

# NATURAL HEALTH PRODUCT

## ANTIOXIDANTS

This monograph is intended to serve as a guide to industry for the preparation of Product Licence Applications (PLAs) and labels for natural health product market authorization. It is not intended to be a comprehensive review of the medicinal ingredients.

### Notes

- ▶ Text in parentheses is additional optional information which can be included on the PLA and product label at the applicant's discretion.
- ▶ The solidus (/) indicates that the terms and/or statements are synonymous. Either term or statement may be selected by the applicant.
- ▶ When "Fruit" is indicated as source material, it only includes the parts of the fruit that are consumed historically as human food.
- ▶ This monograph may be used to support single ingredient or multi-ingredient products containing any medicinal ingredient from Table 1. Combination restrictions are described in the 'Ingredient Combinations' section.

### Date

July 28, 2022

### Proper name(s), Common name(s), Source information

Table 1. Proper name(s), Common name(s), Source information

Proper name(s)	Common name(s)	Source information				
		Source ingredient(s)	Organism group(s)	Source material(s)	Part(s)	Preparation(s)
▶ (±)-1,2-Dithiolane-3-pentanoic acid ▶ DL-alpha-Lipoic acid	▶ DL-alpha-Lipoic acid ▶ DL-Thioctic acid	DL-alpha-Lipoic acid	N/A	N/A	N/A	Synthetic
(1E,6E)-1,7-Bis(4-hydroxy-3-methoxyphenyl)-1,6-heptadiene-3,5-dione	Curcumin	N/A	N/A	<i>Curcuma longa</i>	Rhizome	Isolate
▶ 2-(3,4-Dihydroxyphenyl)-3,5,7-trihydroxy-4H-1-benzopyran-4-one ▶ 2-(3,4-dihydroxyphenyl)	▶ Quercetin ▶ Quercetin anhydrous	▶ Citrus bioflavonoids ▶ Quercetin ▶ Quercetin dihydrate	N/A	N/A	N/A	▶ Isolate ▶ Synthetic



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-3,5,7-trihydroxychromen-4-one ▶ 3,3',4',5,7-Pentahydroxyflavone						
2,5-Cyclohexadiene-1,4-dione, 2-[(2E,6E,10E,14E,18E,22E,26E,30E,34E)-3,7,11,15,19,23,27,31,35,39-decamethyl-2,6,10,14,18,22,26,30,34,38-tetracontadecaenyl]-5,6-dimethoxy-3-methyl	▶ Coenzyme Q10 ▶ CoQ10 ▶ Ubidecarenone ▶ Ubiquinone-10	N/A	N/A	▶ <i>Agrobacterium rhizogenes</i> ▶ <i>Agrobacterium tumefaciens</i> ▶ <i>Aspergillus clavatus</i> ▶ <i>Escherichia coli</i> ▶ <i>Gluconobacter suboxydans</i> ▶ <i>Leucosporidium scotti</i> ▶ <i>Paracoccus denitrificans</i> ▶ <i>Rhodobacter sphaeroides</i> ▶ <i>Rhodospirillum rubrum</i> ▶ <i>Saccharomyces cerevisiae</i> ▶ <i>Schizosaccharomyces pombe</i>	Whole	Biosynthesis
		Coenzyme Q10	N/A	N/A	N/A	Synthetic
(2S)-7-[[6-O-(6-Deoxy-alpha-L-mannopyranosyl)-beta-D-glucopyranosyl]oxy]-2,3-dihydro-5-hydroxy-2-(3-hydroxy-4-methoxyphenyl)-4H-1-benzopyran-4-one	Hesperidin	▶ Citrus bioflavonoids ▶ Hesperidin	N/A	N/A	N/A	▶ Isolate ▶ Synthetic



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		Source ingredient(s)	Organism group(s)	Source material(s)	Part(s)	Preparation(s)
<ul style="list-style-type: none"> <li>▶ 3,3',4',5,7-Pentahydroxyflavone-3-rutinoside</li> <li>▶ 3-[[6-O-(6-Deoxy-alpha-L-mannopyranosyl)-beta-D-glucopyranosyl]oxy]-2-(3,4-dihydroxyphenyl)-5,7-dihydroxy-4H-1-benzopyran-4-one</li> <li>▶ 3-(O-6-Deoxy-alpha-L-mannopyranosyl-(1-6)-beta-D-glucopyranosyloxy)-2-(3,4-dihydroxyphenyl)-5,7-dihydroxy-4H-chromen-4-one</li> </ul>	<ul style="list-style-type: none"> <li>▶ Quercetin-3-rutinoside</li> <li>▶ Rutin</li> <li>▶ Rutoside</li> </ul>	<ul style="list-style-type: none"> <li>▶ Citrus bioflavonoids</li> <li>▶ Rutin</li> <li>▶ Rutoside trihydrate</li> </ul>	N/A	N/A	N/A	<ul style="list-style-type: none"> <li>▶ Isolate</li> <li>▶ Synthetic</li> </ul>
<ul style="list-style-type: none"> <li>▶ (L-3-Carboxy-2-hydroxypropyl)trimethylammonium hydroxide, inner salt</li> <li>▶ (R)-3-Carboxy-2-hydroxy-N,N,N-trimethyl-1-propanaminium hydroxide, inner salt</li> <li>▶ L-Carnitine</li> <li>▶ Levocarnitine</li> </ul>	<ul style="list-style-type: none"> <li>▶ L-Carnitine</li> <li>▶ Levocarnitine</li> </ul>	<ul style="list-style-type: none"> <li>▶ L-Carnitine tartrate</li> <li>▶ L-Carnitine fumarate</li> </ul>	N/A	N/A	N/A	Synthetic
(3R,3'R,6'R)-beta,epsilon-Carotene-3,3'-diol	Lutein	N/A	N/A	<i>Tagetes erecta</i>	Herb flowering oleoresin	Isolate
▶ (3R,3'R)-beta,beta-Carotene-3,3'-diol	Zeaxanthin	N/A	N/A	<i>Tagetes erecta</i>	Herb flowering oleoresin	Isolate



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▶ <i>all-trans</i> -beta-Carotene-3,3'-diol		Zeaxanthin	N/A	N/A	N/A	Synthetic
▶ 3,3'-Dihydroxy-4,4'-diketo-beta-carotene ▶ 3,3'-Dihydroxy-beta,beta-carotene-4,4'-dione	Astaxanthin	N/A	N/A	<i>Haematococcus pluvialis</i>	Whole	Isolate
(all- <i>E</i> )-2,6,10,15,19,23-Hexamethyl-2,6,10,14,18,22-tetracosahexaene	Squalene	N/A	N/A	▶ <i>Elaeis guineensis</i> ▶ <i>Olea europaea</i>	Fruit	Isolate
			Shark	N/A	Liver	
<i>all-trans</i> -Lycopene	Lycopene	N/A	N/A	<i>Solanum lycopersicum</i>	Fruit flesh	Isolate
		Lycopene	N/A	N/A	N/A	Synthetic
▶ ( <i>E</i> )-5-(p-Hydroxystyryl)resorcinol ▶ 5-[(1 <i>E</i> )-2-(4-Hydroxyphenyl)ethenyl]-1,3-benzenediol ▶ <i>trans</i> -3,4',5-Trihydroxystilbene ▶ <i>trans</i> -Resveratrol	Resveratrol	N/A	N/A	<i>Reynoutria japonica</i>	Root	Isolate
		N/A	N/A	<i>Vitis vinifera</i>	Fruit	
		Resveratrol	N/A	N/A	N/A	Synthetic
<i>Abelmoschus esculentus</i>	▶ Gumbo ▶ Lady's-fingers ▶ Okra	N/A	N/A	<i>Abelmoschus esculentus</i>	Fruit	▶ Dry ▶ Fresh
<i>Actinidia chinensis</i>	Golden kiwi	N/A	N/A	<i>Actinidia chinensis</i>	Fruit	▶ Dry ▶ Fresh
<i>Actinidia deliciosa</i>	▶ Chinese-gooseberry ▶ Kiwi ▶ Kiwifruit	N/A	N/A	<i>Actinidia deliciosa</i>	Fruit	▶ Dry ▶ Fresh



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Active hexose correlated compound	▶ Active hexose correlated compound ▶ AHCC	N/A	N/A	<i>Lentinula edodes</i>	Mycelium	Isolate
<i>Alaria esculenta</i>	Kutare	N/A	N/A	<i>Alaria esculenta</i>	▶ Thallus ▶ Whole	Dry
<i>Allium ampeloprasum</i>	▶ Great-headed garlic ▶ Wild leek	N/A	N/A	<i>Allium ampeloprasum</i>	Leaf	▶ Dry ▶ Fresh
<i>Allium cepa</i>	▶ Onion ▶ Shallot	N/A	N/A	<i>Allium cepa</i>	Bulb	▶ Dry ▶ Fresh
<i>Allium porrum</i>	Leek	N/A	N/A	<i>Allium porrum</i>	Leaf	▶ Dry ▶ Fresh
<i>Allium sativum</i>	Garlic	N/A	N/A	<i>Allium sativum</i>	Bulb	▶ Dry ▶ Fresh
<i>Allium schoenoprasum</i>	▶ Bei cong ▶ Chives	N/A	N/A	<i>Allium schoenoprasum</i>	Leaf	▶ Dry ▶ Fresh
<i>Aloe vera</i>	▶ Aloe ▶ Aloe vera ▶ Barbados aloe ▶ Curaçao aloe ▶ True aloe ▶ West Indian aloe	N/A	N/A	<i>Aloe vera</i>	Leaf gel	Fresh
<i>Alpinia galanga</i>	▶ Greater galanga ▶ Greater galangal ▶ Languages ▶ Siamese-ginger	N/A	N/A	<i>Alpinia galanga</i>	Rhizome	▶ Dry ▶ Fresh
<i>Amorphophallus konjac</i>	▶ Devil's-tongue ▶ Elephant-yam ▶ Konjac ▶ Konnyaku ▶ Leopard-palm ▶ Mo-yu ▶ Snake-palm ▶ Umbrella arum	N/A	N/A	<i>Amorphophallus konjac</i>	▶ Root ▶ Tuber	▶ Dry ▶ Fresh
<i>Amorphophallus paeoniifolius</i>	Elephant yam	N/A	N/A	<i>Amorphophallus paeoniifolius</i>	▶ Root ▶ Tuber	▶ Dry ▶ Fresh
<i>Ananas comosus</i> var. <i>comosus</i>	Pineapple	N/A	N/A	<i>Ananas comosus</i> var. <i>comosus</i>	Fruit	▶ Dry ▶ Fresh
<i>Anethum graveolens</i>	▶ Dill ▶ Garden dill	N/A	N/A	<i>Anethum graveolens</i>	Herb top	▶ Dry ▶ Fresh



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	► Shi lu					
<i>Aphanizomenon flos-aquae</i>	<i>Aphanizomenon flos-aquae</i>	N/A	N/A	<i>Aphanizomenon flos-aquae</i>	Whole	Dry
<i>Apium graveolens</i>	Celery	N/A	N/A	<i>Apium graveolens</i>	► Herb top ► Root ► Tuber	► Dry ► Fresh
<i>Argania spinosa</i>	Argan seed oil	N/A	N/A	<i>Argania spinosa</i>	Seed	Fresh
<i>Aristotelia chilensis</i>	Maqui	N/A	N/A	<i>Aristotelia chilensis</i>	Fruit	Dry
<i>Aronia melanocarpa</i>	► Apfelbeere ► Black chokeberry	N/A	N/A	<i>Aronia melanocarpa</i>	Fruit	► Dry ► Fresh
<i>Artemisia dracunculus</i>	► French tarragon ► Russian tarragon ► Silky wormwood ► Tarragon	N/A	N/A	<i>Artemisia dracunculus</i>	Leaf	Dry
<i>Artemisia vulgaris</i>	► Common mugwort ► Felon herb ► Mugwort ► St. John's plant ► Wild wormwood	N/A	N/A	<i>Artemisia vulgaris</i>	Herb top	Dry
<i>Arthrospira platensis</i>	Spirulina	N/A	N/A	<i>Arthrospira platensis</i>	Whole	► Dry ► Fresh
<i>Ascophyllum nodosum</i>	► Knuppetang ► Norwegian Kelp	N/A	N/A	<i>Ascophyllum nodosum</i>	► Thallus ► Whole	Dry
<i>Asparagus officinalis</i>	► Asparagus ► Common asparagus ► Garden asparagus	N/A	N/A	<i>Asparagus officinalis</i>	Shoot	► Dry ► Fresh
<i>Avena sativa</i>	► Common oat	N/A	N/A	<i>Avena sativa</i>	► Seed ► Seed bran	Dry
	► Oat					
	► Red oat ► Side oat ► Tree oat	N/A	N/A	<i>Avena sativa</i>	Sprout	► Dry ► Fresh
	Oatgrass	N/A	N/A	<i>Avena sativa</i>	► Herb top ► Leaf	► Dry ► Fresh
	Oat Oil	N/A	N/A	<i>Avena sativa</i>	Seed	Fresh
<i>Basella alba</i>	► Ceylon-spinach ► Indian-spinach ► Luo kui ► Malabar-	N/A	N/A	<i>Basella alba</i>	Leaf	► Dry ► Fresh



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	nightshade ▶ Malabar-spinach ▶ Vine-spinach					
<i>Berberis vulgaris</i>	▶ Common barberry ▶ European barberry ▶ Jaundice-berry ▶ Piprage	N/A	N/A	<i>Berberis vulgaris</i>	Fruit	Dry
<i>Bergera koenigii</i>	Curryleaf	N/A	N/A	<i>Bergera koenigii</i>	Leaf	Dry
<i>Beta vulgaris</i>	▶ Beet ▶ Beetroot ▶ Field beet ▶ Fodder beet ▶ Foliage beet ▶ Garden beet ▶ Mangel ▶ Mangel-wurzel ▶ Mangold ▶ Red beet ▶ Sicilian broad-rib beet ▶ Spinach beet ▶ Spinach chard ▶ Sugar beet ▶ Swiss chard ▶ Tian cai ▶ Yellow beet	N/A	N/A	<i>Beta vulgaris</i>	▶ Leaf ▶ Root	▶ Dry ▶ Fresh
<i>Brassica juncea</i>	▶ Indian mustard ▶ Oriental mustard	N/A	N/A	<i>Brassica juncea</i>	Leaf	▶ Dry ▶ Fresh
<i>Brassica nigra</i>	▶ Black mustard ▶ Brown mustard	N/A	N/A	<i>Brassica nigra</i>	Seed	Dry
<i>Brassica oleracea</i> var. <i>botrytis</i>	Cauliflower	N/A	N/A	<i>Brassica oleracea</i> var. <i>botrytis</i>	Herb top	▶ Dry ▶ Fresh
<i>Brassica oleracea</i> var. <i>capitata</i>	▶ Cabbage ▶ Red cabbage ▶ White cabbage	N/A	N/A	<i>Brassica oleracea</i> var. <i>capitata</i>	Herb top	▶ Dry ▶ Fresh
<i>Brassica oleracea</i> var. <i>gemmifera</i>	▶ Bao zi gan lan ▶ Brussels sprouts	N/A	N/A	<i>Brassica oleracea</i> var. <i>gemmifera</i>	Sprout	▶ Dry ▶ Fresh



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<i>Brassica oleracea</i> var. <i>italica</i>	<ul style="list-style-type: none"> <li>▶ Asparagus broccoli</li> <li>▶ Broccoli</li> <li>▶ Calabrese</li> <li>▶ Cape broccoli</li> <li>▶ Heading broccoli</li> <li>▶ Purple cauliflower</li> <li>▶ Sprouting broccoli</li> <li>▶ Winter broccoli</li> </ul>	N/A	N/A	<i>Brassica oleracea</i> var. <i>italica</i>	<ul style="list-style-type: none"> <li>▶ Herb top</li> <li>▶ Sprout</li> </ul>	<ul style="list-style-type: none"> <li>▶ Dry</li> <li>▶ Fresh</li> </ul>
<i>Brassica oleracea</i> var. <i>oleracea</i>	Wild cabbage	N/A	N/A	<i>Brassica oleracea</i> var. <i>oleracea</i>	Herb top	<ul style="list-style-type: none"> <li>▶ Dry</li> <li>▶ Fresh</li> </ul>
<i>Brassica oleracea</i> var. <i>viridis</i>	<ul style="list-style-type: none"> <li>▶ Collards</li> <li>▶ Cow cabbage</li> <li>▶ Fodder kale</li> <li>▶ Kale</li> <li>▶ Spring-heading cabbage</li> <li>▶ Tall kale</li> <li>▶ Tree kale</li> </ul>	N/A	N/A	<i>Brassica oleracea</i> var. <i>viridis</i>	Leaf	<ul style="list-style-type: none"> <li>▶ Dry</li> <li>▶ Fresh</li> </ul>
<i>Brassica rapa</i>	<ul style="list-style-type: none"> <li>▶ Rapini</li> <li>▶ Seven-top turnip</li> <li>▶ Turnip</li> <li>▶ Tyfon</li> </ul>	N/A	N/A	<i>Brassica rapa</i>	Root	<ul style="list-style-type: none"> <li>▶ Dry</li> <li>▶ Fresh</li> </ul>
<i>Camellia sinensis</i>	<ul style="list-style-type: none"> <li>▶ <i>Camellia sinensis</i> extract</li> <li>▶ Green tea extract</li> <li>▶ Tea extract</li> <li>▶ <i>Thea sinensis</i> extract</li> <li>▶ White tea extract</li> </ul>	N/A	N/A	<i>Camellia sinensis</i>	Leaf	N/A
<i>Cannabis sativa</i>	<ul style="list-style-type: none"> <li>▶ Da ma</li> <li>▶ Hemp</li> </ul>	N/A	N/A	<i>Cannabis sativa</i>	Seed	Dry
<i>Capparis spinosa</i>	<ul style="list-style-type: none"> <li>▶ Caper</li> <li>▶ Caperbush</li> </ul>	N/A	N/A	<i>Capparis spinosa</i>	Fruit	<ul style="list-style-type: none"> <li>▶ Dry</li> <li>▶ Fresh</li> </ul>
<i>Capsicum annuum</i>	<ul style="list-style-type: none"> <li>▶ Cayenne</li> <li>▶ Cayenne pepper</li> <li>▶ Chili pepper</li> <li>▶ Paprika</li> <li>▶ Red Pepper</li> </ul>	N/A	N/A	<i>Capsicum annuum</i>	Fruit	Dry
<i>Carica papaya</i>	<ul style="list-style-type: none"> <li>▶ Papaya</li> <li>▶ Pawpaw</li> </ul>	N/A	N/A	<i>Carica papaya</i>	Fruit	<ul style="list-style-type: none"> <li>▶ Dry</li> <li>▶ Fresh</li> </ul>



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<i>Ceratonia siliqua</i>	<ul style="list-style-type: none"> <li>▶ Bread- St John's</li> <li>▶ Carob</li> <li>▶ Ceratonia</li> <li>▶ Locust-bean</li> <li>▶ St. John's-bread</li> <li>▶ St John's bread</li> </ul>	N/A	N/A	<i>Ceratonia siliqua</i>	Fruit	Dry
<i>Chamaemelum nobile</i>	<ul style="list-style-type: none"> <li>▶ English chamomile</li> <li>▶ Garden chamomile</li> <li>▶ Noble chamomile</li> <li>▶ Roman chamomile</li> <li>▶ Russian chamomile</li> </ul>	N/A	N/A	<i>Chamaemelum nobile</i>	Flower	Dry
<i>Chenopodium quinoa</i>	<ul style="list-style-type: none"> <li>▶ Quingua</li> <li>▶ Quinoa</li> </ul>	N/A	N/A	<i>Chenopodium quinoa</i>	Seed	Dry
<i>Chlorella vulgaris</i>	Chlorella	N/A	N/A	<i>Chlorella vulgaris</i>	Broken cell	<ul style="list-style-type: none"> <li>▶ Dry</li> <li>▶ Fresh</li> </ul>
<i>Cicer arietinum</i>	<ul style="list-style-type: none"> <li>▶ Bengal gram</li> <li>▶ Chick-pea</li> <li>▶ Garbanzo</li> <li>▶ Gram</li> </ul>	N/A	N/A	<i>Cicer arietinum</i>	Seed	Dry
<i>Cichorium endivia</i>	Escarole	N/A	N/A	<i>Cichorium endivia</i>	Leaf	<ul style="list-style-type: none"> <li>▶ Dry</li> <li>▶ Fresh</li> </ul>
<i>Cichorium intybus</i>	<ul style="list-style-type: none"> <li>▶ Belgium endive</li> <li>▶ Chicory</li> <li>▶ Radicchio</li> </ul>	N/A	N/A	<i>Cichorium intybus</i>	<ul style="list-style-type: none"> <li>▶ Leaf</li> <li>▶ Root</li> </ul>	<ul style="list-style-type: none"> <li>▶ Dry</li> <li>▶ Fresh</li> </ul>
<i>Cinnamomum aromaticum</i>	<ul style="list-style-type: none"> <li>▶ Cassia</li> <li>▶ Cassia cinnamon</li> <li>▶ Chinese cinnamon</li> <li>▶ Chinese cinnamon tree</li> <li>▶ Rou gui</li> </ul>	N/A	N/A	<i>Cinnamomum aromaticum</i>	<ul style="list-style-type: none"> <li>▶ Branch bark</li> <li>▶ Stem bark</li> <li>▶ Trunk bark</li> </ul>	Dry
<i>Cinnamomum verum</i>	<ul style="list-style-type: none"> <li>▶ Ceylon cinnamon</li> <li>▶ Cinnamon</li> <li>▶ True cinnamon</li> <li>▶ Tvak</li> </ul>	N/A	N/A	<i>Cinnamomum verum</i>	<ul style="list-style-type: none"> <li>▶ Branch bark</li> <li>▶ Shoot bark</li> </ul>	Dry
<i>Citrullus lanatus</i> var. <i>lanatus</i>	Watermelon	N/A	N/A	<i>Citrullus lanatus</i> var. <i>lanatus</i>	Fruit	<ul style="list-style-type: none"> <li>▶ Dry</li> <li>▶ Fresh</li> </ul>



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<i>Citrus aurantiifolia</i>	<ul style="list-style-type: none"> <li>▶ Egyptian lime</li> <li>▶ Indian lime</li> <li>▶ Key lime</li> <li>▶ Lime</li> <li>▶ Mexican lime</li> <li>▶ Sour lime</li> </ul>	N/A	N/A	<i>Citrus aurantiifolia</i>	Fruit	<ul style="list-style-type: none"> <li>▶ Dry</li> <li>▶ Fresh</li> </ul>
Citrus bioflavonoids	Citrus bioflavonoids	N/A	N/A	<ul style="list-style-type: none"> <li>▶ <i>Citrus sinensis</i></li> <li>▶ <i>Citrus limon</i></li> <li>▶ <i>Citrus reticulata</i></li> <li>▶ <i>Citrus aurantiifolia</i></li> <li>▶ <i>Citrus paradisi</i></li> </ul>	<ul style="list-style-type: none"> <li>▶ Fruit peel</li> <li>▶ Fruit</li> </ul>	Isolate
<i>Citrus limon</i>	<ul style="list-style-type: none"> <li>▶ Lemon</li> <li>▶ Li meng</li> <li>▶ Linum</li> <li>▶ Ning meng</li> </ul>	N/A	N/A	<i>Citrus limon</i>	Fruit	<ul style="list-style-type: none"> <li>▶ Dry</li> <li>▶ Fresh</li> </ul>
<i>Citrus maxima</i>	<ul style="list-style-type: none"> <li>▶ Pomelo</li> <li>▶ Pummelo</li> <li>▶ Shaddock</li> <li>▶ Yu</li> <li>▶ Zhu luan</li> </ul>	N/A	N/A	<i>Citrus maxima</i>	Fruit	<ul style="list-style-type: none"> <li>▶ Dry</li> <li>▶ Fresh</li> </ul>
<i>Citrus paradisi</i>	<ul style="list-style-type: none"> <li>▶ Grapefruit</li> <li>▶ Yuan you</li> </ul>	N/A	N/A	<i>Citrus paradisi</i>	Fruit	<ul style="list-style-type: none"> <li>▶ Dry</li> <li>▶ Fresh</li> </ul>
<i>Citrus reticulata</i>	<ul style="list-style-type: none"> <li>▶ Ju</li> <li>▶ Mandarin orange</li> <li>▶ Tangerine</li> </ul>	N/A	N/A	<i>Citrus reticulata</i>	Fruit	<ul style="list-style-type: none"> <li>▶ Dry</li> <li>▶ Fresh</li> </ul>
<i>Citrus sinensis</i>	<ul style="list-style-type: none"> <li>▶ Blood orange</li> <li>▶ Navel orange</li> <li>▶ Red orange</li> <li>▶ Sweet orange</li> <li>▶ Tian cheng</li> <li>▶ Valencia orange</li> </ul>	N/A	N/A	<i>Citrus sinensis</i>	Fruit	<ul style="list-style-type: none"> <li>▶ Dry</li> <li>▶ Fresh</li> </ul>
<i>Coccinia grandis</i>	<ul style="list-style-type: none"> <li>▶ Ivy gourd</li> <li>▶ Little gourd</li> </ul>	N/A	N/A	<i>Coccinia grandis</i>	Fruit	<ul style="list-style-type: none"> <li>▶ Dry</li> <li>▶ Fresh</li> </ul>
<i>Cocos nucifera</i>	<ul style="list-style-type: none"> <li>▶ Coconut</li> <li>▶ Coconut palm</li> <li>▶ Coconut water</li> <li>▶ Copra</li> <li>▶ Nariyal</li> </ul>	N/A	N/A	<i>Cocos nucifera</i>	Fruit	<ul style="list-style-type: none"> <li>▶ Dry</li> <li>▶ Fresh</li> </ul>
	Coconut oil	N/A	N/A	<i>Cocos nucifera</i>	Seed endosperm	Fresh

Proper name(s)	Common name(s)	Source information				
		Source ingredient(s)	Organism group(s)	Source material(s)	Part(s)	Preparation(s)
<i>Coriandrum sativum</i>	<ul style="list-style-type: none"> <li>▶ Chinese parsley</li> <li>▶ Chinese-parsley</li> <li>▶ Cilantro</li> <li>▶ Coriander</li> <li>▶ Parsley- Chinese</li> </ul>	N/A	N/A	<i>Coriandrum sativum</i>	Leaf	<ul style="list-style-type: none"> <li>▶ Dry</li> <li>▶ Fresh</li> </ul>
<i>Cucumis melo</i> subsp. <i>melo</i> var. <i>cantalupo</i>	<ul style="list-style-type: none"> <li>▶ Cantaloupe</li> <li>▶ Netted melon</li> </ul>	N/A	N/A	<i>Cucumis melo</i> subsp. <i>melo</i> var. <i>cantalupo</i>	Fruit	<ul style="list-style-type: none"> <li>▶ Dry</li> <li>▶ Fresh</li> </ul>
<i>Cucumis sativus</i>	Cucumber	N/A	N/A	<i>Cucumis sativus</i>	Fruit	<ul style="list-style-type: none"> <li>▶ Dry</li> <li>▶ Fresh</li> </ul>
<i>Cucurbita maxima</i>	Winter squash	N/A	N/A	<i>Cucurbita maxima</i>	Fruit	<ul style="list-style-type: none"> <li>▶ Dry</li> <li>▶ Fresh</li> </ul>
<i>Cucurbita moschata</i>	<ul style="list-style-type: none"> <li>▶ Butternut squash</li> <li>▶ Cheese pumpkin</li> </ul>	N/A	N/A	<i>Cucurbita moschata</i>	Fruit Seed	<ul style="list-style-type: none"> <li>▶ Dry</li> <li>▶ Fresh</li> </ul> Dry
<i>Cucurbita pepo</i>	<ul style="list-style-type: none"> <li>▶ Acorn squash</li> <li>▶ Bitter bottle gourd</li> <li>▶ Ghia kaddu</li> <li>▶ Marrow</li> <li>▶ Pumpkin</li> <li>▶ Squash</li> </ul>	N/A	N/A	<i>Cucurbita pepo</i>	Fruit	<ul style="list-style-type: none"> <li>▶ Dry</li> <li>▶ Fresh</li> </ul>
<i>Cucurbita pepo</i> var. <i>pepo</i>	Zucchini	N/A	N/A	<i>Cucurbita pepo</i> var. <i>pepo</i>	Fruit	<ul style="list-style-type: none"> <li>▶ Dry</li> <li>▶ Fresh</li> </ul>
<i>Cuminum cyminum</i>	Cumin	N/A	N/A	<i>Cuminum cyminum</i>	Fruit	Dry
<i>Curcuma longa</i>	<ul style="list-style-type: none"> <li>▶ Common turmeric</li> <li>▶ Curcuma</li> <li>▶ Indian-saffron</li> <li>▶ Jianghuang</li> <li>▶ Turmeric</li> <li>▶ Yellow ginger</li> </ul>	N/A	N/A	<i>Curcuma longa</i>	Rhizome	Dry
<i>Cydonia oblonga</i>	Quince	N/A	N/A	<i>Cydonia oblonga</i>	Fruit	<ul style="list-style-type: none"> <li>▶ Dry</li> <li>▶ Fresh</li> </ul>
<i>Cymbopogon citratus</i>	<ul style="list-style-type: none"> <li>▶ Fever grass</li> <li>▶ Lemongrass</li> <li>▶ West Indian lemongrass</li> </ul>	N/A	N/A	<i>Cymbopogon citratus</i>	<ul style="list-style-type: none"> <li>▶ Herb top</li> <li>▶ Leaf</li> </ul>	<ul style="list-style-type: none"> <li>▶ Dry</li> <li>▶ Fresh</li> </ul>
<i>Cynara cardunculus</i>	<ul style="list-style-type: none"> <li>▶ Artichoke</li> <li>▶ Artichoke thistle</li> <li>▶ Cardoon</li> <li>▶ Cynara</li> <li>▶ Garden artichoke</li> </ul>	N/A	N/A	<i>Cynara cardunculus</i>	Leaf	Dry

Proper name(s)	Common name(s)	Source information				
		Source ingredient(s)	Organism group(s)	Source material(s)	Part(s)	Preparation(s)
	<ul style="list-style-type: none"> <li>▶ Globe artichoke</li> <li>▶ Scotch thistle</li> </ul>					
<i>Daucus carota</i>	Carrot	N/A	N/A	<i>Daucus carota</i>	<ul style="list-style-type: none"> <li>▶ Leaf</li> <li>▶ Root</li> </ul>	<ul style="list-style-type: none"> <li>▶ Dry</li> <li>▶ Fresh</li> </ul>
<i>Dioscorea alata</i>	<ul style="list-style-type: none"> <li>▶ Greater yam</li> <li>▶ Guyana arrowroot</li> <li>▶ Ten-months yam</li> <li>▶ Water yam</li> <li>▶ White yam</li> <li>▶ Winged yam</li> <li>▶ Yam</li> </ul>	N/A	N/A	<i>Dioscorea alata</i>	Root	<ul style="list-style-type: none"> <li>▶ Dry</li> <li>▶ Fresh</li> </ul>
<i>Diospyros virginiana</i>	American persimmon	N/A	N/A	<i>Diospyros virginiana</i>	Fruit	<ul style="list-style-type: none"> <li>▶ Dry</li> <li>▶ Fresh</li> </ul>
<i>Elaeis guineensis</i>	<ul style="list-style-type: none"> <li>▶ African oil palm</li> <li>▶ Oil palm</li> </ul>	N/A	N/A	<i>Elaeis guineensis</i>	Fruit	Fresh
<i>Euterpe oleracea</i>	<ul style="list-style-type: none"> <li>▶ Acai</li> <li>▶ Açai</li> <li>▶ Assai palm</li> <li>▶ Cabbage palm</li> </ul>	N/A	N/A	<i>Euterpe oleracea</i>	<ul style="list-style-type: none"> <li>▶ Fruit flesh</li> <li>▶ Fruit juice</li> </ul>	Dry
<i>Fagopyrum esculentum</i>	<ul style="list-style-type: none"> <li>▶ Buckwheat</li> <li>▶ Common buckwheat</li> <li>▶ Japanese buckwheat</li> <li>▶ Qiao mai</li> <li>▶ Silverhull buckwheat</li> </ul>	N/A	N/A	<i>Fagopyrum esculentum</i>	Seed	Dry
<i>Ficus carica</i>	<ul style="list-style-type: none"> <li>▶ Fig</li> <li>▶ Fig tree</li> <li>▶ Wu hua guo</li> </ul>	N/A	N/A	<i>Ficus carica</i>	Fruit	<ul style="list-style-type: none"> <li>▶ Dry</li> <li>▶ Fresh</li> </ul>
<i>Foeniculum vulgare</i> subsp. <i>vulgare</i> var. <i>dulce</i>	<ul style="list-style-type: none"> <li>▶ Roman fennel</li> <li>▶ Sweet fennel</li> </ul>	N/A	N/A	<i>Foeniculum vulgare</i> subsp. <i>vulgare</i> var. <i>dulce</i>	Bulb	<ul style="list-style-type: none"> <li>▶ Dry</li> <li>▶ Fresh</li> </ul>
<i>Fragaria virginiana</i>	<ul style="list-style-type: none"> <li>▶ Scarlet strawberry</li> <li>▶ Virginia strawberry</li> <li>▶ Wild strawberry</li> </ul>	N/A	N/A	<i>Fragaria virginiana</i>	Fruit	<ul style="list-style-type: none"> <li>▶ Dry</li> <li>▶ Fresh</li> </ul>
<i>Fragaria x ananassa</i>	<ul style="list-style-type: none"> <li>▶ Garden strawberry</li> <li>▶ Strawberry</li> </ul>	N/A	N/A	<i>Fragaria x ananassa</i>	Fruit	<ul style="list-style-type: none"> <li>▶ Dry</li> <li>▶ Fresh</li> </ul>

Proper name(s)	Common name(s)	Source information				
		Source ingredient(s)	Organism group(s)	Source material(s)	Part(s)	Preparation(s)
<i>Fucus vesiculosus</i>	<ul style="list-style-type: none"> <li>▶ Black tang</li> <li>▶ Bladder fucus</li> <li>▶ Kelpware</li> <li>▶ Seawrack</li> </ul>	N/A	N/A	<i>Fucus vesiculosus</i>	<ul style="list-style-type: none"> <li>▶ Thallus</li> <li>▶ Whole</li> </ul>	Dry
<i>Ganoderma lucidum</i>	<ul style="list-style-type: none"> <li>▶ Ganoderma</li> <li>▶ Ling zhi</li> <li>▶ Reishi</li> </ul>	N/A	N/A	<i>Ganoderma lucidum</i>	<ul style="list-style-type: none"> <li>▶ Cultured mycelium</li> <li>▶ Fruiting body</li> <li>▶ Mycelium</li> </ul>	Dry
<i>Garcinia mangostana</i>	<ul style="list-style-type: none"> <li>▶ King's-fruit</li> <li>▶ Manggis</li> <li>▶ Mangostan</li> <li>▶ Mangosteen</li> </ul>	N/A	N/A	<i>Garcinia mangostana</i>	Fruit	<ul style="list-style-type: none"> <li>▶ Dry</li> <li>▶ Fresh</li> </ul>
<i>Glycine max</i>	<ul style="list-style-type: none"> <li>▶ Defatted soybean flour</li> <li>▶ Defatted soy flour</li> </ul>	N/A	N/A	<i>Glycine max</i>	Seed	Dry
	<ul style="list-style-type: none"> <li>▶ Soybean Flour</li> <li>▶ Soy Flour</li> </ul>	N/A	N/A	<i>Glycine max</i>	Seed	Dry
	<ul style="list-style-type: none"> <li>▶ Black soya bean</li> <li>▶ Da dou</li> <li>▶ Soy</li> <li>▶ Soya</li> <li>▶ Soyabean</li> <li>▶ Soybean</li> </ul>	N/A	N/A	<i>Glycine max</i>	Sprout	<ul style="list-style-type: none"> <li>▶ Dry</li> <li>▶ Fresh</li> </ul>
Grape seed extract	Grape seed extract	N/A	N/A	<i>Vitis vinifera</i>	Seed	N/A
Green coffee bean extract	Green coffee bean extract	N/A	N/A	<ul style="list-style-type: none"> <li>▶ <i>Coffea arabica</i></li> <li>▶ <i>Coffea canephora</i></li> </ul>	Seed	N/A
<i>Haematococcus pluvialis</i>	<i>Haematococcus pluvialis</i>	N/A	N/A	<i>Haematococcus pluvialis</i>	Whole	Dry
<i>Helianthus annuus</i>	<ul style="list-style-type: none"> <li>▶ Mirasol</li> <li>▶ Sunflower</li> </ul>	N/A	N/A	<i>Helianthus annuus</i>	Seed	Dry
	Sunflower oil	N/A	N/A	<i>Helianthus annuus</i>	Seed	Fresh
<i>Hericium erinaceus</i>	Lion's Mane	N/A	N/A	<i>Hericium erinaceus</i>	Fruiting body	Dry
<i>Hibiscus sabdariffa</i>	<ul style="list-style-type: none"> <li>▶ Indian-sorrel</li> <li>▶ Jamaica-sorrel</li> <li>▶ Red-sorrel</li> <li>▶ Roselle</li> <li>▶ Sorrel</li> </ul>	N/A	N/A	<i>Hibiscus sabdariffa</i>	Leaf	<ul style="list-style-type: none"> <li>▶ Dry</li> <li>▶ Fresh</li> </ul>

Proper name(s)	Common name(s)	Source information				
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<i>Hippophae rhamnoides</i>	<ul style="list-style-type: none"> <li>▶ Sallowthorn</li> <li>▶ Sea buckthorn</li> <li>▶ Sea-buckthorn</li> <li>▶ Shaji</li> </ul>	N/A	N/A	<i>Hippophae rhamnoides</i>	Fruit	<ul style="list-style-type: none"> <li>▶ Dry</li> <li>▶ Fresh</li> </ul>
<i>Hordeum vulgare</i>	<ul style="list-style-type: none"> <li>▶ Barley</li> <li>▶ Da mai</li> </ul>	N/A	N/A	<i>Hordeum vulgare</i>	Seed	Dry
					Sprout	<ul style="list-style-type: none"> <li>▶ Dry</li> <li>▶ Fresh</li> </ul>
	Barleygrass	N/A	N/A	<i>Hordeum vulgare</i>	<ul style="list-style-type: none"> <li>▶ Herb top</li> <li>▶ Leaf</li> </ul>	<ul style="list-style-type: none"> <li>▶ Dry</li> <li>▶ Fresh</li> </ul>
<i>Ipomoea batatas</i>	Sweet potato	N/A	N/A	<i>Ipomoea batatas</i>	<ul style="list-style-type: none"> <li>▶ Root</li> <li>▶ Tuber</li> </ul>	<ul style="list-style-type: none"> <li>▶ Dry</li> <li>▶ Fresh</li> </ul>
<i>Irvingia gabonensis</i>	African wild mango	N/A	N/A	<i>Irvingia gabonensis</i>	Seed	Dry
<i>Juglans regia</i>	Walnut	N/A	N/A	<i>Juglans regia</i>	Seed	Dry
<ul style="list-style-type: none"> <li>▶ L-alpha-Acetamido-beta-mercaptopropionic acid</li> <li>▶ N-Acetyl-L-cysteine</li> </ul>	N-Acetyl-L-cysteine	N-Acetyl-L-cysteine	N/A	N/A	N/A	Synthetic
<ul style="list-style-type: none"> <li>▶ L-Glutathione</li> <li>▶ N-(N-L-gamma-Glutamyl-L-cysteinyl)glycine</li> </ul>	L-Glutathione	N/A	N/A	<i>Saccharomyces cerevisiae</i>	Whole	Isolate
		<ul style="list-style-type: none"> <li>▶ Glutathione</li> <li>▶ S-Acetylglutathione</li> </ul>	N/A	N/A	N/A	Synthetic
<i>Lactuca sativa</i>	<ul style="list-style-type: none"> <li>▶ Garden lettuce</li> <li>▶ Lettuce</li> </ul>	N/A	N/A	<i>Lactuca sativa</i>	Leaf	<ul style="list-style-type: none"> <li>▶ Dry</li> <li>▶ Fresh</li> </ul>
<i>Lactuca sativa</i> var. <i>crispa</i>	<ul style="list-style-type: none"> <li>▶ Curled lettuce</li> <li>▶ Leaf lettuce</li> </ul>	N/A	N/A	<i>Lactuca sativa</i> var. <i>crispa</i>	Leaf	<ul style="list-style-type: none"> <li>▶ Dry</li> <li>▶ Fresh</li> </ul>
<i>Lactuca sativa</i> var. <i>longifolia</i>	<ul style="list-style-type: none"> <li>▶ Cos lettuce</li> <li>▶ Romaine lettuce</li> </ul>	N/A	N/A	<i>Lactuca sativa</i> var. <i>longifolia</i>	Leaf	<ul style="list-style-type: none"> <li>▶ Dry</li> <li>▶ Fresh</li> </ul>
<i>Lagenaria siceraria</i>	<ul style="list-style-type: none"> <li>▶ Bottle gourd</li> <li>▶ Calabash</li> <li>▶ Calabash gourd</li> <li>▶ Hu lu</li> <li>▶ White-flower gourd</li> </ul>	N/A	N/A	<i>Lagenaria siceraria</i>	Fruit	<ul style="list-style-type: none"> <li>▶ Dry</li> <li>▶ Fresh</li> </ul>
<i>Laminaria digitata</i>	<ul style="list-style-type: none"> <li>▶ Horsetail kelp</li> <li>▶ Kelp</li> <li>▶ Silketare</li> </ul>	N/A	N/A	<i>Laminaria digitata</i>	<ul style="list-style-type: none"> <li>▶ Thallus</li> <li>▶ Whole</li> </ul>	Dry

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<i>Laminaria japonica</i>	<ul style="list-style-type: none"> <li>▶ Hai dai</li> <li>▶ Japanese kelp</li> <li>▶ Makombu</li> <li>▶ Sea tangle</li> </ul>	N/A	N/A	<i>Laminaria japonica</i>	<ul style="list-style-type: none"> <li>▶ Thallus</li> <li>▶ Whole</li> </ul>	Dry
<i>Lens culinaris</i>	<ul style="list-style-type: none"> <li>▶ Gram</li> <li>▶ Lentil</li> </ul>	N/A	N/A	<i>Lens culinaris</i>	Seed	Dry
<i>Lentinula edodes</i>	Shiitake	N/A	N/A	<i>Lentinula edodes</i>	<ul style="list-style-type: none"> <li>▶ Cultured mycelium</li> <li>▶ Fruiting body</li> <li>▶ Mycelium</li> </ul>	Dry
<i>Lepidium meyenii</i>	<ul style="list-style-type: none"> <li>▶ Maca</li> <li>▶ Peruvian-ginseng</li> </ul>	N/A	N/A	<i>Lepidium meyenii</i>	<ul style="list-style-type: none"> <li>▶ Hypocotyl</li> <li>▶ Root</li> </ul>	Dry
<i>Lepidium sativum</i>	Garden cress	N/A	N/A	<i>Lepidium sativum</i>	Leaf	<ul style="list-style-type: none"> <li>▶ Dry</li> <li>▶ Fresh</li> </ul>
<i>Linum usitatissimum</i>	<ul style="list-style-type: none"> <li>▶ Flax</li> <li>▶ Flaxseed</li> <li>▶ Linseed</li> </ul>	N/A	N/A	<i>Linum usitatissimum</i>	Seed	▶ Dry
		N/A	N/A	<i>Linum usitatissimum</i>	Sprout	<ul style="list-style-type: none"> <li>▶ Dry</li> <li>▶ Fresh</li> </ul>
<i>Lonicera caerulea</i>	<ul style="list-style-type: none"> <li>▶ Blue honeysuckle</li> <li>▶ Haskap</li> </ul>	N/A	N/A	<i>Lonicera caerulea</i>	Fruit	<ul style="list-style-type: none"> <li>▶ Dry</li> <li>▶ Fresh</li> </ul>
Lutein esters	Lutein esters	N/A	N/A	<i>Tagetes erecta</i>	Herb flowering oleoresin	Isolate
<i>Lycium barbarum</i>	<ul style="list-style-type: none"> <li>▶ Barbary matrimony-vine</li> <li>▶ Barbary wolfberry</li> <li>▶ Chinese wolfberry</li> <li>▶ Goji</li> <li>▶ Matrimony-vine</li> <li>▶ Ning xia gou qi</li> </ul>	N/A	N/A	<i>Lycium barbarum</i>	Fruit	Dry
<i>Malpighia emarginata</i>	West Indian-cherry	N/A	N/A	<i>Malpighia emarginata</i>	Fruit	<ul style="list-style-type: none"> <li>▶ Dry</li> <li>▶ Fresh</li> </ul>
<i>Malpighia glabra</i>	<ul style="list-style-type: none"> <li>▶ Acerola</li> <li>▶ Barbados cherry tree</li> <li>▶ Escobillo</li> </ul>	N/A	N/A	<i>Malpighia glabra</i>	Fruit	<ul style="list-style-type: none"> <li>▶ Dry</li> <li>▶ Fresh</li> </ul>
<i>Malus domestica</i>	Apple	N/A	N/A	<i>Malus domestica</i>	Fruit	<ul style="list-style-type: none"> <li>▶ Dry</li> <li>▶ Fresh</li> </ul>
<i>Malus pumila</i>	Paradise apple	N/A	N/A	<i>Malus pumila</i>	Fruit	<ul style="list-style-type: none"> <li>▶ Dry</li> <li>▶ Fresh</li> </ul>



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<i>Mangifera indica</i>	Mango	N/A	N/A	<i>Mangifera indica</i>	Fruit	► Dry ► Fresh
<i>Medicago sativa</i>	► Alfalfa ► Lucerne	N/A	N/A	<i>Medicago sativa</i>	Herb top	Dry
► Mixed tocopherol concentrate ► Tocopherol concentrate, mixed	► Mixed tocopherol concentrate ► Tocopherols	N/A	N/A	► <i>Brassica napus</i> ► <i>Brassica rapa</i> ► <i>Carthamus tinctoris</i> ► <i>Glycine max</i> ► <i>Helianthus annuus</i> ► <i>Zea mays</i>	Seed	Isolate
				<i>Cocos nucifera</i>	Seed endosperm	
				<i>Olea europaea</i>	Fruit flesh	
<i>Morinda citrifolia</i>	► Indian-mulberry ► Noni ► Rotten cheese fruit	N/A	N/A	<i>Morinda citrifolia</i>	Fruit	Dry
<i>Moringa oleifera</i>	► Ben-oil-tree ► Benzolive-tree ► Drumstick tree ► Horseradish-tree ► Malunggay ► Moringa ► West Indian ben	N/A	N/A	<i>Moringa oleifera</i>	► Leaf ► Seed	Dry
<i>Morus alba</i>	► Sang ► White mulberry	N/A	N/A	<i>Morus alba</i>	Fruit	► Dry ► Fresh
<i>Musa x paradisiaca</i>	► Banana ► Banana palm ► French plantain ► Plantain	N/A	N/A	<i>Musa x paradisiaca</i>	Fruit	► Dry ► Fresh
<i>Myrciaria dubia</i>	Camu-camu	N/A	N/A	<i>Myrciaria dubia</i>	Fruit	Dry
<i>Nasturtium officinale</i>	► Bronkors ► Brown cress ► Mizu-garashi ► Oranda-garashi ► Summer watercress ► Watercress	N/A	N/A	<i>Nasturtium officinale</i>	► Herb top ► Leaf	► Dry ► Fresh
<i>Nelumbo nucifera</i>	► East Indian lotus ► Lian	N/A	N/A	<i>Nelumbo nucifera</i>	Seed	► Dry ► Fresh



Proper name(s)	Common name(s)	Source information				
		Source ingredient(s)	Organism group(s)	Source material(s)	Part(s)	Preparation(s)
	▶ Lotus					
<i>Ocimum tenuiflorum</i>	▶ Holy basil ▶ Rama tulsi ▶ Sacred basil ▶ Tulsi	N/A	N/A	<i>Ocimum tenuiflorum</i>	Leaf	Dry
<i>Olea europaea</i>	Olive leaf	N/A	N/A	<i>Olea europaea</i>	Leaf	▶ Dry ▶ Fresh
	Olive	N/A	N/A	<i>Olea europaea</i>	Fruit	▶ Dry ▶ Fresh
	Olive oil	N/A	N/A	<i>Olea europaea</i>	Fruit	Fresh
<i>Ophiocordyceps sinensis</i>	▶ Chinese Caterpillar Fungus ▶ Cordyceps ▶ Cordyceps sinensis ▶ Dong chong xia cao	N/A	N/A	<i>Ophiocordyceps sinensis</i>	Stroma	Dry
<i>Opuntia ficus-indica</i>	▶ Barbary-fig ▶ Indian-fig ▶ Mission cactus ▶ Prickly-pear	N/A	N/A	<i>Opuntia ficus-indica</i>	▶ Fruit ▶ Leaf	▶ Dry ▶ Fresh
<i>Origanum vulgare</i>	▶ Common Oregano ▶ Oregano	N/A	N/A	<i>Origanum vulgare</i>	Leaf	Dry
<i>Oryza sativa</i>	▶ Asian rice ▶ Black Rice ▶ Dao ▶ Lowland rice ▶ Purple Rice ▶ Rice ▶ Upland rice	N/A	N/A	<i>Oryza sativa</i>	▶ Seed ▶ Seed bran	▶ Cooked ▶ Cooked and dry
<i>Paecilomyces hepiali</i>	▶ Cultured Chinese Caterpillar Fungus ▶ Fa jiao chong cao jun	N/A	N/A	<i>Paecilomyces hepiali</i>	Cultured mycelium	Dry
<i>Palmaria palmata</i>	▶ Creathnach ▶ Dillisk ▶ Duilleasc ▶ Dulse	N/A	N/A	<i>Palmaria palmata</i>	▶ Thallus ▶ Whole	▶ Dry ▶ Fresh
<i>Panicum miliaceum</i>	▶ Common millet ▶ Millet ▶ Millet panic	N/A	N/A	<i>Panicum miliaceum</i>	Seed	Dry
					Sprout	▶ Dry ▶ Fresh

Proper name(s)	Common name(s)	Source information				
		Source ingredient(s)	Organism group(s)	Source material(s)	Part(s)	Preparation(s)
<i>Passiflora edulis</i>	Purple granadilla	N/A	N/A	<i>Passiflora edulis</i>	Fruit	► Dry ► Fresh
<i>Passiflora quadrangularis</i>	Giant granadilla	N/A	N/A	<i>Passiflora quadrangularis</i>	Fruit	► Dry ► Fresh
<i>Pastinaca sativa</i>	Parsnip	N/A	N/A	<i>Pastinaca sativa</i>	► Root ► Tuber	► Dry ► Fresh
<i>Persea americana</i>	Avocado	N/A	N/A	<i>Persea americana</i>	Fruit	► Dry ► Fresh
<i>Petroselinum crispum</i>	Parsley	N/A	N/A	<i>Petroselinum crispum</i>	Herb top	► Dry ► Fresh
<i>Phaseolus vulgaris</i>	► Kidney bean ► Navy bean ► White kidney bean	N/A	N/A	<i>Phaseolus vulgaris</i>	Seed	Dry
<i>Phoenix dactylifera</i>	► Date ► Date palm	N/A	N/A	<i>Phoenix dactylifera</i>	Fruit	► Dry ► Fresh
<i>Phyllanthus emblica</i>	► Amalaki ► Amla ► Emblic ► Emblic myrobalan ► Indian gooseberry ► Myrobalan	N/A	N/A	<i>Phyllanthus emblica</i>	Fruit	Dry
<i>Pimenta dioica</i>	► Allspice ► Clover-pepper ► Jamaica-pepper ► Pimenta ► Pimento	N/A	N/A	<i>Pimenta dioica</i>	Fruit	Dry
<i>Pimpinella anisum</i>	► Anise ► Sweet-cumin	N/A	N/A	<i>Pimpinella anisum</i>	Fruit	Dry
<i>Pinus pinaster</i>	► Cluster pine ► Maritime pine ► Trosden	N/A	N/A	<i>Pinus pinaster</i>	Stem bark	► Dry ► Fresh
<i>Pisum sativum</i>	Pea	N/A	N/A	<i>Pisum sativum</i>	Seed	► Dry ► Fresh
<i>Porphyra yezoensis</i>	Nori	N/A	N/A	<i>Porphyra yezoensis</i>	► Thallus ► Whole	► Dry ► Fresh
Propolis	► Bee propolis ► Feng jiao ► Propolis ► Propolis balsam ► Propolis resin ► Propolis wax	N/A	N/A	<i>Apis mellifera</i>	Secretion	Dry



Proper name(s)	Common name(s)	Source information				
		Source ingredient(s)	Organism group(s)	Source material(s)	Part(s)	Preparation(s)
<i>Prunus armeniaca</i>	<ul style="list-style-type: none"> <li>▶ Apricot</li> <li>▶ Siberian apricot</li> <li>▶ Xing</li> </ul>	N/A	N/A	<i>Prunus armeniaca</i>	Fruit	<ul style="list-style-type: none"> <li>▶ Dry</li> <li>▶ Fresh</li> </ul>
<i>Prunus avium</i>	<ul style="list-style-type: none"> <li>▶ Bird cherry</li> <li>▶ Gean</li> <li>▶ Mazzard cherry</li> <li>▶ Sweet cherry</li> </ul>	N/A	N/A	<i>Prunus avium</i>	Fruit	<ul style="list-style-type: none"> <li>▶ Dry</li> <li>▶ Fresh</li> </ul>
<i>Prunus cerasus</i>	<ul style="list-style-type: none"> <li>▶ Morello cherry</li> <li>▶ Pie cherry</li> <li>▶ Sour cherry</li> <li>▶ Tart cherry</li> </ul>	N/A	N/A	<i>Prunus cerasus</i>	Fruit	<ul style="list-style-type: none"> <li>▶ Dry</li> <li>▶ Fresh</li> </ul>
<i>Prunus domestica</i>	<ul style="list-style-type: none"> <li>▶ Ou zhou li</li> <li>▶ Prune plum</li> </ul>	N/A	N/A	<i>Prunus domestica</i>	Fruit	<ul style="list-style-type: none"> <li>▶ Dry</li> <li>▶ Fresh</li> </ul>
<i>Prunus dulcis</i>	<ul style="list-style-type: none"> <li>▶ Almond</li> <li>▶ Almond- bitter</li> <li>▶ Almond- sweet</li> <li>▶ Bitter almond</li> <li>▶ Sweet almond</li> </ul>	N/A	N/A	<i>Prunus dulcis</i>	Seed	Dry
<i>Prunus persica</i>	<ul style="list-style-type: none"> <li>▶ Momo</li> <li>▶ Peach</li> <li>▶ Tao</li> </ul>	N/A	N/A	<i>Prunus persica</i>	Fruit	<ul style="list-style-type: none"> <li>▶ Dry</li> <li>▶ Fresh</li> </ul>
<i>Prunus persica</i> var. <i>nucipersica</i>	Nectarine	N/A	N/A	<i>Prunus persica</i> var. <i>nucipersica</i>	Fruit	<ul style="list-style-type: none"> <li>▶ Dry</li> <li>▶ Fresh</li> </ul>
<i>Prunus serotina</i>	<ul style="list-style-type: none"> <li>▶ Black cherry</li> <li>▶ Rum cherry</li> <li>▶ Wild cherry</li> </ul>	N/A	N/A	<i>Prunus serotina</i>	Fruit	<ul style="list-style-type: none"> <li>▶ Dry</li> <li>▶ Fresh</li> </ul>
<i>Prunus virginiana</i>	<ul style="list-style-type: none"> <li>▶ Bitter-berry</li> <li>▶ Chokecherry</li> </ul>	N/A	N/A	<i>Prunus virginiana</i>	Fruit	<ul style="list-style-type: none"> <li>▶ Dry</li> <li>▶ Fresh</li> </ul>
<i>Psidium guajava</i>	<ul style="list-style-type: none"> <li>▶ Guava</li> <li>▶ Koejawel</li> <li>▶ Lemon guava</li> </ul>	N/A	N/A	<i>Psidium guajava</i>	Fruit	<ul style="list-style-type: none"> <li>▶ Dry</li> <li>▶ Fresh</li> </ul>
<i>Punica granatum</i>	Pomegranate	N/A	N/A	<i>Punica granatum</i>	<ul style="list-style-type: none"> <li>▶ Fruit</li> <li>▶ Seed aril</li> </ul>	<ul style="list-style-type: none"> <li>▶ Dry</li> <li>▶ Fresh</li> </ul>
<i>Pyrus communis</i>	Pear	N/A	N/A	<i>Pyrus communis</i>	Fruit	<ul style="list-style-type: none"> <li>▶ Dry</li> <li>▶ Fresh</li> </ul>
<i>Pyrus pyrifolia</i>	<ul style="list-style-type: none"> <li>▶ Chinese pear</li> <li>▶ Nashi pear</li> </ul>	N/A	N/A	<i>Pyrus pyrifolia</i>	Fruit	<ul style="list-style-type: none"> <li>▶ Dry</li> <li>▶ Fresh</li> </ul>
<i>Raphanus sativus</i>	<ul style="list-style-type: none"> <li>▶ Luo bo</li> <li>▶ Radish</li> </ul>	N/A	N/A	<i>Raphanus sativus</i>	<ul style="list-style-type: none"> <li>▶ Leaf</li> <li>▶ Root</li> <li>▶ Tuber</li> <li>▶ Sprout</li> </ul>	<ul style="list-style-type: none"> <li>▶ Dry</li> <li>▶ Fresh</li> </ul>



Proper name(s)	Common name(s)	Source information				
		Source ingredient(s)	Organism group(s)	Source material(s)	Part(s)	Preparation(s)
<i>Rhodiola rosea</i>	<ul style="list-style-type: none"> <li>▶ Hong jing tian</li> <li>▶ King's-crown</li> <li>▶ Rhodiola</li> <li>▶ Roseroot</li> </ul>	N/A	N/A	<i>Rhodiola rosea</i>	<ul style="list-style-type: none"> <li>▶ Root</li> <li>▶ Root and rhizome</li> </ul>	Dry
<i>Ribes nigrum</i>	Black currant	N/A	N/A	<i>Ribes nigrum</i>	Fruit	<ul style="list-style-type: none"> <li>▶ Dry</li> <li>▶ Fresh</li> </ul>
<i>Ribes uva-crispa</i>	<ul style="list-style-type: none"> <li>▶ English gooseberry</li> <li>▶ European gooseberry</li> <li>▶ Gooseberry</li> </ul>	N/A	N/A	<i>Ribes uva-crispa</i>	Fruit	<ul style="list-style-type: none"> <li>▶ Dry</li> <li>▶ Fresh</li> </ul>
<i>Rosa canina</i>	<ul style="list-style-type: none"> <li>▶ Common briar</li> <li>▶ Dogbrier</li> <li>▶ Dog rose</li> </ul>	N/A	N/A	<i>Rosa canina</i>	Fruit	<ul style="list-style-type: none"> <li>▶ Dry</li> <li>▶ Fresh</li> </ul>
<i>Rosmarinus officinalis</i>	Rosemary	N/A	N/A	<i>Rosmarinus officinalis</i>	Leaf	Dry
Royal jelly	Royal jelly	N/A	N/A	<i>Apis mellifera</i>	Secretion	Fresh
<i>Rubus arcticus</i>	Arctic raspberry	N/A	N/A	<i>Rubus arcticus</i>	Fruit	<ul style="list-style-type: none"> <li>▶ Dry</li> <li>▶ Fresh</li> </ul>
<i>Rubus idaeus</i>	<ul style="list-style-type: none"> <li>▶ European raspberry</li> <li>▶ European red raspberry</li> <li>▶ Fu pen zi</li> <li>▶ Raspberry</li> <li>▶ Red raspberry</li> </ul>	N/A	N/A	<i>Rubus idaeus</i>	Fruit	<ul style="list-style-type: none"> <li>▶ Dry</li> <li>▶ Fresh</li> </ul>
<i>Rubus occidentalis</i>	<ul style="list-style-type: none"> <li>▶ Blackcap</li> <li>▶ Black raspberry</li> </ul>	N/A	N/A	<i>Rubus occidentalis</i>	Fruit	<ul style="list-style-type: none"> <li>▶ Dry</li> <li>▶ Fresh</li> </ul>
<i>Rubus plicatus</i>	<ul style="list-style-type: none"> <li>▶ Blackberry</li> <li>▶ Bramble</li> <li>▶ Shrubby blackberry</li> </ul>	N/A	N/A	<i>Rubus plicatus</i>	Fruit	<ul style="list-style-type: none"> <li>▶ Dry</li> <li>▶ Fresh</li> </ul>
<i>Salvia hispanica</i>	Chia	N/A	N/A	<i>Salvia hispanica</i>	Seed	Dry
					Sprout	<ul style="list-style-type: none"> <li>▶ Dry</li> <li>▶ Fresh</li> </ul>
<i>Salvia officinalis</i>	<ul style="list-style-type: none"> <li>▶ Common sage</li> <li>▶ Dalmatian sage</li> <li>▶ Garden sage</li> <li>▶ Sage</li> </ul>	N/A	N/A	<i>Salvia officinalis</i>	Leaf	Dry



Proper name(s)	Common name(s)	Source information				
		Source ingredient(s)	Organism group(s)	Source material(s)	Part(s)	Preparation(s)
<i>Sambucus nigra</i> subsp. <i>nigra</i>	<ul style="list-style-type: none"> <li>▶ Black elder</li> <li>▶ European elder</li> </ul>	N/A	N/A	<i>Sambucus nigra</i> subsp. <i>nigra</i>	Fruit	Dry
<i>Sambucus nigra</i> subsp. <i>canadensis</i>	<ul style="list-style-type: none"> <li>▶ American elder</li> <li>▶ Canadian elder</li> <li>▶ Sweet Elder</li> </ul>	N/A	N/A	<i>Sambucus nigra</i> subsp. <i>canadensis</i>	Fruit	Dry
Selenium	Selenium	<ul style="list-style-type: none"> <li>▶ Methylselenocysteine</li> <li>▶ Selenious acid</li> <li>▶ Selenium amino acid chelate</li> <li>▶ Selenium aspartate</li> <li>▶ Selenium citrate</li> <li>▶ Selenium dioxide, monohydrate</li> <li>▶ Selenium fumarate</li> <li>▶ Selenium glutarate</li> <li>▶ Selenium glycinate</li> <li>▶ Selenium hydrolyzed animal protein (HAP) chelate</li> <li>▶ Selenium hydrolyzed vegetable protein (HVP) chelate</li> <li>▶ Selenium malate</li> <li>▶ Selenium succinate</li> <li>▶ Selenium-enriched yeast</li> <li>▶ Selenocysteine</li> <li>▶ Selenomethionine</li> </ul>	N/A	N/A	N/A	<ul style="list-style-type: none"> <li>▶ Isolate</li> <li>▶ Synthetic</li> </ul>



Proper name(s)	Common name(s)	Source information				
		Source ingredient(s)	Organism group(s)	Source material(s)	Part(s)	Preparation(s)
		<ul style="list-style-type: none"> <li>▶ Sodium hydrogen selenite</li> <li>▶ Sodium selenate</li> <li>▶ Sodium selenite</li> </ul>				
<i>Sesamum indicum</i>	<ul style="list-style-type: none"> <li>▶ Beni</li> <li>▶ Beniseed</li> <li>▶ Benneseed</li> <li>▶ Black sesame</li> <li>▶ Black sesame seeds</li> <li>▶ Hu ma</li> <li>▶ Sesame</li> </ul>	N/A	N/A	<i>Sesamum indicum</i>	Seed	Dry
<i>Setaria italica</i>	<ul style="list-style-type: none"> <li>▶ Italian millet</li> <li>▶ Su</li> </ul>	N/A	N/A	<i>Setaria italica</i>	Seed	Dry
<i>Solanum lycopersicum</i>	Tomato	N/A	N/A	<i>Solanum lycopersicum</i>	Fruit	<ul style="list-style-type: none"> <li>▶ Dry</li> <li>▶ Fresh</li> </ul>
	Tomato extract	N/A	N/A	<i>Solanum lycopersicum</i>	Fruit flesh	<ul style="list-style-type: none"> <li>▶ Dry</li> <li>▶ Fresh</li> </ul>
<i>Solanum tuberosum</i>	Potato	N/A	N/A	<i>Solanum tuberosum</i>	<ul style="list-style-type: none"> <li>▶ Root</li> <li>▶ Tuber</li> </ul>	<ul style="list-style-type: none"> <li>▶ Dry</li> <li>▶ Fresh</li> </ul>
<i>Spinacia oleracea</i>	<ul style="list-style-type: none"> <li>▶ Bo cai</li> <li>▶ Spinach</li> </ul>	N/A	N/A	<i>Spinacia oleracea</i>	Leaf	<ul style="list-style-type: none"> <li>▶ Dry</li> <li>▶ Fresh</li> </ul>
<i>Syzygium aromaticum</i>	Clove	N/A	N/A	<i>Syzygium aromaticum</i>	Flower bud	Dry
<i>Tagetes erecta</i>	<ul style="list-style-type: none"> <li>▶ African marigold</li> <li>▶ Aztec marigold</li> <li>▶ Big marigold</li> <li>▶ Saffron marigold</li> </ul>	N/A	N/A	<i>Tagetes erecta</i>	Flower	Dry
<i>Tamarindus indica</i>	<ul style="list-style-type: none"> <li>▶ Indian tamarind</li> <li>▶ Kilytree</li> <li>▶ Tamarin</li> <li>▶ Tamarind</li> </ul>	N/A	N/A	<i>Tamarindus indica</i>	Fruit	Dry
<ul style="list-style-type: none"> <li>▶ Tocotrienol concentrate</li> <li>▶ Tocotrienols</li> </ul>	<ul style="list-style-type: none"> <li>▶ Tocotrienol concentrate</li> <li>▶ Tocotrienols</li> </ul>	N/A	N/A	<i>Bixa orellana</i>	Seed	Isolate
				<i>Elaeis guineensis</i>	Fruit	
				<i>Oryza sativa</i>	Seed bran	
<i>Trigonella foenum-graecum</i>	<ul style="list-style-type: none"> <li>▶ Common fenugreek</li> <li>▶ Fenugreek</li> <li>▶ Greek-clover</li> <li>▶ Greek hay</li> </ul>	N/A	N/A	<i>Trigonella foenum-graecum</i>	Seed	Dry



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		Source ingredient(s)	Organism group(s)	Source material(s)	Part(s)	Preparation(s)
	▶ Hu lu ba					
<i>Triticum aestivum</i>	▶ Bread wheat	N/A	N/A	<i>Triticum aestivum</i>	Seed	Dry
	▶ Wheat				Sprout	▶ Dry ▶ Fresh
	▶ Xiao mai			<i>Triticum aestivum</i>	▶ Herb top ▶ Leaf	▶ Dry ▶ Fresh
	Wheatgrass					
	Wheat germ oil			<i>Triticum aestivum</i>	Seed germ	Fresh
Ubiquinol	Ubiquinol	Ubiquinol	N/A	N/A	N/A	Synthetic
<i>Vaccinium corymbosum</i>	▶ American blueberry ▶ Blueberry ▶ Highbush blueberry ▶ Swamp blueberry	N/A	N/A	<i>Vaccinium corymbosum</i>	Fruit	▶ Dry ▶ Fresh
<i>Vaccinium angustifolium</i>	▶ Blueberry ▶ Late sweet blueberry ▶ Lowbush blueberry ▶ Low sweet blueberry ▶ Sweethurts ▶ Upland lowbush blueberry	N/A	N/A	<i>Vaccinium angustifolium</i>	Fruit	▶ Dry ▶ Fresh
<i>Vaccinium pallidum</i>	▶ Blueberry ▶ Hillside lowbush blueberry	N/A	N/A	<i>Vaccinium pallidum</i>	Fruit	▶ Dry ▶ Fresh
<i>Vaccinium macrocarpon</i>	▶ American cranberry ▶ Cranberry ▶ Large American cranberry ▶ Large cranberry	N/A	N/A	<i>Vaccinium macrocarpon</i>	Fruit	Fresh
	▶ Cranberry juice powder ▶ Dried Cranberry Juice ▶ Dried Vaccinium macrocarpon (cranberry) fruit	N/A	N/A	<i>Vaccinium macrocarpon</i>	Fruit	Dry



Proper name(s)	Common name(s)	Source information				
		Source ingredient(s)	Organism group(s)	Source material(s)	Part(s)	Preparation(s)
	juice					
<i>Vaccinium myrsinites</i>	Shiny blueberry	N/A	N/A	<i>Vaccinium myrsinites</i>	Fruit	► Dry ► Fresh
<i>Vaccinium myrtillus</i>	► Bilberry ► European blueberry ► Huckleberry ► Whortleberry	N/A	N/A	<i>Vaccinium myrtillus</i>	Fruit	Dry
<i>Vaccinium vitis-idaea</i>	► Alpine cranberry ► Cowberry ► Foxberry ► Lingberry ► Lingen ► Lingenberry ► Lingon ► Lingonberry ► Rock cranberry	N/A	N/A	<i>Vaccinium vitis-idaea</i>	Fruit	► Dry ► Fresh
<i>Vicia faba</i>	Fava bean	N/A	N/A	<i>Vicia faba</i>	Fruit	► Dry ► Fresh
<i>Vigna radiata</i> var. <i>radiata</i>	► Lu dou ► Mung Bean	N/A	N/A	<i>Vigna radiata</i> var. <i>radiata</i>	Seed	Dry
<i>Vigna unguiculata</i> subsp. <i>cylindrica</i>	► Catjang ► Catjang cowpea ► Sow-pea	N/A	N/A	<i>Vigna unguiculata</i> subsp. <i>cylindrica</i>	Seed	► Dry ► Fresh
Vitamin C	Vitamin C	► Ascorbic acid ► Ascorbic acid 2-O-glucoside ► Ascorbyl methylsilanol pectinate ► Ascorbyl palmitate ► Calcium ascorbate ► Calcium ascorbate, dihydrate ► Magnesium ascorbate ► Magnesium ascorbyl phosphate ► Manganese (II)	N/A	N/A	N/A	► Isolate ► Synthetic

Proper name(s)	Common name(s)	Source information				
		Source ingredient(s)	Organism group(s)	Source material(s)	Part(s)	Preparation(s)
		<ul style="list-style-type: none"> <li>ascorbate</li> <li>▶ Niacinamide</li> <li>ascorbate</li> <li>▶ Potassium ascorbate</li> <li>▶ Sodium ascorbate</li> <li>▶ Zinc ascorbate</li> </ul>				
Vitamin E	Vitamin E	<ul style="list-style-type: none"> <li>▶ d-alpha Tocopherol</li> <li>▶ d-alpha Tocopheryl acetate</li> <li>▶ d-alpha Tocopheryl acid succinate</li> <li>▶ dl-alpha Tocopherol</li> <li>▶ dl-alpha Tocopheryl acetate</li> <li>▶ dl-alpha Tocopheryl acid succinate</li> </ul>	N/A	N/A	N/A	<ul style="list-style-type: none"> <li>▶ Isolate</li> <li>▶ Synthetic</li> </ul>
<i>Vitis labrusca</i>	Concord grape	N/A	N/A	<i>Vitis labrusca</i>	Fruit	<ul style="list-style-type: none"> <li>▶ Dry</li> <li>▶ Fresh</li> </ul>
<i>Vitis vinifera</i>	<ul style="list-style-type: none"> <li>▶ Common grapevine</li> <li>▶ European grape</li> <li>▶ Grape</li> <li>▶ Grapevine</li> </ul>	N/A	N/A	<i>Vitis vinifera</i>	<ul style="list-style-type: none"> <li>▶ Fruit</li> <li>▶ Fruit skin</li> <li>▶ Seed</li> </ul>	<ul style="list-style-type: none"> <li>▶ Dry</li> <li>▶ Fresh</li> </ul>
	<ul style="list-style-type: none"> <li>▶ Red wine extract</li> <li>▶ Red wine polyphenol extract</li> </ul>	N/A	N/A	<i>Vitis vinifera</i>	Fruit	<ul style="list-style-type: none"> <li>▶ Dry</li> <li>▶ Fresh</li> </ul>
<i>Zea mays</i>	<ul style="list-style-type: none"> <li>▶ Corn</li> <li>▶ Maize</li> <li>▶ Purple corn</li> <li>▶ Yu shu shu</li> </ul>	N/A	N/A	<i>Zea mays</i>	Seed	Dry
Zeaxanthin esters	Zeaxanthin esters	N/A	N/A	<i>Tagetes erecta</i>	Herb flowering oleoresin	Isolate
<i>Zingiber officinale</i>	<ul style="list-style-type: none"> <li>▶ Ginger</li> <li>▶ Jiang</li> </ul>	N/A	N/A	<i>Zingiber officinale</i>	Rhizome	Dry



Proper name(s)	Common name(s)	Source information				
		Source ingredient(s)	Organism group(s)	Source material(s)	Part(s)	Preparation(s)
<i>Ziziphus jujuba</i>	<ul style="list-style-type: none"> <li>▶ Chinese date</li> <li>▶ Jujube</li> <li>▶ Zao</li> </ul>	N/A	N/A	<i>Ziziphus jujuba</i>	Fruit	<ul style="list-style-type: none"> <li>▶ Dry</li> <li>▶ Fresh</li> </ul>
<b>Fruit and/or vegetable or sprout blends</b>						
<b>Note: Individual substances (i.e. plants) and their respective part(s) and quantities should appear on the label.</b>						
Fruit blend	Fruit blend	N/A	N/A	<ul style="list-style-type: none"> <li>▶ <i>Ananas comosus</i></li> <li>▶ <i>Aronia melanocarpa</i></li> <li>▶ <i>Carica papaya</i></li> <li>▶ <i>Citrullus lanatus</i> var. <i>lanatus</i></li> <li>▶ <i>Citrus aurantiifolia</i></li> <li>▶ <i>Citrus aurantium</i></li> <li>▶ <i>Citrus limon</i></li> <li>▶ <i>Citrus paradisi</i></li> <li>▶ <i>Citrus reticulata</i></li> <li>▶ <i>Citrus sinensis</i></li> <li>▶ <i>Cucumis melo</i></li> <li>▶ <i>Euterpe oleracea</i></li> <li>▶ <i>Fragaria vesca</i></li> <li>▶ <i>Fragaria x ananassa</i></li> <li>▶ <i>Litchi chinensis</i></li> <li>▶ <i>Malpighia glabra</i></li> <li>▶ <i>Malus domestica</i></li> <li>▶ <i>Mangifera indica</i></li> <li>▶ <i>Morinda citrifolia</i></li> <li>▶ <i>Musa x paradisiaca</i></li> <li>▶ <i>Myrciaria dubia</i></li> </ul>	Fruit	Dry

Proper name(s)	Common name(s)	Source information				
		Source ingredient(s)	Organism group(s)	Source material(s)	Part(s)	Preparation(s)
				<ul style="list-style-type: none"> <li>▶ <i>Phyllanthus emblica</i></li> <li>▶ <i>Prunus armeniaca</i></li> <li>▶ <i>Prunus avium</i></li> <li>▶ <i>Prunus cerasus</i></li> <li>▶ <i>Prunus persica</i></li> <li>▶ <i>Prunus salicina</i></li> <li>▶ <i>Punica granatum</i></li> <li>▶ <i>Pyrus communis</i></li> <li>▶ <i>Ribes nigrum</i></li> <li>▶ <i>Rubus idaeus</i></li> <li>▶ <i>Rubus occidentalis</i></li> <li>▶ <i>Sambucus nigra</i> subsp. <i>nigra</i></li> <li>▶ <i>Vaccinium angustifolium</i></li> <li>▶ <i>Vaccinium cespitosum</i></li> <li>▶ <i>Vaccinium corymbosum</i></li> <li>▶ <i>Vaccinium macrocarpon</i></li> <li>▶ <i>Vaccinium myrtillus</i></li> <li>▶ <i>Vaccinium ovalifolium</i></li> <li>▶ <i>Vaccinium uliginosum</i></li> <li>▶ <i>Vaccinium vitis-idaea</i></li> <li>▶ <i>Vitis labrusca</i></li> <li>▶ <i>Vitis vinifera</i></li> </ul>		
Fruit and vegetable blend	Fruit and vegetable blend	N/A	N/A	<ul style="list-style-type: none"> <li>▶ <i>Allium ampeloprasum</i></li> <li>▶ <i>Allium cepa</i></li> <li>▶ <i>Allium porrum</i></li> <li>▶ <i>Allium sativum</i></li> <li>▶ <i>Ananas</i></li> </ul>	<ul style="list-style-type: none"> <li>▶ Bulb</li> <li>▶ Edible fruit part</li> <li>▶ Edible vegetable part</li> </ul>	Dry



Proper name(s)	Common name(s)	Source information				
		Source ingredient(s)	Organism group(s)	Source material(s)	Part(s)	Preparation(s)
				<i>comosus</i> var. <i>comosus</i> ▶ <i>Apium</i> <i>graveolens</i> ▶ <i>Bergera</i> <i>koenigii</i> ▶ <i>Beta vulgaris</i> ▶ <i>Bixa orellana</i> ▶ <i>Brassica napus</i> ▶ <i>Brassica oleracea</i> var. <i>botrytis</i> ▶ <i>Brassica oleracea</i> var. <i>capitata</i> ▶ <i>Brassica oleracea</i> var. <i>gemmifera</i> ▶ <i>Brassica oleracea</i> var. <i>italica</i> ▶ <i>Brassica oleracea</i> var. <i>viridis</i> ▶ <i>Capsicum annuum</i> ▶ <i>Carica papaya</i> ▶ <i>Citrullus lanatus</i> var. <i>lanatus</i> ▶ <i>Citrus aurantiifolia</i> ▶ <i>Citrus aurantium</i> ▶ <i>Citrus limon</i> ▶ <i>Citrus paradisi</i> ▶ <i>Citrus sinensis</i> ▶ <i>Cocos nucifera</i> ▶ <i>Cucumis melo</i> ▶ <i>Cucurbita pepo</i> ▶ <i>Daucus carota</i> ▶ <i>Fragaria vesca</i> ▶ <i>Fragaria x</i>	▶ Fruit ▶ Leaf ▶ Leaf stalk ▶ Root ▶ Sprout	



Proper name(s)	Common name(s)	Source information				
		Source ingredient(s)	Organism group(s)	Source material(s)	Part(s)	Preparation(s)
				<i>ananassa</i> ▶ <i>Ipomea batatas</i> ▶ <i>Lantana camara</i> ▶ <i>Litchi chinensis</i> ▶ <i>Malpighia glabra</i> ▶ <i>Malus domestica</i> ▶ <i>Mangifera indica</i> ▶ <i>Morinda citrifolia</i> ▶ <i>Moringa oleifera</i> ▶ <i>Musa acuminata</i> ▶ <i>Musa x paradisiaca</i> ▶ <i>Myrciaria dubia</i> ▶ <i>Ocimum tenuiflorum</i> ▶ <i>Passiflora edulis</i> ▶ <i>Petroselinum crispum</i> ▶ <i>Phyllanthus emblica</i> ▶ <i>Prunus armeniaca</i> ▶ <i>Prunus avium</i> ▶ <i>Prunus domestica</i> ▶ <i>Prunus persica</i> ▶ <i>Prunus salicina</i> ▶ <i>Psidium guajava</i> ▶ <i>Punica granatum</i> ▶ <i>Pyrus communis</i> ▶ <i>Raphanus</i>		



Proper name(s)	Common name(s)	Source information				
		Source ingredient(s)	Organism group(s)	Source material(s)	Part(s)	Preparation(s)
				<i>sativus</i> var. <i>sativus</i> ▶ <i>Rubus idaeus</i> ▶ <i>Rubus occidentalis</i> ▶ <i>Rubus plicatus</i> ▶ <i>Sesbania grandiflora</i> ▶ <i>Solanum lycopersicum</i> ▶ <i>Spinacia oleracea</i> ▶ <i>Vaccinium angustifolium</i> ▶ <i>Vaccinium corymbosum</i> ▶ <i>Vaccinium macrocarpon</i> ▶ <i>Vaccinium myrtillus</i> ▶ <i>Vitis vinifera</i> ▶ <i>Wrightia tinctoria</i> ▶ <i>Zea mays</i>		
Sprout blend	Sprout blend	N/A	N/A	▶ <i>Avena sativa</i> ▶ <i>Brassica oleracea</i> var. <i>gemmifera</i> ▶ <i>Brassica oleracea</i> var. <i>italica</i> ▶ <i>Glycine max</i> ▶ <i>Hordeum vulgare</i> ▶ <i>Linum usitatissimum</i> ▶ <i>Panicum miliaceum</i> ▶ <i>Raphanus sativus</i> ▶ <i>Salvia hispanica</i> ▶ <i>Triticum</i>	Sprout	Dry



Proper name(s)	Common name(s)	Source information				
		Source ingredient(s)	Organism group(s)	Source material(s)	Part(s)	Preparation(s)
				<i>aestivum</i>		
Vegetable blend	Vegetable blend	N/A	N/A	<ul style="list-style-type: none"> <li>▶ <i>Allium ampeloprasum</i></li> <li>▶ <i>Allium cepa</i></li> <li>▶ <i>Allium sativum</i></li> <li>▶ <i>Apium graveolens</i></li> <li>▶ <i>Barbarea verna</i></li> <li>▶ <i>Beta vulgaris</i></li> <li>▶ <i>Brassica napus</i></li> <li>▶ <i>Brassica oleracea</i> var. <i>botrytis</i></li> <li>▶ <i>Brassica oleracea</i> var. <i>capitata</i></li> <li>▶ <i>Brassica oleracea</i> var. <i>gemmifera</i></li> <li>▶ <i>Brassica oleracea</i> var. <i>italica</i></li> <li>▶ <i>Brassica oleracea</i> var. <i>viridis</i></li> <li>▶ <i>Daucus carota</i></li> <li>▶ <i>Medicago sativa</i></li> <li>▶ <i>Petroselinum crispum</i></li> <li>▶ <i>Raphanus sativus</i> var. <i>sativus</i></li> <li>▶ <i>Solanum lycopersicum</i></li> <li>▶ <i>Spinacia oleracea</i></li> </ul>	<ul style="list-style-type: none"> <li>▶ Bulb</li> <li>▶ Edible vegetable part</li> <li>▶ Fruit</li> <li>▶ Leaf</li> <li>▶ Leaf stalk</li> <li>▶ Root</li> <li>▶ Sprout</li> </ul>	Dry

## Route of administration

Oral

### Dosage form(s)

This monograph excludes foods or food-like dosage forms as indicated in the Compendium of Monographs Guidance Document.

Acceptable dosage forms for oral use are indicated in the dosage form drop-down list of the web-based Product Licence Application form for Compendial applications.

If the product contains Active hexose correlated compound (AHCC), the dosage form is restricted to capsules or powder.

### Use(s) or Purpose(s)

*All products*

- ▶ Source of (an) antioxidant(s)/Provides (an) antioxidant(s)
- ▶ Source of (an) antioxidant(s)/Provides (an) antioxidant(s) that help(s) fight/protect (cell) against/reduce (the oxidative effect of/the oxidative damage caused by/cell damage caused by) free radicals

*The only claims deemed acceptable in addition to the antioxidant claims are claims supported by the Multi-Vitamin/Mineral Supplements (MVM) monograph and/or by the Marigold Extract and Isolates (Lutein and Zeaxanthin) monograph if the product contains a medicinal ingredient or potency constituent which meets these monographs requirements.*

### Additional claims (optional)

*For vitamins, minerals and/or medicinal ingredients standardized to vitamins, minerals and/or beta-carotene*

As per the current Natural and Non-Prescription Health Products Directorate (NNHPD) MVM monograph.

*For marigold extracts, lutein and lutein esters  
(no claim other than antioxidant is supported for zeaxanthin or zeaxanthin esters)*

As per the current NNHPD Marigold Extract and Isolates (Lutein and Zeaxanthin) monograph.

### Dose(s)

### Subpopulation(s)

Adults 18 years and older

### Quantity(ies)

Table 2. Dose information presented as maximum daily and single doses with acceptable potency constituents as per the Natural Health Products Ingredients Database (NHPID)

Medicinal ingredients	Methods of preparation <sup>1</sup>	Maximum daily dose	Maximum single dose	Potency constituent(s)
<i>Abelmoschus esculentus</i>	Dry, Powdered, Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g of fresh fruits	N/A	N/A
		10 g of dried fruits		
<i>Actinidia chinensis</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g of fresh fruits	N/A	Vitamin C
		15 g of dried fruits		
<i>Actinidia deliciosa</i>	Dry, Powdered, Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g of fresh fruits	N/A	N/A
		15 g of dried fruits		
Active hexose correlated compound	Isolate	6 g of AHCC granule	N/A	N/A
		3.6 g of AHCC powder		
<i>Alaria esculenta</i>	Dry, Powdered, Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	5 g of dried thallus and/or whole alga	N/A	N/A
<i>Allium ampeloprasum</i>	Dry, Dry standardized, Powdered, Powdered	100 g of fresh leaves	N/A	▶ beta-Carotene ▶ Vitamin C

Medicinal ingredients	Methods of preparation <sup>1</sup>	Maximum daily dose	Maximum single dose	Potency constituent(s)
	standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	20 g of dried leaves		
<i>Allium cepa</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g of fresh bulbs	N/A	<ul style="list-style-type: none"> <li>▶ Alicin</li> <li>▶ Alliin</li> <li>▶ beta-Carotene</li> <li>▶ Quercetin</li> <li>▶ Vitamin C</li> </ul>
		10 g of dried bulbs		
<i>Allium porrum</i>	Dry, Powdered, Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g of fresh leaves	N/A	N/A
		20 g of dried leaves		
<i>Allium sativum</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	12 g of fresh bulbs	N/A	<ul style="list-style-type: none"> <li>▶ Alicin</li> <li>▶ Alliin</li> <li>▶ beta-Carotene</li> <li>▶ Quercetin</li> <li>▶ Selenium</li> </ul>
		12 g of dried bulbs		
	Standardized extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	12 mg of allicin and/or 27 mg of alliin		
<i>Allium schoenoprasum</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g of fresh leaves	N/A	<ul style="list-style-type: none"> <li>▶ Quercetin</li> <li>▶ Vitamin C</li> </ul>
		10 g of dried leaves		
<i>Aloe vera</i>	Freeze-dried, Fresh, Juice, Juice powdered, Juice powdered, freeze-dried, Powdered,	200 ml or 200 g of fresh leaf gel	N/A	N/A

Medicinal ingredients	Methods of preparation <sup>1</sup>	Maximum daily dose	Maximum single dose	Potency constituent(s)
	Extract liquid, Extract dry			
<i>Alpinia galanga</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g of fresh rhizomes	N/A	Vitamin C
		20 g of dried rhizomes		
<i>Amorphophallus konjac</i>	Dry, Powdered, Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	60 g of fresh roots and/or tubers	N/A	N/A
		10 g of dried roots and/or tubers		
<i>Amorphophallus paeoniifolius</i>	Dry, Powdered, Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g of fresh roots and/or tubers	N/A	N/A
		20 g of dried roots and/or tubers		
<i>Ananas comosus</i> var. <i>comosus</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g of fresh fruits	N/A	<ul style="list-style-type: none"> <li>▶ beta-Carotene</li> <li>▶ Iodine</li> <li>▶ Vitamin C</li> </ul>
		15 g of dried fruits		
<i>Anethum graveolens</i>	Dry, Powdered, Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g of fresh herb tops	N/A	N/A
		15 g of dried herb tops		
<i>Aphanizomenon flos-aquae</i>	Dry, Powdered, Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	1.8 g of dried whole alga	N/A	N/A

Medicinal ingredients	Methods of preparation <sup>1</sup>	Maximum daily dose	Maximum single dose	Potency constituent(s)
<i>Apium graveolens</i>	Dry, Powdered, Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g of fresh herb tops, and/or roots and/or tubers 5 g of dried herb tops, and/or roots and/or tubers	N/A	N/A
<i>Argania spinosa</i>	Oil fixed	15 g of seed oil	N/A	N/A
<i>Aristotelia chilensis</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	15 g of dried fruits	N/A	Anthocyanins
<i>Aronia melanocarpa</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g of fresh fruits 15 g of dried fruits	N/A	▶ Anthocyanins ▶ Proanthocyanidins
<i>Artemisia dracunculus</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	2 g of dried leaves	N/A	Vitamin C
<i>Artemisia vulgaris</i>	Dry, Powdered, Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	7.2 g of dried herb tops	N/A	N/A
<i>Arthrospira platensis</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture,	8 g of whole alga	N/A	▶ beta-Carotene ▶ Vitamin A ▶ Vitamin B <sub>6</sub>

Medicinal ingredients	Methods of preparation <sup>1</sup>	Maximum daily dose	Maximum single dose	Potency constituent(s)
	Fluid extract, Decoction, Infusion)			
<i>Ascophyllum nodosum</i>	Dry, Dry standardized, Powdered, Powdered Standardized, Non-Standardized Ethanolic Extracts (Dry extract, fluid extract, tincture), Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	1 g of dried thallus and/or whole alga	N/A	<ul style="list-style-type: none"> <li>▶ Iodine</li> <li>▶ Polyphenols</li> </ul>
<i>Asparagus officinalis</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g of fresh shoots	N/A	<ul style="list-style-type: none"> <li>▶ beta-Carotene</li> <li>▶ Vitamin C</li> </ul>
		5 g of dried shoots		
Astaxanthin	Isolate	40 mg	N/A	N/A
<i>Avena sativa</i>	Cooked and dry, Cooked and powdered, Cooked and Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	10 g of dried seeds and/or seed bran	N/A	N/A
	Dry, Powdered, Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	20 g of fresh sprouts		
		5 g of dried sprouts		
		20 g of fresh herb tops and/or leaves		
		5 g of dried herb tops and/or leaves		
	Oil fixed	15 g of seed oil		

Medicinal ingredients	Methods of preparation <sup>1</sup>	Maximum daily dose	Maximum single dose	Potency constituent(s)
<i>Basella alba</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g of fresh leaves	N/A	Vitamin C
		10 g of dried leaves		
<i>Berberis vulgaris</i>	Dry, Powdered, Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	0.5 g of dried fruits	N/A	N/A
<i>Bergera koenigii</i>	Dry, Powdered, Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	2 g of dried leaves	N/A	N/A
<i>Beta vulgaris</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g of fresh roots	N/A	▶ beta-Carotene ▶ Manganese ▶ Vitamin C
		10 g of dried roots		
		100 g of fresh leaves	N/A	Vitamin C
		5 g of dried leaves		
<i>Brassica juncea</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g of fresh leaves	N/A	▶ Copper ▶ Manganese ▶ Selenium ▶ Zinc
		10 g of dried leaves		

Medicinal ingredients	Methods of preparation <sup>1</sup>	Maximum daily dose	Maximum single dose	Potency constituent(s)
<i>Brassica nigra</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	3 g of dried seeds	N/A	Selenium
<i>Brassica oleracea</i> var. <i>botrytis</i>	Dry, Powdered, Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g of fresh herb tops	N/A	N/A
		10 g of dried herb tops		
<i>Brassica oleracea</i> var. <i>capitata</i>	Dry, Powdered, Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g of fresh herb tops	N/A	N/A
		10 g of dried herb tops		
<i>Brassica oleracea</i> var. <i>gemmifera</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g of fresh sprouts	N/A	Quercetin
		15 g of dried sprouts		
<i>Brassica oleracea</i> var. <i>italica</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g of fresh herb tops	N/A	<ul style="list-style-type: none"> <li>▶ Chromium</li> <li>▶ Selenium</li> <li>▶ Vitamin C</li> </ul>
		10 g of dried herb tops		
	Dry, Powdered, Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g of fresh sprouts	N/A	N/A
		10 g of dried sprouts		
<i>Brassica oleracea</i> var. <i>oleracea</i>	Dry, Powdered, Non-Standardized Extracts	100 g of fresh herb tops	N/A	N/A

Medicinal ingredients	Methods of preparation <sup>1</sup>	Maximum daily dose	Maximum single dose	Potency constituent(s)
	(Dry extract, Tincture, Fluid extract, Decoction, Infusion)	10 g of dried herb tops		
<i>Brassica oleracea</i> var. <i>viridis</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g fresh leaf	N/A	<ul style="list-style-type: none"> <li>▶ Copper</li> <li>▶ Vitamin A</li> <li>▶ Vitamin C</li> <li>▶ Vitamin K<sub>1</sub></li> </ul>
		10 g dried leaf		
<i>Brassica rapa</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g of fresh roots	N/A	Vitamin C
		10 g of dried roots		
<i>Camellia sinensis</i>	Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	Extracts providing up to 690 mg total catechins and up to 150 mg of caffeine Optional: up to 300 mg EGCG	N/A	<ul style="list-style-type: none"> <li>▶ Catechins</li> <li>▶ Caffeine</li> <li>▶ Epigallocatechin 3-gallate (EGCG)</li> </ul>
<i>Cannabis sativa</i>	Dry, Powdered	30 g of dried seeds	N/A	N/A
<i>Capparis spinosa</i>	Dry, Powdered, Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g of fresh fruits	N/A	N/A
		15 g of dried fruits		
<i>Capsicum annum</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	650 mg of dried fruits	N/A	<ul style="list-style-type: none"> <li>▶ beta-Carotene</li> <li>▶ Lutein</li> <li>▶ Vitamin C</li> <li>▶ Zeaxanthin</li> </ul>

Medicinal ingredients	Methods of preparation <sup>1</sup>	Maximum daily dose	Maximum single dose	Potency constituent(s)
<i>Carica papaya</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g of fresh fruits	N/A	<ul style="list-style-type: none"> <li>▶ beta-Carotene</li> <li>▶ Vitamin C</li> <li>▶ Zeaxanthin</li> </ul>
		10 g of dried fruits		
<i>Ceratonia siliqua</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	20 g of dried fruits	N/A	Proanthocyanidins
<i>Chamaemelum nobile</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	12 g of dried flowers	N/A	<ul style="list-style-type: none"> <li>▶ beta-Carotene</li> <li>▶ Vitamin C</li> </ul>
<i>Chenopodium quinoa</i>	Cooked and dry, Cooked and dry standardized, Cooked and powdered, Cooked and powdered standardized, Cooked and Non-Standardized/ Standardized Extracts (Dry extract, Tincture, Fluid extract,	30 g of dried seeds	N/A	<ul style="list-style-type: none"> <li>▶ Biotin</li> <li>▶ Riboflavin</li> <li>▶ Thiamine</li> <li>▶ Vitamin B<sub>6</sub></li> </ul>

Medicinal ingredients	Methods of preparation <sup>1</sup>	Maximum daily dose	Maximum single dose	Potency constituent(s)
<i>Chlorella vulgaris</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	6 g of broken cells	N/A	<ul style="list-style-type: none"> <li>▶ beta-Carotene</li> <li>▶ Biotin</li> <li>▶ Lutein</li> <li>▶ Magnesium</li> <li>▶ Selenium</li> <li>▶ Vitamin A</li> <li>▶ Vitamin B<sub>12</sub></li> <li>▶ Vitamin C</li> <li>▶ Vitamin D</li> <li>▶ Vitamin E</li> <li>▶ Vitamin K<sub>1</sub></li> <li>▶ Zinc</li> </ul>
<i>Cicer arietinum</i>	Cooked and dry, Cooked and powdered, Cooked and Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	40 g of dried seeds	N/A	N/A
<i>Cichorium endivia</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g of fresh leaves	N/A	Vitamin C
		5 g of dried leaves		
<i>Cichorium intybus</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	10 g of fresh roots	N/A	Vitamin C
		2 g of dried roots		
		10 g of fresh leaves	N/A	<ul style="list-style-type: none"> <li>▶ beta-Carotene</li> <li>▶ Vitamin C</li> </ul>
		1 g of dried leaves		
<i>Cinnamomum aromaticum</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Ethanolic Extracts (Dry extract, Tincture, Fluid extract)	6 g of dried stem bark	4 g of dried stem bark	<ul style="list-style-type: none"> <li>▶ beta-Carotene</li> <li>▶ Iodine</li> <li>▶ Polyphenols</li> </ul>

Medicinal ingredients	Methods of preparation <sup>1</sup>	Maximum daily dose	Maximum single dose	Potency constituent(s)
	Dry, Powdered, Non-Standardized Ethanolic Extracts (Dry extract, Tincture, Fluid extract)	6 g of dried branch bark and/or trunk bark	4 g of dried branch bark and/or trunk bark	N/A
<i>Cinnamomum verum</i>	Dry, Powdered, Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	4 g of dried branch bark and/or shoot bark	N/A	N/A
<i>Citrullus lanatus</i> var. <i>lanatus</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g of fresh fruits	N/A	<ul style="list-style-type: none"> <li>▶ beta-Carotene</li> <li>▶ Lycopene</li> </ul>
		10 g of dried fruits		
<i>Citrus aurantiifolia</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g of fresh fruits	N/A	<ul style="list-style-type: none"> <li>▶ Citrus bioflavonoids</li> <li>▶ Vitamin C</li> <li>▶ Zeaxanthin</li> </ul>
		10 g of dried fruits		
Citrus bioflavonoids	Isolate	600 mg	N/A	N/A
<i>Citrus limon</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g of fresh fruits	N/A	<ul style="list-style-type: none"> <li>▶ beta-Carotene</li> <li>▶ Citrus bioflavonoids</li> <li>▶ Hesperidin</li> <li>▶ Lycopene</li> <li>▶ Rutin</li> <li>▶ Vitamin C</li> </ul>
		10 g of dried fruits		
<i>Citrus maxima</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-	100 g of fresh fruits	N/A	Citrus bioflavonoids

Medicinal ingredients	Methods of preparation <sup>1</sup>	Maximum daily dose	Maximum single dose	Potency constituent(s)
	Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	10 g of dried fruits		
<i>Citrus paradisi</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g of fresh fruits	N/A	<ul style="list-style-type: none"> <li>▶ beta-Carotene</li> <li>▶ Citrus bioflavonoids</li> <li>▶ Hesperidin</li> <li>▶ Lycopene</li> <li>▶ Vitamin C</li> <li>▶ Zeaxanthin</li> </ul>
		10 g of dried fruits		
<i>Citrus reticulata</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g of fresh fruits	N/A	<ul style="list-style-type: none"> <li>▶ Citrus bioflavonoids</li> <li>▶ Hesperidin</li> <li>▶ Vitamin C</li> <li>▶ Zeaxanthin</li> </ul>
		15 g of dried fruits		
<i>Citrus sinensis</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g of fresh fruits	N/A	<ul style="list-style-type: none"> <li>▶ Anthocyanins</li> <li>▶ beta-Carotene</li> <li>▶ Citrus bioflavonoids</li> <li>▶ Hesperidin</li> <li>▶ Lycopene</li> <li>▶ Vitamin C</li> <li>▶ Zeaxanthin</li> </ul>
		15 g of dried fruits		
<i>Coccinia grandis</i>	Dry, Powdered, Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g of fresh fruits	N/A	N/A
		10 g of dried fruits		
<i>Cocos nucifera</i>	Dry, Powdered, Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	20 g of fresh fruits	N/A	N/A
		10 g of dried fruits		
	Oil fixed	15 g of seed endosperm oil		

Medicinal ingredients	Methods of preparation <sup>1</sup>	Maximum daily dose	Maximum single dose	Potency constituent(s)
Coenzyme Q10	Biosynthesis, Synthetic	300 mg	N/A	N/A
<i>Coriandrum sativum</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g of fresh leaves	N/A	▶ beta-Carotene ▶ Vitamin C
		10 g of dried leaves		
<i>Cucumis melo</i> subsp. <i>melo</i> var. <i>cantalupo</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g of fresh fruits	N/A	Vitamin C
		10 g of dried fruits		
<i>Cucumis sativus</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g of fresh fruits	N/A	beta-Carotene
		5 g of dried fruits		
<i>Cucurbita maxima</i>	Dry, Powdered, Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g of fresh fruits	N/A	N/A
		10 g of dried fruits		
<i>Cucurbita moschata</i>	Dry, Powdered, Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g of fresh fruits	N/A	N/A
		15 g of dried fruits		
		10 g of dried seeds		
<i>Cucurbita pepo</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and	100 g of fresh fruits	N/A	▶ beta-Carotene ▶ Manganese ▶ Vitamin C ▶ Zinc

Medicinal ingredients	Methods of preparation <sup>1</sup>	Maximum daily dose	Maximum single dose	Potency constituent(s)
	Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	5 g of dried fruits		
<i>Cucurbita pepo</i> var. <i>pepo</i>	Dry, Powdered, Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g of fresh fruits	N/A	N/A
		5 g of dried fruits		
<i>Curcuma longa</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	9 g of dried rhizomes; For dry extracts maximum ratio is 25:1	N/A	Vitamin C
	Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	Extracts providing up to 35% Curcuminoids; Quantity crude equivalent: 9 g of dried rhizomes	N/A	Curcuminoids
<i>Cuminum cyminum</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	2 g of dried fruits	N/A	▶ beta-Carotene ▶ Vitamin C
Curcumin	Isolate	1200 mg	400 mg	N/A
<i>Cydonia oblonga</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g of fresh fruits	N/A	▶ Bioflavonoids ▶ Vitamin C
		15 g of dried fruits		

Medicinal ingredients	Methods of preparation <sup>1</sup>	Maximum daily dose	Maximum single dose	Potency constituent(s)
<i>Cymbopogon citratus</i>	Dry, Powdered, Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g of fresh herb tops and/or leaves	N/A	N/A
		30 g of dried herb tops and/or leaves		
<i>Cynara cardunculus</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	10 g of dried leaves	N/A	Bioflavonoids
<i>Daucus carota</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g of fresh roots	N/A	<ul style="list-style-type: none"> <li>▶ Anthocyanosides</li> <li>▶ beta-Carotene</li> <li>▶ Mixed carotenoids</li> <li>▶ Polyphenols</li> <li>▶ Vitamin A</li> <li>▶ Vitamin C</li> </ul>
		10 g of dried roots		
		100 g of fresh leaves	N/A	N/A
		5 g of dried leaves		
<i>Dioscorea alata</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g of fresh roots	N/A	Vitamin C
		30 g of dried roots		
<i>Diospyros virginiana</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g of fresh fruits	N/A	Vitamin C
		35 g of dried fruits		
DL-alpha-Lipoic acid	Synthetic	600 mg	N/A	N/A

Medicinal ingredients	Methods of preparation <sup>1</sup>	Maximum daily dose	Maximum single dose	Potency constituent(s)
<i>Elaeis guineensis</i>	Oil fixed	15 g of fruit oil	N/A	N/A
<i>Euterpe oleracea</i>	Dry, Powdered, Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	14 g of dried fruit flesh and/or dried fruit juice	N/A	N/A
<i>Fagopyrum esculentum</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	20 g of dried seeds	N/A	Iodine
<i>Ficus carica</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g of fresh fruits	N/A	Vitamin C
		20 g of dried fruits		
<i>Foeniculum vulgare</i> subsp. <i>vulgare</i> var. <i>dulce</i>	Dry, Powdered, Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g of fresh bulbs	N/A	N/A
		10 g of dried bulbs		
<i>Fragaria virginiana</i>	Dry, Powdered, Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g of fresh fruits	N/A	N/A
		10 g of dried fruits		
<i>Fragaria x ananassa</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g of fresh fruits	N/A	▶ beta-Carotene ▶ Polyphenols
		10 g of dried fruits		
Fruit blend	Powdered, Extract dry	1 g of dried fruits	N/A	N/A

Medicinal ingredients	Methods of preparation <sup>1</sup>	Maximum daily dose	Maximum single dose	Potency constituent(s)
Fruit and vegetable blend	Powdered, Extract dry	1 g of dried fruits and vegetables	N/A	N/A
<i>Fucus vesiculosus</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized Ethanolic Extracts (Dry extract, Tincture, Fluid extract), Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	1 g of dried thallus and/or whole alga	N/A	<ul style="list-style-type: none"> <li>▶ Iodine</li> <li>▶ Polyphenols</li> </ul>
<i>Garcinia mangostana</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g of fresh fruits	N/A	<ul style="list-style-type: none"> <li>▶ Catechins</li> <li>▶ Vitamin C</li> </ul>
		20 g of dried fruits		
<i>Ganoderma lucidum</i>	Dry, Powdered, Non-Standardized Ethanolic Extracts (Dry extract, Tincture, Fluid extract)	6 g of dried cultured mycelium, fruiting body, and/or mycelium	N/A	N/A
	Standardized Ethanolic Extracts (Dry extract, Tincture, Fluid extract)	6 g dried cultured mycelium, fruiting body, and/or mycelium and up to 40% polysaccharides	N/A	Polysaccharides
	Decoction, Decoction concentrate	15 g of dried cultured mycelium fruiting body, and/or mycelium	N/A	N/A
	Decoction standardized, Decoction concentrate standardized	15 g of dried cultured mycelium, fruiting body, and/or mycelium and up to 40% polysaccharides	N/A	Polysaccharides
<i>Glycine max</i>	Defatted, ground	8 g of defatted soy flour	N/A	N/A
	Powdered	8 g of soy flour		

Medicinal ingredients	Methods of preparation <sup>1</sup>	Maximum daily dose	Maximum single dose	Potency constituent(s)
	Dry, Powdered, Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	20 g of fresh sprouts 5 g of dried sprouts		
Grape seed extract	Standardized Extracts (Dry extract)	475 mg of extract standardized to 70-85% oligomeric proanthocyanidins (OPC)	N/A	Oligomeric proanthocyanidins
Green coffee bean extract	Standardized Extracts (Dry extract)	1000 mg of extract standardized to 45-50% chlorogenic acids and up to 4% of caffeine	N/A	<ul style="list-style-type: none"> <li>▶ Chlorogenic acids</li> <li>▶ Caffeine</li> </ul>
<i>Haematococcus pluvialis</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	1 g of dried whole alga	N/A	Astaxanthin
<i>Helianthus annuus</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	35 g of dried seeds	N/A	<ul style="list-style-type: none"> <li>▶ Biotin</li> <li>▶ Chlorogenic acids</li> <li>▶ Selenium</li> <li>▶ Thiamine</li> <li>▶ Vitamin E</li> </ul>
	Oil fixed	15 g of seed oil	N/A	N/A
<i>Hericium erinaceus</i>	Decoction, Decoction concentrate	12 g of dried fruiting bodies	N/A	N/A
	Decoction standardized, Decoction concentrate standartized	12 g of dried fruiting bodies and up to 40% polysaccharides	N/A	Polysaccharides
Hesperidin	Isolate, Synthetic	500 mg	N/A	N/A

Medicinal ingredients	Methods of preparation <sup>1</sup>	Maximum daily dose	Maximum single dose	Potency constituent(s)
<i>Hibiscus sabdariffa</i>	Dry, Powdered, Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g of fresh leaves	N/A	N/A
		5 g of dried leaves		
<i>Hippophae rhamnoides</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	30 g of fresh fruits	N/A	<ul style="list-style-type: none"> <li>▶ beta-Carotene</li> <li>▶ Bioflavonoids</li> <li>▶ Polyphenols</li> <li>▶ Proanthocyanidins</li> <li>▶ Quercetin</li> <li>▶ Vitamin C</li> <li>▶ Vitamin E</li> <li>▶ Zeaxanthin</li> </ul>
		5 g of dried fruits		
<i>Hordeum vulgare</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	10 g of dried seeds	N/A	beta-Carotene
		20 g of fresh sprouts		
		5 g of dried sprouts		
		100 g of fresh herb tops and/or leaves		
		20 g of dried herb tops and/or leaves		
<i>Ipomoea batatas</i>	Dry, Powdered, Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g of fresh roots and/or tubers	N/A	N/A
		20 g of dried roots and/or tubers		
<i>Irvingia gabonensis</i>	Dry, Powdered, Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	3.15 g of dried seeds	N/A	N/A

Medicinal ingredients	Methods of preparation <sup>1</sup>	Maximum daily dose	Maximum single dose	Potency constituent(s)
<i>Juglans regia</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	30 g of dried seeds	N/A	Vitamin C
<i>Lactuca sativa</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g of fresh leaves	N/A	▶ Vitamin C ▶ Zinc
		5 g of dried leaves		
<i>Lactuca sativa</i> var. <i>crispa</i>	Dry, Powdered, Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g of fresh leaves	N/A	N/A
		5 g of dried leaves		
<i>Lactuca sativa</i> var. <i>longifolia</i>	Dry, Powdered, Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g of fresh leaves	N/A	N/A
		5 g of dried leaves		
<i>Lagenaria siceraria</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g of fresh fruits	N/A	Vitamin C
		5 g of dried fruits		
<i>Laminaria digitata</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized Ethanolic Extracts (Dry extract, Tincture, Fluid extract), Standardized Extracts (Dry extract, Tincture,	1 g of dried thallus and/or whole alga	N/A	Iodine

Medicinal ingredients	Methods of preparation <sup>1</sup>	Maximum daily dose	Maximum single dose	Potency constituent(s)
	Fluid extract, Decoction, Infusion)			
<i>Laminaria japonica</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized Ethanolic Extracts (Dry extract, Tincture, Fluid extract), Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	1 g of dried thallus and/or whole alga	N/A	Iodine
<i>Lens culinaris</i>	Cooked and dry, Cooked and dry standardized, Cooked and powdered, Cooked and powdered standardized, Cooked and Non-Standardized/ Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	30 g of dried seeds		<ul style="list-style-type: none"> <li>▶ beta-Carotene</li> <li>▶ Iodine</li> <li>▶ Vitamin C</li> </ul>
<i>Lentinula edodes</i>	Dry, Powdered, Non-Standardized Ethanolic Extracts (Dry extract, Tincture, Fluid extract)	6 g of dried cultured mycelium, fruiting body, and/or mycelium	N/A	N/A
	Standardized Ethanolic Extracts (Dry extract, Tincture, Fluid extract)	6 g of dried cultured mycelium, fruiting body, and/or mycelium and up to 40% polysaccharides	N/A	Polysaccharides
	Decoction, Decoction concentrate	16 g of dried cultured mycelium, fruiting body, and/or mycelium	N/A	N/A
	Decoction standardized, Decoction concentrate standardized	16 g of dried cultured mycelium, fruiting body, and/or mycelium and up to 40%	N/A	Polysaccharides

Medicinal ingredients	Methods of preparation <sup>1</sup>	Maximum daily dose	Maximum single dose	Potency constituent(s)
		polysaccharides		
<i>Lepidium meyenii</i>	Dry, Powdered, Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	3 g of dried roots and/or hypocotyls	N/A	N/A
<i>Lepidium sativum</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g of fresh leaves	N/A	Vitamin C
		20 g of dried leaves		
<i>Linum usitatissimum</i>	Powdered, Powdered standardized	45 g of dried seeds	22.5 g of dried seeds	beta-Carotene
	Dry, Powdered, Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	20 g of fresh sprouts	N/A	N/A
		5 g of dried sprouts		
<i>Lonicera caerulea</i>	Dry, Powdered, Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g of fresh fruits	N/A	N/A
		15 g of dried fruits		
Lutein	Isolate	20 mg	N/A	N/A
Lutein esters	Isolate	40 mg	N/A	N/A
<i>Lycium barbarum</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	6 g of dried fruits	N/A	Polysaccharides
Lycopene	Isolate, Synthetic	30 mg	N/A	N/A
L-Carnitine	Isolate, Synthetic	4 g	2 g	N/A
L-Glutathione	Isolate, Synthetic	743 mg	N/A	N/A

Medicinal ingredients	Methods of preparation <sup>1</sup>	Maximum daily dose	Maximum single dose	Potency constituent(s)
<i>Malpighia emarginata</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g of fresh fruits	N/A	Vitamin C
		10 g of dried fruits		
<i>Malpighia glabra</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g of fresh fruits	N/A	▶ beta-Carotene ▶ Vitamin C
		10 g of dried fruits		
<i>Malus domestica</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g of fresh fruits	N/A	▶ beta-Carotene ▶ Polyphenols ▶ Vitamin C
		5 g of dried fruits		
<i>Malus pumila</i>	Dry, Powdered, Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g of fresh fruits	N/A	N/A
		5 g of dried fruits		
<i>Mangifera indica</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g of fresh fruits	N/A	▶ beta-Carotene ▶ Iodine ▶ Vitamin C
		20 g of dried fruits		
<i>Medicago sativa</i>	Dry, Powdered, Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	30 g of dried herb tops	N/A	N/A

Medicinal ingredients	Methods of preparation <sup>1</sup>	Maximum daily dose	Maximum single dose	Potency constituent(s)
Mixed tocopherol concentrate	Isolate	179 mg AT	N/A	N/A
<i>Morinda citrifolia</i>	Dry, Powdered, Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	10 g of dried fruits	N/A	N/A
<i>Moringa oleifera</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	10 g of dried leaves and/or seeds	N/A	beta-Carotene
<i>Morus alba</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g of fresh fruits	N/A	Vitamin C
		10 g of dried fruits		
<i>Musa x paradisiaca</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g of fresh fruits	N/A	Vitamin C
		25 g of dried fruits		
<i>Myrciaria dubia</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	1.5 g of dried fruits	N/A	Vitamin C
N-Acetyl-L-cysteine	Synthetic	600 mg	N/A	N/A
<i>Nasturtium officinale</i>	Dry, Powdered, Non-Standardized Extracts	100 g of fresh herb tops and/or leaves	N/A	N/A

Medicinal ingredients	Methods of preparation <sup>1</sup>	Maximum daily dose	Maximum single dose	Potency constituent(s)
	(Dry extract, Tincture, Fluid extract, Decoction, Infusion)	5 g of dried herb tops and/or leaves		
<i>Nelumbo nucifera</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g of fresh seeds	N/A	beta-Carotene
		25 g of dried seeds		
<i>Ocimum tenuiflorum</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Ethanolic Extracts (Dry extract, Tincture, Fluid extract)	3 g of dried leaves	N/A	▶ Riboflavin ▶ Thiamine
	Non-Standardized and Standardized Aqueous Extracts (Dry extract, Decoction, Infusion)	28 g of dried leaves		
<i>Olea europaea</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Ethanolic Extracts (Dry extract, Tincture, Fluid extract)	3.5 g of dried leaves Optional: up to 20.8% oleuropein	N/A	Oleuropein
	Decoction, Decoction concentrate, Decoction standardized, Decoction concentrate standardized	20 g of fresh leaves Optional: up to 20.8% oleuropein	10 g of fresh leaves	
		10 g of dried leaves Optional: up to 20.8% oleuropein	5 g of dried leaves	
	Infusion, Infusion concentrate, Infusion standardized, Infusion concentrate standardized	30 g of dried leaves Optional: up to 20.8% oleuropein	8 g of dried leaves	

Medicinal ingredients	Methods of preparation <sup>1</sup>	Maximum daily dose	Maximum single dose	Potency constituent(s)
	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g of fresh fruits	N/A	<ul style="list-style-type: none"> <li>▶ beta-Carotene</li> <li>▶ Polyphenols</li> <li>▶ Quercetin</li> </ul>
		10 g of dried fruits		
	Oil fixed	15 g of fruit oil	N/A	N/A
<i>Ophiocordyceps sinensis</i>	Decoction, Decoction concentrate	9 g of dried stroma	N/A	N/A
	Decoction standardized, Decoction concentrate standardized	9 g of dried stroma and up to 40% polysaccharides	N/A	Polysaccharides
<i>Opuntia ficus-indica</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g of fresh fruits	N/A	<ul style="list-style-type: none"> <li>▶ beta-Carotene</li> <li>▶ Vitamin C</li> </ul>
		5 g of dried fruits		
	Dry, Powdered, Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	40 g of fresh leaves	N/A	N/A
		3 g of dried leaves		
<i>Origanum vulgare</i>	Dry, Powdered, Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	1.5 g of dried leaves	N/A	N/A
<i>Oryza sativa</i>	Cooked and dry, Cooked and dry standardized, Cooked and powdered, Cooked and powdered standardized, Cooked and Non-Standardized/Standardized Extracts	30 g of dried seeds	N/A	<ul style="list-style-type: none"> <li>▶ Calcium</li> <li>▶ Chromium</li> <li>▶ Copper</li> <li>▶ Magnesium</li> <li>▶ Manganese</li> <li>▶ Selenium</li> <li>▶ Vitamin E</li> <li>▶ Zinc</li> </ul>

Medicinal ingredients	Methods of preparation <sup>1</sup>	Maximum daily dose	Maximum single dose	Potency constituent(s)
	(Dry extract, Tincture, Fluid extract, Decoction, Infusion)			
	Cooked and dry, Cooked and powdered, Cooked and Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	30 g of dried seed bran	N/A	N/A
<i>Paecilomyces hepiali</i>	Decoction, Decoction concentrate	9 g of dried cultured mycelium	N/A	N/A
	Decoction standardized, Decoction concentrate standardized	9 g of dried cultured mycelium and up to 40% polysaccharides	N/A	Polysaccharides
<i>Palmaria palmata</i>	Dry, Powdered, Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g of fresh thallus and/or whole alga	N/A	N/A
		15 g of dried thallus and/or whole alga		
<i>Panicum miliaceum</i>	Cooked and dry, Cooked and powdered, Cooked and Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	30 g of dried seeds	N/A	N/A
	Dry, Powdered, Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	20 g of fresh sprouts	N/A	N/A
		5 g of dried sprouts		
<i>Passiflora edulis</i>	Dry, Powdered, Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g of fresh fruits	N/A	N/A
		25 g of dried fruits		
<i>Passiflora quadrangularis</i>	Dry, Dry standardized, Powdered, Powdered	100 g of fresh fruits	N/A	Vitamin C

Medicinal ingredients	Methods of preparation <sup>1</sup>	Maximum daily dose	Maximum single dose	Potency constituent(s)
	standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	5 g of dried fruits		
<i>Pastinaca sativa</i>	Dry, Powdered, Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g of fresh roots and/or tubers	N/A	N/A
		20 g of dried roots and/or tubers		
<i>Persea americana</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g of fresh fruits	N/A	▶ beta-Carotene ▶ Vitamin C
		25 g of dried fruits		
<i>Petroselinum crispum</i>	Dry, Powdered, Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	40 g of fresh herb tops	N/A	N/A
		5 g of dried herb tops		
<i>Phaseolus vulgaris</i>	Cooked and dry, Cooked and dry standardized, Cooked and powdered, Cooked and powdered standardized, Cooked and Non-Standardized/Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	35 g of dried seeds	N/A	beta-Carotene
<i>Phoenix dactylifera</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	94 g of fresh fruits	N/A	▶ beta-Carotene ▶ Iodine ▶ Polyphenols ▶ Vitamin C
		75 g of dried fruits		

Medicinal ingredients	Methods of preparation <sup>1</sup>	Maximum daily dose	Maximum single dose	Potency constituent(s)
<i>Phyllanthus emblica</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Ethanolic Extracts (Dry extract, Tincture, Fluid extract)	6 g of dried fruits	N/A	Vitamin C
<i>Pimenta dioica</i>	Dry, Powdered, Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	2 g of dried fruits	N/A	N/A
<i>Pimpinella anisum</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	2 g of dried fruits	N/A	Vitamin C
<i>Pinus pinaster</i>	Standardized Extracts (Dry extract)	450 mg of extract standardized to 65-75% procyanidins	N/A	Procyanidins
<i>Pisum sativum</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g of fresh seeds	N/A	Vitamin C
		20 g of dried seeds		
<i>Porphyra yezoensis</i>	Dry, Powdered, Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	20 g of fresh thallus and/or whole alga	N/A	N/A
		3 g of dried thallus and/or whole alga		
Propolis	Dry, Powdered, Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	0.6 g of dried <i>Apis mellifera</i> secretion	N/A	N/A

Medicinal ingredients	Methods of preparation <sup>1</sup>	Maximum daily dose	Maximum single dose	Potency constituent(s)
<i>Prunus armeniaca</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g of fresh fruits	N/A	<ul style="list-style-type: none"> <li>▶ beta-Carotene</li> <li>▶ Iodine</li> <li>▶ Vitamin C</li> </ul>
		15 g of dried fruits		
<i>Prunus avium</i>	Dry, Powdered, Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g of fresh fruits	N/A	N/A
		20 g of dried fruits		
<i>Prunus cerasus</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g of fresh fruits	N/A	<ul style="list-style-type: none"> <li>▶ Anthocyanins</li> <li>▶ Vitamin C</li> </ul>
		15 g of dried fruits		
<i>Prunus domestica</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g of fresh fruits	N/A	<ul style="list-style-type: none"> <li>▶ beta-Carotene</li> <li>▶ Vitamin C</li> </ul>
		15 g of dried fruits		
<i>Prunus dulcis</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	35 g of dried seeds	N/A	Vitamin C
<i>Prunus persica</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g of fresh fruits	N/A	<ul style="list-style-type: none"> <li>▶ beta-Carotene</li> <li>▶ Vitamin C</li> <li>▶ Zeaxanthin</li> </ul>
		10 g of dried fruits		

Medicinal ingredients	Methods of preparation <sup>1</sup>	Maximum daily dose	Maximum single dose	Potency constituent(s)
	Decoction, Infusion)			
<i>Prunus persica</i> var <i>nucipersica</i>	Dry, Powdered, Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g of fresh fruits	N/A	N/A
		10 g of dried fruits		
<i>Prunus serotina</i>	Dry, Powdered, Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g of fresh fruits	N/A	N/A
		20 g of dried fruits		
<i>Prunus virginiana</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g of fresh fruits	N/A	Quercetin
		40 g of dried fruits		
<i>Psidium guajava</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g of fresh fruits	N/A	<ul style="list-style-type: none"> <li>▶ Riboflavin</li> <li>▶ Thiamine</li> <li>▶ Vitamin B<sub>6</sub></li> <li>▶ Vitamin C</li> </ul>
		20 g of dried fruits		
<i>Punica granatum</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g of fresh fruits and/or seed arils	N/A	<ul style="list-style-type: none"> <li>▶ Polyphenols</li> <li>▶ Vitamin C</li> </ul>
		20 g of dried fruits and/or seed arils		
<i>Pyrus communis</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g of fresh fruits	N/A	Vitamin C
		15 g of dried fruits		

Medicinal ingredients	Methods of preparation <sup>1</sup>	Maximum daily dose	Maximum single dose	Potency constituent(s)
<i>Pyrus pyrifolia</i>	Dry, Powdered, Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g of fresh fruits	N/A	N/A
		10 g of dried fruits		
Quercetin	Isolate, Synthetic	1200 mg	600 mg	N/A
<i>Raphanus sativus</i>	Dry, Powdered, Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g of fresh roots and/or tubers	N/A	N/A
		5 g of dried roots and/or tubers		
		20 g of fresh sprouts		
		5 g of dried sprouts		
		100 g of fresh leaves		
		5 g of dried leaves		
<i>Rhodiola rosea</i>	Standardized Extracts (Dry extract)	680 mg of dry extract, and 0.8-3% salidroside, and/or 1-6% rosavins	200 mg of dry extract	▶ Rosavins ▶ Salidroside
	Non-Standardized Ethanolic Extracts (Dry extract)	400 mg of dry extract and 2 g dried roots and/or roots and rhizomes	200 mg of dry extract and 1 g of dried roots and/or roots and rhizomes	N/A
	Tincture	1.8 g of dried roots and/or roots and rhizomes	N/A	N/A
Resveratrol	Isolate, Synthetic	1 g	N/A	N/A
<i>Ribes nigrum</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g of fresh fruits	N/A	▶ Anthocyanins ▶ beta-Carotene ▶ Polyphenols ▶ Quercetin ▶ Vitamin C
		20 g of dried fruits		

Medicinal ingredients	Methods of preparation <sup>1</sup>	Maximum daily dose	Maximum single dose	Potency constituent(s)
<i>Ribes uva-crispa</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g of fresh fruits	N/A	<ul style="list-style-type: none"> <li>▶ beta-Carotene</li> <li>▶ Vitamin C</li> </ul>
		10 g of dried fruits		
<i>Rosa canina</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g of fresh fruits	N/A	<ul style="list-style-type: none"> <li>▶ beta-Carotene</li> <li>▶ Lycopene</li> <li>▶ Polyphenols</li> <li>▶ Vitamin C</li> <li>▶ Zeaxanthin</li> </ul>
		45 g of dried fruits		
<i>Rosmarinus officinalis</i>	Dry, Powdered, Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	12 g of dried leaves	N/A	N/A
Royal jelly	Dry, Powdered, Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	6 g of fresh <i>Apis mellifera</i> secretion	N/A	N/A
<i>Rubus arcticus</i>	Dry, Powdered, Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g of fresh fruits	N/A	N/A
		10 g of dried fruits		
<i>Rubus idaeus</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g of fresh fruits	N/A	<ul style="list-style-type: none"> <li>▶ beta-Carotene</li> <li>▶ Polyphenols</li> </ul>
		10 g of dried fruits		
<i>Rubus occidentalis</i>	Dry, Powdered, Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g of fresh fruits	N/A	N/A
		10 g of dried fruits		

Medicinal ingredients	Methods of preparation <sup>1</sup>	Maximum daily dose	Maximum single dose	Potency constituent(s)
<i>Rubus plicatus</i>	Dry, Powdered, Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g of fresh fruits	N/A	N/A
		10 g of dried fruits		
Rutin	Isolate, Synthetic	1000 mg	500 mg	N/A
<i>Salvia hispanica</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	40 g of dried seeds	N/A	<ul style="list-style-type: none"> <li>▶ Calcium</li> <li>▶ Copper</li> <li>▶ Magnesium</li> <li>▶ Molybdenum</li> <li>▶ Phosphorus</li> <li>▶ Thiamine</li> </ul>
		20 g of fresh sprouts		
<i>Salvia officinalis</i>	Infusion, Infusion concentrate	12 g of dried leaves	N/A	N/A
		2.25g of dried leaves		
		6 g of dried leaves		
<i>Sambucus nigra</i> subsp. <i>nigra</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	18 g of dried fruits	N/A	<ul style="list-style-type: none"> <li>▶ Anthocyanins</li> <li>▶ beta-Carotene</li> </ul>
<i>Sambucus nigra</i> subsp. <i>canadensis</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	18 g of dried fruits	N/A	<ul style="list-style-type: none"> <li>▶ Anthocyanins</li> <li>▶ beta-Carotene</li> </ul>
Selenium	Isolate, Synthetic	200 mcg	N/A	N/A
<i>Sesamum indicum</i>	Dry, Powdered, Non-	35 g of dried seeds	N/A	N/A

Medicinal ingredients	Methods of preparation <sup>1</sup>	Maximum daily dose	Maximum single dose	Potency constituent(s)
	Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)			
<i>Setaria italica</i>	Cooked and dry, Cooked and powdered, Cooked and Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	30 g of dried seeds	N/A	N/A
<i>Solanum lycopersicum</i>	Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	Extracts providing up to 30 mg of lycopene	N/A	Lycopene
	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g of fresh fruits	N/A	<ul style="list-style-type: none"> <li>▶ beta-Carotene</li> <li>▶ Lutein</li> <li>▶ Rutin</li> <li>▶ Vitamin C</li> <li>▶ Zeaxanthin</li> </ul>
		5 g of dried fruits		
<i>Solanum tuberosum</i>	Dry, Powdered, Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g of fresh roots and/or tubers	N/A	N/A
		20 g of dry roots and/or tubers		
<i>Spinacia oleracea</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g of fresh leaves	N/A	<ul style="list-style-type: none"> <li>▶ Polyphenols</li> <li>▶ Quercetin</li> <li>▶ Riboflavin</li> <li>▶ Rutin</li> <li>▶ Vitamin A</li> <li>▶ Vitamin B<sub>6</sub></li> <li>▶ Vitamin E</li> <li>▶ Vitamin K<sub>1</sub></li> </ul>
		10 g of dried leaves		
Sprout blend	Powder, Extract dry	1 g of dried sprouts	N/A	N/A
Squalene	Isolate	1000 mg	N/A	N/A
<i>Syzygium aromaticum</i>	Dry, Powdered, Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	2 g of dried flower buds	N/A	N/A

Medicinal ingredients	Methods of preparation <sup>1</sup>	Maximum daily dose	Maximum single dose	Potency constituent(s)
<i>Tagetes erecta</i>	Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	Extracts providing up to 60% lutein esters and up to 40 mg lutein esters. Optional: up to 5 mg zeaxanthin esters	N/A	<ul style="list-style-type: none"> <li>▶ Lutein esters</li> <li>▶ Zeaxanthin esters</li> </ul>
<i>Tamarindus indica</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	1.5 g of dried fruits	N/A	Vitamin C
<i>Trigonella foenum-graecum</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	30 g of dried seeds	N/A	<ul style="list-style-type: none"> <li>▶ beta-Carotene</li> <li>▶ Vitamin C</li> </ul>
<i>Triticum aestivum</i>	Dry, Powdered, Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	10 g of dried seeds	N/A	N/A
		20 g of fresh sprouts		
		5 g of dried sprouts		
		20 g of fresh herb tops and/or leaves		
		5 g dried herb tops and/or leaves		
	Oil fixed	15 g of wheat germ oil		
Tocotrienol concentrate	Isolate	179 mg AT	N/A	N/A
Ubiquinol	Synthetic	300 mg	N/A	N/A
<ul style="list-style-type: none"> <li>▶ <i>Vaccinium corymbosum</i></li> <li>▶ <i>Vaccinium angustifolium</i></li> <li>▶ <i>Vaccinium pallidum</i></li> </ul>	Dry, Powdered, Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	150 g of fresh fruits	N/A	N/A
		20 g of dried fruits		
	Dry standardized, Powdered standardized,	Extracts providing up to 40%	N/A	Anthocyanins

Medicinal ingredients	Methods of preparation <sup>1</sup>	Maximum daily dose	Maximum single dose	Potency constituent(s)
	Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	anthocyanins and not to exceed 195 mg anthocyanins and 150 grams of fresh fruits or 20 grams of dried fruits		
<i>Vaccinium macrocarpon</i>	Fresh, Fresh standardized, Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	30 g of fresh fruits	N/A	<ul style="list-style-type: none"> <li>▶ beta-Carotene</li> <li>▶ Iodine</li> <li>▶ Polyphenols</li> <li>▶ Proanthocyanidins</li> <li>▶ Quercetin</li> <li>▶ Vitamin C</li> </ul>
	Fresh	950 ml of fruit juice	N/A	N/A
	Powdered	1200 mg of dried fruit juice	N/A	N/A
<i>Vaccinium myrtillus</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	75 g of dried fruits	N/A	<ul style="list-style-type: none"> <li>▶ Anthocyanins</li> <li>▶ Anthocyanosides</li> <li>▶ beta-Carotene</li> <li>▶ Polyphenols</li> <li>▶ Quercetin</li> <li>▶ Vitamin C</li> </ul>
<i>Vaccinium myrsinites</i>	Dry, Powdered, Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g of fresh fruits	N/A	N/A
		15 g of dried fruits		
<i>Vaccinium vitis-idaea</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g of fresh fruits	N/A	<ul style="list-style-type: none"> <li>▶ Quercetin</li> <li>▶ Vitamin C</li> </ul>
		15 g of dried fruits		
Vegetable blend	Powder, Extract dry	1 g	N/A	N/A

Medicinal ingredients	Methods of preparation <sup>1</sup>	Maximum daily dose	Maximum single dose	Potency constituent(s)
<i>Vicia faba</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g of fresh fruits	N/A	Vitamin C
		25 g of dried fruits		
<i>Vigna radiata</i> var. <i>radiata</i>	Cooked and dry, Cooked and powdered, Cooked and Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	25 g of dried seeds	N/A	N/A
<i>Vigna unguiculata</i> subsp. <i>cylindrica</i>	Dry, Powdered, Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g of fresh seeds	N/A	N/A
		20 g of dried seeds		
Vitamin C	Isolate, Synthetic	18 years: 1,800 mg 19 years and older: 2,000 mg	N/A	N/A
Vitamin E	Isolate	d-alpha Tocopherol 18 years: 800 mg AT 19 years and older: 1,000 mg AT	N/A	N/A
	Synthetic	dl-alpha Tocopherol 18 years: 400 mg AT 19 years and older: 500 mg AT	N/A	N/A
<i>Vitis labrusca</i>	Dry, Powdered, Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g of fresh fruits	N/A	N/A
		20 g of dried fruits		
Red wine extract	Non-Standardized Extracts (Dry extract)	1 g of extract	N/A	N/A
	Standardized Extracts (Dry extract)	1 g of extract providing up to 95% polyphenols	N/A	Polyphenols

Medicinal ingredients	Methods of preparation <sup>1</sup>	Maximum daily dose	Maximum single dose	Potency constituent(s)
<i>Vitis vinifera</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g of fresh fruits	N/A	<ul style="list-style-type: none"> <li>▶ Anthocyanins</li> <li>▶ beta-Carotene</li> <li>▶ Polyphenols</li> <li>▶ Proanthocyanidins</li> <li>▶ Resveratrol</li> <li>▶ Vitamin C</li> </ul>
		5 g of dried fruits		
		10 g of fresh fruit skin	N/A	<ul style="list-style-type: none"> <li>▶ Anthocyanins</li> <li>▶ Bioflavonoids</li> <li>▶ Polyphenols</li> <li>▶ Proanthocyanidins</li> <li>▶ Resveratrol</li> </ul>
		1 g dry of fruit skin		
		5 g of fresh seeds	N/A	<ul style="list-style-type: none"> <li>▶ Bioflavonoids</li> <li>▶ Oligomeric proanthocyanidins</li> <li>▶ Polyphenols</li> <li>▶ Proanthocyanidins</li> <li>▶ Procyanidins</li> <li>▶ Vitamin E</li> </ul>
		0.5 g of dry seeds		
Zeaxanthin	Isolate, Synthetic	2.5 mg	N/A	N/A
Zeaxanthin esters	Isolate	5 mg	N/A	N/A
<i>Zea mays</i>	Cooked and dry, Cooked and dry standardized, Cooked and powdered, Cooked and powdered standardized, Cooked and Non-Standardized/Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	25 g of dried seeds	N/A	<ul style="list-style-type: none"> <li>▶ beta-Carotene</li> <li>▶ Iodine</li> <li>▶ Vitamin C</li> <li>▶ Zeaxanthin</li> </ul>
<i>Zingiber officinale</i>	Dry, Powdered, Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	3 g of dried rhizomes	N/A	N/A

Medicinal ingredients	Methods of preparation <sup>1</sup>	Maximum daily dose	Maximum single dose	Potency constituent(s)
<i>Ziziphus jujuba</i>	Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)	100 g of fresh fruits	N/A	Vitamin C
		10 g of dried fruits		

References: Isolates: Gopalan et al. 2014; NNHPD 2018; CNF 2012; Kupcinskas et al. 2008; Andersen et al., 2007; Kanaze et al. 2007; Nielsen et al. 2006; Nogata et al. 2006; Manach et al. 2003; Erlund et al. 2002; Qureshi et al. 2002; Blostein-Fujii et al. 1999; Ameer et al. 1996; Miettinen and Vanhanen 1994. Other Medicinal ingredients - Fruits, vegetables, mushrooms, algae and other plants: Lim 2015; NNHPD 2015; Zilae et al. 2014; CNF 2012; Fouladi 2012; Ould Mohamedou et al. 2011; Teas et al. 2011; USDA 2011; Chua et al. 2010; Kumari 2010; Scoglio et al. 2010; Issell et al. 2009; Kimura et al. 2007; Teas et al. 2007; Cherki et al., 2005; Derouiche et al. 2005; Taylor 2005; Callaway 2004; Drissi et al. 2004; Andalla 2003; Beveridge et al. 1999. Fruit and/or vegetable or sprout blends: NNHPD 2018.

<sup>1</sup>When the method of preparation ‘decoction’ or ‘infusion’ is listed as part of the acceptable methods of preparation in Table 2, the method of preparation ‘decoction concentrate’ or ‘infusion concentrate’ is also applicable. This would also apply to standardized extracts.

### Potency Information (Optional)

The medicinal ingredients supported by this monograph may be standardized to the potency constituents included in the potency constituent column of Table 2 if any. Note that the quantity crude equivalent (QCE) is mandatory on the PLA form and label for standardized extracts as safety is established based on the QCE unless the dose information in Table 2 is only provided for the standardized extract.

The maximum daily dose and single dose for each potency constituent are listed in Table 3. Note that these limits apply to the total quantity of the potency constituent found in the product (i.e. from all medicinal ingredients standardized to it in the product). This would also include the amount of the potency constituent when found in the product formulation as a separate medicinal ingredient (e.g. a product containing vitamin E as a medicinal ingredient as well as a potency constituent of any another medicinal ingredient).

For vitamins, minerals and beta-carotene, the minimum daily dose of the ingredient or potency constituent should meet the minimum dose established in the NNHPD MVM monograph.

Table 3. Maximum quantities of potency constituents including the maximum dose per day and per single dose

Potency constituents	Maximum daily dose	Maximum single dose
Allicin	12 mg	N/A
Alliin	27 mg	N/A
Anthocyanins	405 mg	N/A
Anthocyanosides	405 mg	N/A
Astaxanthin	40 mg	N/A
beta-Carotene	6,000 mcg	N/A
Bioflavonoids	600 mg	N/A
Caffeine	150 mg	N/A
Catechins	690 mg	N/A
Chlorogenic acids	500 mg	N/A
Citrus bioflavonoids	600 mg	N/A
Curcuminoids	1,200 mg	N/A
Epigallocatechin 3-gallate (EGCG)	300 mg	N/A
Hesperidin	500 mg	N/A
Lutein	20 mg	N/A
Lutein esters	40 mg	N/A
Lycopene	30 mg	N/A
Minerals: Selenium, Calcium, Chromium, Copper, Iodine, Magnesium, Manganese, Molybdenum, Phosphorus, Zinc	As per the MVM monograph	N/A
Mixed carotenoids	6,000 mcg	N/A
Oleuropein	100 mg	N/A
Oligomeric proanthocyanidins	405 mg	N/A
Polyphenols	1,000 mg	N/A
Polysaccharides	180 g	45 g
Proanthocyanidins	405 mg	N/A
Procyanidins	405 mg	N/A
Quercetin	1,200 mg	600 mg
Resveratrol	1,000 mg	N/A
Rosavins	40.8 mg	12 mg
Rutin	1,000 mg	500 mg
Salidroside	20.4 mg	6 mg
Vitamins: Biotin, Riboflavin, Thiamine, Vitamin A, Vitamin B <sub>6</sub> , Vitamin B <sub>12</sub> , Vitamin C, Vitamin D, Vitamin E, Vitamin K <sub>1</sub>	As per the MVM monograph	N/A
Zeaxanthin	2.5 mg	N/A
Zeaxanthin esters	5 mg	N/A

## Ingredient Combinations

### All ingredients included in this monograph may be combined together with the following restrictions

- ▶ The maximum daily dose for beta-carotene (including beta-carotene from mixed carotenoids) in combination with other vitamin A source materials must not exceed the maximum daily dose for vitamin A indicated on the NNHPD MVM monograph. The conversion factor of beta-carotene into vitamin A is 6:1. This factor is also applied to mixed carotenoids.
- ▶ The maximum daily dose for mixed tocopherols in combination with tocotrienols and other vitamin E source materials must not exceed the maximum daily dose for vitamin E indicated on the NNHPD MVM monograph.
- ▶ The total daily dose of each vitamin and mineral must not exceed quantities listed in the NNHPD MVM monograph.
- ▶ The maximum daily doses of other medicinal ingredient/potency constituents when combined together is presented in Table 4.

Table 4. Maximum quantities of medicinal ingredients/potency constituents when combined

Medicinal ingredients/Potency constituents	Maximum daily dose
<i>Ascophyllum nodosum</i> , <i>Fucus vesiculosus</i> , <i>Laminaria digitata</i> and/or <i>Laminaria japonica</i>	1 g
Anthocyanins, Anthocyanosides, Oligomeric proanthocyanidins, Proanthocyanidins and/or Procyanidins	405 mg
Bioflavonoids, Citrus bioflavonoids, Hesperidin, Quercetin and/or Rutin	600 mg
Catechins + EGCG	690 mg
Mixed carotenoids + beta-Carotene	6,000 mcg
Oils: Coconut oil, Olive oil, Sunflower oil, Wheatgerm oil	15 g
Lutein + Lutein esters*	20 mg
Zeaxanthin + Zeaxanthin esters*	2.5 mg

\*When combined, half the amounts of Lutein esters or Zeaxanthin esters should be taken into consideration to calculate the total amount of Lutein or Zeaxanthin (e.g. 10 mg of lutein and 5 mg of lutein esters from Marigold extract would be equivalent to 10 mg + 2.5 mg = 12.5 mg of total lutein).

### Direction(s) for use

Consult Table 5 for medicinal ingredients/potency constituents requiring direction of use statements. The medicinal ingredients/potency constituents in Table 5 are associated with the required numbered statement below or a specific product monograph.

1. As per the respective NNHPD single ingredient monograph.

Table 5. Direction(s) for use

Medicinal ingredients/Potency constituents	Direction(s) for use
Active hexose correlated compound-powder	1
<i>Aloe vera</i> leaf gel (freeze-dried; juice powdered; juice powdered, freeze-dried; powdered)	1
Calcium	As per the MVM monograph
<i>Chlorella vulgaris</i> (Chlorella)	1
<i>Ganoderma lucidum</i> (Reishi)	1
Green tea extract	1
<i>Irvingia gabonensis</i> (African wild mango)	1
<i>Linum usitatissimum</i> (Flaxseed)	1
Lutein esters	As per the Marigold Extract and Isolates monograph
N-Acetyl-L-cysteine	1
<i>Olea europaeae</i> leaf (Olive leaf)	1
<i>Phyllanthus emblica</i> (Amla)	1
Quercetin	1
<i>Rhodiola rosea</i> (Rhodiola)	1
<i>Salvia officinalis</i> (Sage)	1
<i>Tagetes erecta</i> (Marigold)	As per the Marigold Extract and Isolates monograph
Zeaxanthin esters	As per the Marigold Extract and Isolates monograph
Zinc	As per the MVM monograph

## Duration(s) of use

Consult Table 6 for medicinal ingredients/potency constituents requiring duration of use statements. The medicinal ingredients/potency constituents in Table 6 are associated with the required numbered statements below.

1. As per the respective NNHPD single ingredient monograph.
2. Consult a health care practitioner/health care provider/health care professional/doctor/physician for use beyond 3 months (EFSA 2014).

Table 6. Duration(s) of use

Medicinal ingredients/Potency constituents	Duration(s) of use
Astaxanthin (> 4 mg/day)	2
<i>Cinnamomum aromaticum</i> (Cassia cinnamon)	1
Grape seed extract	1
Green tea extract	1

Medicinal ingredients/Potency constituents	Duration(s) of use
<i>Lepidium meyenii</i> (Maca)	1
Propolis	1
Quercetin	1
Resveratrol	1
Rutin	1
<i>Salvia officinalis</i> (Sage)	1

## Risk information

Consult Table 7 for appropriate risk statements related to each medicinal ingredient/potency constituent. The medicinal ingredients/potency constituents in Table 7 are associated with the required numbered statements below or a specific product monograph.

1. As per the respective NNHPD single ingredient monograph.

### Caution(s) and warning(s)

2. Consult a health care practitioner/health care provider/health care professional/doctor/physician prior to use if you are pregnant or breastfeeding.
3. Consult a health care practitioner/health care provider/health care professional/doctor/physician prior to use if you are taking any prescription medication (Brinker 2010).

### Contraindication(s)

4. Do not use this product if you are pregnant or breastfeeding (Brinker 2010).

Table 7. Risk information

Medicinal ingredients/Potency constituents	Risk information
Active hexose correlated compound - granule	1
Active hexose correlated compound - powder	1
<i>Allium sativum</i> (Garlic)	1
<i>Aloe vera</i> - leaf gel	1
<i>Aphanizomenon flos-aquae</i>	4
<i>Artemisia vulgaris</i> (Mugwort)	1
<i>Arthrospira platensis</i> (Spirulina)	1
<i>Ascophyllum nodosum</i> (Norwegian Kelp)	As per the Kelp products monograph
Astaxanthin	2
<i>Berberis vulgaris</i> - fruit (Common barberry)	4
<i>Cannabis sativa</i> - seed (Hemp)	2

Medicinal ingredients/Potency constituents	Risk information
<i>Capsicum annum</i> (Cayenne)	1
<i>Chamaemelum nobile</i> (Roman chamomile)	1
<i>Chlorella vulgaris</i> (Chlorella)	1
<i>Cinnamomum aromaticum</i> (Cassia cinnamon)	1
<i>Cinnamomum verum</i> (Cinnamon)	1
Citrus bioflavonoids	1
<i>Citrus paradisi</i> - fruit (Grapefruit)	3
Coenzyme Q10	1
<i>Curcuma longa</i> (Turmeric)	1
Curcumin	1
<i>Cynara cardunculus</i> (Globe artichoke)	1
DL-alpha-Lipoic acid	1
<i>Euterpe oleracea</i> (Acai)	1
<i>Fucus vesiculosus</i> (Kelpware)	As per the Kelp products monograph
<i>Ganoderma lucidum</i> (Reishi)	1
Grape seed extract	1
Green coffee bean extract	1
Green tea extract	1
<i>Hericium erinaceus</i> (Lion's mane)	As per the Mushrooms monograph
Hesperidin (> 50 mg/day)	2, 3
<i>Irvingia gabonensis</i> (African wild mango)	1
<i>Laminaria digitata</i> (Kelp)	As per the Kelp products monograph
<i>Laminaria japonica</i> (Japanese kelp)	As per the Kelp products monograph
L-Carnitine	1
<i>Lentinula edodes</i> (Shiitake)	As per the Mushrooms monograph
<i>Lepidium meyenii</i> (Maca)	1
L-Glutathione	2
<i>Linum usitatissimum</i> (Flaxseed)	1
<i>Lycium barbarum</i> - fruit (Goji)	2
<i>Medicago sativa</i> (Alfalfa)	1
Manganese	As per the MVM monograph
Mixed tocopherol concentrate + tocotrienols + vitamin E (> 179 mg AT/day)	As per the MVM monograph
N-Acetyl-L-cysteine	1
<i>Ocimum tenuiflorum</i> (Holy Basil)	1
<i>Olea europaea</i> - leaf (Olive leaf)	1
<i>Ophiocordyceps sinensis</i> (Cordyceps)	As per the Mushrooms monograph
<i>Paecilomyces hepiali</i> (Cordyceps)	As per the Mushrooms monograph
<i>Phyllanthus emblica</i> (Amla)	1

Medicinal ingredients/Potency constituents	Risk information
Propolis	1
Quercetin	1
Red wine extract	1
Resveratrol	1
<i>Rhodiola rosea</i> (Rhodiola)	1
<i>Rosmarinus officinalis</i> (Rosemary)	1
Royal jelly	1
Rutin	1
<i>Salvia officinalis</i> (Sage)	1
<i>Sambucus nigra</i> subsp. <i>nigra</i> (Black elder)	As per the Elder monograph
<i>Sambucus nigra</i> subsp. <i>canadensis</i> (American elder)	As per the Elder monograph
Selenium	As per the MVM monograph
Squalene	2
<i>Triticum aestivum</i> (Wheatgrass-herb top/leaf)	2
<i>Trigonella foenum-graecum</i> (Fenugreek)	1
Ubiquinol	1
<i>Vaccinium corymbosum</i> (Blueberry)	1
<i>Vaccinium angustifolium</i> (Blueberry)	1
<i>Vaccinium pallidum</i> (Blueberry)	1
<i>Vaccinium macrocarpon</i> (Cranberry)	1
Vitamin E	As per the MVM monograph
Vitamin K <sub>1</sub>	As per the MVM monograph
Zinc	As per the MVM monograph

## Non-medicinal ingredients

Must be chosen from the current NHPID and must meet the limitations outlined in the database.

## Storage conditions

Consult Table 8 for appropriate storage condition statements related to each medicinal ingredient/potency constituent. The medicinal ingredients/potency constituents in Table 8 are associated with the required numbered statements below or a specific product monograph.

1. As per the respective NNHPD single ingredient monograph

Table 8. Storage conditions

Medicinal ingredients/Potency constituents	Storage conditions
<i>Cocos nucifera</i> - oil (Coconut oil)	As per the Multiple Ingredient fixed oil products monograph
<i>Helianthus annuus</i> - oil (Sunflower oil)	As per the Multiple Ingredient fixed oil products monograph
Lutein	As per the Marigold Extract and Isolates monograph
Lutein esters	As per the Marigold Extract and Isolates monograph
<i>Olea europaea</i> - oil (Olive oil)	As per the Multiple Ingredient fixed oil products monograph
Quercetin	1
Rutin	1
<i>Salvia officinalis</i> (Sage)	1
<i>Tagetes erecta</i> (Marigold)	As per the Marigold Extract and Isolates monograph
<i>Triticum aestivum</i> - oil (Wheatgerm oil)	As per the Multiple Ingredient fixed oil products monograph
Zeaxanthin	As per the Marigold Extract and Isolates monograph
Zeaxanthin esters	As per the Marigold Extract and Isolates monograph

## Specifications

- ▶ The finished product specifications must be established in accordance with the requirements described in the NNHPD Quality of Natural Health Products Guide.
- ▶ Each medicinal ingredient must comply with the requirements outlined in the NHPID.
- ▶ For medicinal ingredients associated with another NNHPD monograph, specifications indicated in those monographs apply.

### *Cannabis sativa* seeds (Hemp)

Must not contain more than 10 parts per million delta-9-Tetrahydrocannabinol (THC), or phytocannabinoids that have been isolated or concentrated. The determination of the THC concentration must take into account the potential to convert delta-9-tetrahydrocannabinolic acid (THCA) to THC.

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