mustard, Brassica alba, B. hirta	Yes	Yes	No	Yes		Seed
Smlax officinalis	Sarsparilla	Yes	Yes	No	Yes	Used as a sweetner and natural flavouring source	Root & Rhizome
Solanum dulcamara	Bittersweet, Woody nightshade	Yes	No	No	Yes		Stem & Root bark
Solanum nigrum	Black nightshade, Wonderberry, Garden knuckleberry	Yes	Yes	No	No	Fresh leaves and fruit are reported to have culinary uses	Whole plant and Fruits
Solanum surattense	Solanum xanthocarpum, Yellow nightshade	Yes	Yes	No	No	Fresh fruit used in asian cusine	Whole plant
Solidago	Golden rod, Aaron's rod, Wound wort	Yes	Yes	No	Yes	Various species used. Dried flowers used as tea substitute	Leaves, Flowering tops & roots
Sorbus aucuparia	Mountain ash berry, Rowan tree	Yes	Yes	No	Yes		Bark
Spartium juncum	Spanish broom	Yes	No	Yes	Yes		
Stachys officinalis	Wood betony, Betony, Bishopswort	Yes	No	No	Yes	Dried leaves are included in herbal tobacco and snuff. Other species also have medicinal uses	Whole plant

Stachys palustris	Woundwort, All-Heal	Yes	Yes	No	No		Plant
Stellaria media	Chickweed, Starweed, Stitchwort	Yes	Yes	No	Yes	Used as fodder for animals. Reportedly eaten as a salad or vegetable	Whole plant
Stillingia sylvatica	Queen's delight, Queens root	Yes	No	No	Yes		Root
Strychnos	Strychnine, Nux-vomica, Poison nut	Yes	No	No	No	The seeds of this plant is listed on the POM order so medicinal products containing them will be classified as prescription only medicines	Seeds
Styrax benzoin	Gum Benjamin	Yes	Yes	Yes	Yes	Used as a binding ingredient in food	Gum, Resin
Swertia chirata	Agathotes, Chiraytta, East indian balmony	Yes	No	No	Yes		Plant
Symphytum officinale	Comfrey, Knitbone	Yes	Yes	No	Yes	There are safety concerns over the use of Comfrey root. The consumption of comfrey should be limited to teas made from the leaves as these have low levels of pyrrolizidine alkaloids.	Leaves & Root
Symplocarpus/Ictodes foetidus	Skunk cabbage root, Skunkwood	Yes	Yes	No	No		Rhizome, Seeds
Syzygium aromaticum	Eugenia Caryophyllata, Cloves	Yes	Yes	Yes	Yes		Flower buds, Oil
Syzygium cumini	Eugenia jambolana, Java Plum, Jambul, Jambolan	Yes	Yes	No	No		Fruit
Tabebuia impetiginosa	Pau D'Arco, Lapacho or Taheebo	Yes	No	No	Yes		Wood or Inner Bark
Tagetes erecta	African marigold	Yes	Yes	Yes	Yes		Flowers
Tagetes minuta	Khaki weed, Muster-John-Henry, Stinking Roger	Yes	Yes	Yes	Yes		
Tamarix gallica	Manna, Tamarisk, Salt cedar	Yes	Yes	No	No	Manna collected and made into cakes with sugar, honey and flour	Bark or Galls
Tanacetum annuum	Tansy	Yes	Yes	Yes	No		Fruits
Tanacetum parthenium	Matricaria parthenium, Feverfew	Yes	No	No	Yes		Whole plant, Leaves
Taraxacum officinale	Dandelion	Yes	Yes	No	Yes	Roots used as coffee substitute	Root, Leaf
Terminalia arjuna	Arjuna myrobalan, Myrobalan	Yes	No	No	Yes		Bark
Terminalia bellerica	Belleric myrobalan, Myribalarie	Yes	No	No	Yes		Fruit
Terminalia chebula	Chebolic myrobalan, Myrobalan	Yes	Yes	No	Yes	Apparently has uses as a food flavouring, also has cosmetic uses in hair dressing preparations as oil	Fruit
Teucrium chamaedrys	Germander, Wall germander	Yes	No	No	No		Herb
Teucrium scorodonia	Sage-leaved germander, Wood sage	Yes	Yes	No	Yes		Plant
Theobroma cacao	Cacao, Chocolate tree, Cocoa	Yes	Yes	Yes	Yes		Powder, Butter
Thuja occidentalis	Thuja, Arbor-vitae, Eastern white cedar	Yes	No	No	Yes		Foliage and Bark
Thymus capitatus	Headed savory	No	Yes	Yes	No		
Thymus hyemalis	Spanish thyme, Winter-flowering thyme	No	Yes	Yes	No		
Thymus mastichina	Spanish marjoram, mastic thyme	Yes	No	Yes	Yes		Whole plant
Thymus satureioides	Moroccan thyme	No	No	Yes	No		
Thymus serpyllum	Wild thyme	Yes	Yes	Yes	Yes		Herb
Thymus zygis	Spanish thyme	No	No	Yes	Yes		
Tilia cordata	Lime, Small-leaved lime	Yes	No	Yes	Yes	Not to be confused with Citrus which gives lime fruits	Flowers
Tilia europaea	Lime, Linden tree	Yes	Yes	Yes	No	Flowers used as a tea	Bark, Flowers
Tribulus terrestris	Caltrop vine, Puncture vine, Puncture weed	Yes	Yes	No	Yes	POM in Ireland. Fresh leaves apparently cooked as a vegetable	Whole plant, Fruit and Root
Trichosanthes kirilowii	Eopepon vitifolius, Snake gourd, Chinese cucumber	Yes	Yes	No	Yes	Other species used medicinally include T. Japonica and T. Rosthornii. Fresh fruits reportedly eaten like melon	Tubers, Seeds & Fruit Peel
Trifolium pratense	Red clover	Yes	Yes	No	Yes	Flowers used to make tea	Flower, Flowering Tops
Trigonella foenum-graecum	Fenugreek	Yes	Yes	No	Yes		Seed
Trillium erectum/pendulum	Birth root, Beth root	Yes	Yes	No	No		Rhizome
Tropaeolum majus	Nasturtium, Indian cress	Yes	Yes	Yes	Yes	Fresh leaves and flowers used in salads	
Turnera diffusa	Damiana, Turnera aphrodisiaca	No	Yes	Yes	Yes		
Tussilago farfara	Coltsfoot, Coughwort	Yes	Yes	No	Yes	Fresh leaves have culinary uses	Dried leaves, flowers and root
Ulmus	Slippery elm, Ulmus rubra, Ulmus fulva	Yes	Yes	No	Yes	Whole or unpowdered bark is subject to the controls of SI 1977/2130.	Bark
Uncaria tomentosa	Una de gato, Cats claw	Yes	No	No	Yes		Roots, Bark and Leaves
Urginea maritima	Squill	Yes	No	No	Yes		Bulb
Urtica dioica	Nettle, Stinging nettle	Yes	Yes	No	Yes	There are some food uses for young nettle leaves (soups) and dried leaves may be used as a tea	Whole plant, Leaves and Root
Usnea	Usnea, Old mans beard, Tree moss	Yes	No	No	Yes		Thallus
Vaccinium vitis-idaea	Alpine cranberry, Red bilberry	Yes	Yes	No	Yes		Leaves
Vaccinium myrtillus	Bilberry	Yes	Yes	No	Yes		Fruit
Vaccinium uliginosum	Bog bilberry	Yes	Yes	No	No		Fruit
Valeriana officinalis	Valerian, Garden heliotrope	Yes	Yes	Yes	Yes	Valerian extracts are reported to have uses as flavourings	Rhizome, Roots and Oil
Vanilla planifolia	Vanilla	No	Yes	Yes	Yes		
Verbascum Thapsus	Mullein, Aaron's rod	Yes	Yes	No	Yes	Flowers used to make tea	Whole plant, Leaves and Flowers
Verbena officinalis	Vervain	Yes	No	Yes	No	V. Hasata (Blue Vervain) also has medicinal uses. On the IFRA restricted list	Whole plant
Veronica officinalis	Speedwell	Yes	Yes	No	Yes	Dried herb may be added to tea blends	Whole plant
Veronicastrum virginicum	Leptandra virginica, Blackfoot, Black root, Culvers root	Yes	No	No	No		Rhizome, root
Vetiveria zizanioides	Vetiver, Khus khus, Cuscus	Yes	No	Yes	Yes	Very common cosmetic uses as a perfume	Roots & Oil
Viburnum opulus	Cramp bark, Guelder rose	Yes	No	No	Yes	Other Viburnum species also have medicinal uses	Bark
Viburnum prunifolium	Black haw bark, Sweet viburnum	Yes	No	No	Yes		Root bark
Vinca major	Greater periwinkle	Yes	No	No	Yes		Whole plant
Vinca minor	Periwinkle	Yes	No	No	Yes		Aerial Parts
Viola odorata	Violet, Sweet violet	Yes	Yes	Yes	Yes	Flowers have culinary and cosmetic uses	Leaves
Viola tricolor	Heartsease, Wild pansy	Yes	No	No	Yes		Whole plant

Viscum album	Mistletoe	Yes	No	No	Yes	The berry is listed in Part I of SI 1977/2130	Leaves & Stem
Vitex agnus castus	Agnus castus, Chasteberry, Hemp tree	Yes	No	No	Yes		Berry, Root Bark
Vitex negundo	Nirgundi, Chinese chaste tree	Yes	No	No	No		Leaves, Stem, Roots, Fruits and Oil
Vitis vinifera	Grape vine	Yes	Yes	Yes	Yes		Leaves
Withania somnifera	Ashwagandha, Winter cherry	Yes	No	No	Yes		Root and Leaves
Wolfiporia cocos	Poria cocos, Sclerotium cocos, Indian bread	Yes	No	No	Yes		Whole plant (fungus)
Zanthoxylum armatum	Winged prickly ash	No	Yes	Yes	No		
Zanthoxylum clavaherculis	Prickly ash	Yes	No	No	Yes	Various species used, some may have culinary uses (but not the bark)	Bark and Berry
Zea mays	Ornamental maize, Corn, Sweet corn, Cornsilk	Yes	Yes	Yes	Yes	Cobs and seeds are a very common food	Stamens, stigmas and styles
Zingiber officinale	Ginger	Yes	Yes	Yes	Yes		Rhizome
Zyzyphus jujube	Jujube	Yes	Yes	No	Yes		Fruit