Botanical name	Family	Synonym	Part traditionally used/specific preparations	Part of concern	chemical	Info	Comments	Notes	References	Reference
Abelmoschus esculentus (L.) Moench	Malvaceae		fruit			Food (Okra)	No major safety concerns.	The plant yields a fixed oil, a cake with more than 30% proteins and the stem is suitable for paper-making	Camciuc, M., Deplagne, M., Vilarem, G., & Gaset, A. (1998). Okra—Abelmoschus esculentus L.(Moench.) a crop with economic potential for set aside acreage in France. *Industrial crops and products*, *7*(2), 257-264.	Pankaj Oudhia. Society for Parthenium Management (SOPAM). Purdue University, West Lafayette, In. USA.
Abelmoschus moschatus Medik.	Malvaceae		seed			Essential oil: pyrazine and pyridine derivatives. Young leaves and shoots are eaten	No major safety concerns.	The plant help to maintain blood sugar level, and good antioxidant effects.	Liu, I. M., Liou, S. S., Lan, T. W., Hsu, F. L., & Cheng, J. T. (2005). Myricetin as the active principle of Abelmoschus moschatus to lower plasma glucose in streptozotocin-induced diabetic rats. *Planta medica*, *71*(7), 617-621.; Gul, M. Z., Bhakshu, L. M., Ahmad, F., Kondapi, A. K., Qureshi, I. A., & Ghazi, I. A. (2011). Evaluation of Abelmoschus moschatus extracts for antioxidant, free radical scavenging, antimicrobial and antiproliferative activities using in vitro assays. BMC complementary and alternative medicine, 11(1), 64.	Zhizhi Du et al. 2008. Volatile organic nitrogen-containing constituents in Ambrette seed Abelmoschus moschatus Medik (Malvaceae). J. Agric. Food Chem. 56: 7388–7392.

Achyranthes bidentata Blume	Amaranthaceae		root	root	Sulfated oleanan saponins; e.g. sulfachyranthosides A & D	Anti-fertility activity of high doses of saponins (1000mg/kg). Stimulation of the growth of cancer in mice with high doses of polysaccharides but inhibition with low doses.	The content of sulphated saponins should be declared.	Low doses of saponins and polysaccharides improve several physiological functions. High doses are inhibitory.	Deng, H. B., Cui, D. P., Jiang, J. M., Feng, Y. C., Cai, N. S., & Li, D. D. (2003). Inhibiting effects of Achyranthes bidentata polysaccharide and Lycium barbarum polysaccharide on nonenzyme glycation in D-galactose induced mouse aging model. *Biomedical and Environmental Sciences*, *16*(3), 267-275.	Zhang M.et al.2012.Phytoecdysteroids from the roots of Achyranthes bidentata Blume. Molecules 17(3):3324-3332. Li-Qin Jina et al. 2007. Opposite effects on tumor growth depending on dose of Achyranthes bidentata polysaccharides in C57BL/6 mice. International Immunopharmacology 7 (5): 568–577. Wang L. 2011.Therapeutic effects of saponins from Achyranthes bidentata in SHRsp. Zhongguo Zhong Yao Za Zhi. 36(9):239-1241. Shen Y.2011.An active fraction of Achyranthes bidentata polypeptides prevents apoptosis induced by serum deprivation in SH-SY5Y cells through activation of PI3K/Akt/Gsk3β pathways. Neurochem Res.36(11):2186-2194.
Actinidia chinensis Planch.	Actinidiaceae		fruit, bud			Edible fruit without any toxicity. The hairs on the skin can cause throat irritation if ingested	No major safety concerns	The fruit has to be peeled before ingestion.	Rassam, M., & Laing, W. (2005). Variation in ascorbic acid and oxalate levels in the fruit of Actinidia chinensis tissues and genotypes. *Journal of agricultural and food chemistry*, *53*(6), 2322-2326.	
Actinidia deliciosa (A.Chev.) C.F.Liang & A.R.Ferguson	Actinidiaceae		fruit, bud			Edible fruit without any toxicity. The hairs on the skin can cause throat irritation if ingested	No major safety concerns	The fruit has to be peeled before ingestion.	Montefiori, M., McGhie, T. K., Costa, G., & Ferguson, A. R. (2005). Pigments in the fruit of red-fleshed kiwifruit (Actinidia chinensis and Actinidia deliciosa).*Journal of agricultural and food chemistry*, *53*(24), 9526-	

									9530.	
Adiantum capillus-veneris L.	Pteridaceae		whole plant			Flavonoids: e.g. naringin; proanthocyanidines,; triterpenes: e.g. adiantones	The content of triterpene glyosides and flavonoids should be stated.	The fronds contain triterpene glyosides and flavonoids. Large amounts can cause vomiting. Contraindicated in pregnancy and lactation.	Nakane, T., Arai, Y., Masuda, K., Ishizaki, Y., Ageta, H., & Shiojima, K. (1999). Fern constituents: six new triterpenoid alcohols from Adiantum capillus-veneris. *CHEMICAL AND PHARMACEUTICAL BULLETIN-TOKYO-*, *47*, 543-547.; Imperato, F. (1982). Kaempferol 3-sulphate in the fern Adiantum capillus-veneris. Phytochemistry, 21(8), 2158-2159.	Nakane T, et al. 2002. Fern constituents: triterpenoids from Adiantum capillus-veneris. Chem Pharm Bull (Tokyo). 50 (9): 1273-1275.

Adiantum pedatum L.	Adiantaceae		whole plant			Norhopane terpenoids: e.g. adiantone, isoadiantone; In the essential oil: fernanetype triterpenoids: e.g. fernene(s)Norhopane terpenoids: e.g. adiantone, isoadiantone; In the essential oil: fernanetype triterpenoids: e.g. fernene(s)	The content of triterpene glyosides and flavonoids should be stated.	The fronds contain triterpene glyosides and flavonoids. Large amounts can cause vomiting. Contraindicated in pregnancy and lactation.	Shiojima, H., Sasaki, Y., & Ageta, H. (1993). Fern constituents: Triterpenoids isolated from the leaves of Adiantum pedatum. Chem. Pharm. Bull, 41, 268-271.	C.P. Chandrappa et al. 2011. Antibacterial and antioxidant activities of Adiantum pedatum l. Journal of Phytology Phytophysiology 2011, 3(1): 26-32. Schofield. J. J. Discovering Wild Plants - Alaska, W. Canada and the Northwest. Foster. S. & Duke. J. A. 2000 A Field Guide to Medicinal Plants. Eastern and Central N. America. 2nd Ed. Boston: Houghton Mifflin Company. Chopra RN, Nayar SL, Chopra IC. 1986. Glossary of Indian Medicinal Plants (Including the Supplement). Council of Scientific and Industrial Research, New Delhi. Moerman. D. 1998 Native American Ethnobotany ed. Timber press
Alcea rosea L.	Malvaceae	Althaea rosea (L.) Cav	flower			Anthocyanes: delphinidin and malvidin monoglucosides; polysaccharides	No major safety concern. However extract contents should be declared.	Alcea contains polysaccharides and flavonoids.	Classen, B., & Blaschek, W. (1998). High molecular weight acidic polysaccharides from Malva sylvestris and Alcea rosea. *Planta medica*, *64*(7), 640-644.; Kohlmunzer, S., Konska, G., & Wiatr, E. (1983). Anthocyanosides of Alcea rosea L. var. nigra as vasoprotective agents. Herba Hungarica (Hungary).	Hagers Handbuch der Pharmazeutischen Praxis 1998. Springer Verlag. ISBN 3-540-52688-9
Althaea officinalis L.	Malvaceae		whole plant			Mucilages (leaf: 6%-10%; root: 10%-20%)	Extracts are generally safe.	Extracts may provoke a laxative effect.	Ulbricht, C., Basch, E., Ulbricht, C., Hammerness, P., & Vora, M. (2003). Marshmallow (Althaea officinalis L.)	Assessment report on Althea officinalis radix. EMEA/HMPC/98718/2008

									monograph. *Journal of herbal pharmacotherapy*, *3*(3), 71-81.	
Anthemis tinctoria L.	Compositae		whole plant		Essential oil (0.3%): e.g. 1,8 cineole (7.9%)	flavonoids (7%). The anti trypanosoma effect is due to labdane sesquiterpenes and derivates.	No major safety concern. However oil content should be declared.		Hollá, M., Svajdlenka, E., Vaverková, S., Zibrunová, B., Tekel, J., & Havránek, E. (2000). Composition of the oil from the flowerheads of Anthemis tinctoria L. cultivated in Slovak Republic. *Journal of Essential Oil Research*, *12*(6), 714-716.; Papaioannou, P., Lazari, D., Karioti, A., Souleles, C., Heilmann, J., Hadjipavlou-Litina, D., & Skaltsa, H. (2007). Phenolic compounds with antioxidant activity from Anthemis tinctoria L.(Asteraceae). Zeitschrift fur Naturforschung C-Journal of Biosciences, 62(5-6), 326-330.	Hagers Handbuch der Pharmazeutischen Praxis 1998. Springer Verlag. ISBN 3-540-52688-9. I. Masterová, et al. , "A New Flavonoid: Tinctosid from Anthemis tinc toria L," Short Communications Pharmazie, Vol. 60, No. 12, 2005, pp. 956-957. Antitrypanosoma activity of a semi-purified subfraction rich in labdane sesquiterpenes, obtained from flowers of Anthemis tinctoria, against Trypanosoma cruzi By Bittencourt, Nilza de Lucas Rodrigues; Ueda-Nakamura, Tania; Dias Filho, Benedito Prado; Nakamura, Celso Vataru.Pharmacology & Pharmacy (2011), 2(2), 47-55.

Arachis hypogaea L.	Leguminosae (Fabaceae)		seed, fatty oil			Fatty acids: palmitic, stearic (1.3-6.5%), oleic (35-72%), linoleic (13-43%). Erucic acid (les than O.5%). Sterols: beta sitosterol, campesterol, tocopherols	No major safety concern. Content of peanut oil and material should be declared	Allergenic reactions provoked by a glycoprotein in peanut, to sensitive patients.	Hammond, E. G., Duvick, D., Wang, T., Dodo, H., & Pittman, R. N. (1997). Survey of the fatty acid composition of peanut (Arachis hypogaea) germplasm and characterization of their epoxy and eicosenoic acids. *Journal of the American Oil Chemists' Society*, *74*(10), 1235-1239.; Shreffler, W. G., Castro, R. R., Kucuk, Z. Y., Charlop-Powers, Z., Grishina, G., Yoo, S., ... & Sampson, H. A. (2006). The major glycoprotein allergen from Arachis hypogaea, Ara h 1, is a ligand of dendritic cell-specific ICAM-grabbing nonintegrin and acts as a Th2 adjuvant in vitro. The Journal of Immunology, 177(6), 3677-3685.	Karasawa, D. et al. 1990. Photoactive furocoumarins in diseased celery (Apium graveolens). Agricultural and Biological Chemistry 54 (8): 2141-2142. Bruneton J. 2009. Pharmacognosie, (Phytochimie, Plantes médicinales), Ed. Tec & Doc, Lavoisier, Paris, 4ème édition, ISBN: 978-2-7430-1188-8
Arctium lappa L.	Compositae (Asteraceae)		whole plant, essential oil			Laxative at high doses. Polyenes, polyines, polyphenolic compounds. Lignanes: arctigenine, arctiine. Inuline, mucilages. Essential oil (0.06 - 0.15%): pyrazines: e.g. methoxypyrazine, methylpyrazine; polyacetylenes	No major safety concern. Individuals may experience a laxative effect with extracts. Sesquiterpene lactones content in EO should be declared.	Presence of mucilage and polysaccharides.	Kato Y, Watanabe T. Isolation and characterization of a xyloglucan from gobo (Arctium lappa L.). Bioscience, Biotechnology & Biochemistry 1993; 57:1591-2.; Savina, A. A., Sheichenko, V. I., Stikhin, Y. V., Stikhin, V. A., Sokol'skaya, T. A., Anisimova, O. S., ... & Cherkasov, O. A. (2006). Sesquiterpene lactones in juice of great burdock leaves. Pharmaceutical Chemistry Journal, 40(11), 624-626.	M. Wichtl, R.Anton (2003) « Plantes thérapeutiques », 689 pages, Ed. Tec & Doc Lavoisier, Paris, 2ème édition, ISBN 2-7430-0631-5 . Bruneton J. 2009. Pharmacognosie, (Phytochimie, Plantes médicinales), Ed. Tec & Doc, Lavoisier, Paris, 4ème édition, ISBN: 978-2-7430-1188-8. http://www.inchem.org/documents/jecfa/jecmono/v48je12.htm

Arctium minus (Hill) Bernh.	Compositae (Asteraceae)	Lappa minor Hill	whole plant, essential oil			Laxative at high doses. Polyenes, polyines, polyphenolic compounds. Lignanes: arctigenine, arctiine. Inuline, mucilages. Essential oil (0.06 - 0.15%): pyrazines: e.g. methoxypyrazine, methylpyrazine; polyacetylenes	No major safety concern. Individuals may experience a laxative effect with extracts. Sesquiterpene lactones content in EO should be declared.	Presence of mucilage and polysaccharides.	Kato Y, Watanabe T. Isolation and characterization of a xyloglucan from gobo (Arctium lappa L.). Bioscience, Biotechnology & Biochemistry 1993; 57:1591-2.; Savina, A. A., Sheichenko, V. I., Stikhin, Y. V., Stikhin, V. A., Sokol'skaya, T. A., Anisimova, O. S., ... & Cherkasov, O. A. (2006). Sesquiterpene lactones in juice of great burdock leaves. Pharmaceutical Chemistry Journal, 40(11), 624-626.	Wichtl M. , Anton R. (2003) « Plantes thérapeutiques », 689 pages, Ed. Tec & Doc Lavoisier, Paris, 2ème édition, ISBN 2-7430-0631-5
Arctium tomentosum Mill.	Compositae		whole plant			Sulphur containing polyacetylenes: e.g. arctinon, arctinol,; lignans: e.g. arctiin; Germacranolide sesquiterpene lacton: arctiopicrin (strong bitter taste)	No major safety concern. Individuals may experience a laxative effect with extracts. Sesquiterpene lactones content in EO should be declared.	Presence of mucilage and polysaccharides.	Kato Y, Watanabe T. Isolation and characterization of a xyloglucan from gobo (Arctium lappa L.). Bioscience, Biotechnology & Biochemistry 1993; 57:1591-2.; Savina, A. A., Sheichenko, V. I., Stikhin, Y. V., Stikhin, V. A., Sokol'skaya, T. A., Anisimova, O. S., ... & Cherkasov, O. A. (2006). Sesquiterpene lactones in juice of great burdock leaves. Pharmaceutical Chemistry Journal, 40(11), 624-626.	Xiaoyng Zhou et al. 2011 Determination of Arctiin and Arctigenin Contents in Arctium Tomentosum Mill. by HPLC Method.E-Journal of Chemistry, 8(S1), S372-S376

Artocarpus altilis (Parkinson ex F.A.Zorn) Fosberg	Moraceae		fruit, seed, wood	leaf, seed, wood	Leaf and wood: prenylated flavonoids: e.g. artocarpin. Seed: lectin: jacalin	Breadfruit. Artocarpin decrease 5-alpha-reductase activity. The lectin is destroyed by heating. Leaf extract (IV) induces haemolysis.	No major safety concern. Lectin from the seed may cause toxicity.	Jacalin (IgA binding lectin) is rendered inactive by heating.	Sairam, S., & Urooj, A. (2014). Safety evaluation of artocarpus altilis as pharmaceutical agent in wistar rats. *Journal of toxicology*, *2014*.; Aucouturier, P., Mlhaesco, E., Mihaesco, C., & Preud'homme, J. L. (1987). Characterization of jacalin, the human IgA and IgD binding lectin from jackfruit. Molecular immunology, 24(5), 503-511.; Roque-Barreira, M. C., & Campos-Neto, A. N. T. O. N. I. O. (1985). Jacalin: an IgA-binding lectin. The Journal of Immunology, 134(3), 1740-1743.	Enos Tangke Arung et al. 2009. Anti-Cancer Properties of Diethylether Extract of Wood from Sukun (Artocarpus altilis) in Human Breast Cancer (T47D) Cells. Tropical Journal of Pharmaceutical Research, August 8 (4): 317-324. Ronald E. Young et al. 1993. An extract of the leaves of the breadfruit Artocarpus atilis (parkinson) fosberg exerts a negative inotropic effect on rat myocardium. Phytotherapy research 7 (2) : 190-193.
Ascophyllum nodosum (L.) Le Jolis	Fucaceae		thallus			Known to contain high levels of iodine (on average 482 µg/g dry weight)	No major safety concern. Toxic heavy metals may be present (Zn, Cu, Pb and Cd). Accumulation of iodine in plant tissues. Content of heavy metals and halides	Phytoextraction of heavy metals from contaminated waters. Sequesters also a high amount of iodine.	Haug, A., Melsom, S., & Omang, S. (1974). Estimation of heavy metal pollution in two Norwegian fjord areas by analysis of the brown alga Ascophyllum nodosum. *Environmental Pollution (1970)*, *7*(3), 179-192.; Black, W. A. P., & Mitchell, R. L. (1952). Trace elements in the common brown algae and in sea water. Journal of the Marine Biological Association of the United Kingdom, 30(03), 575-584.	Phaneuf D et al. 1999. Evaluation of the contamination of marine algae (seaweed) from the St. Lawrence River and likely to be consumed by humans. Environ. Res. Section A. 80, S175-S182.

							should be monitored.			
Aspalathus linearis (Burm. f.) R. Dahlgren	Leguminosae (Fabaceae)		aerial part			Volatile fraction: guaiacol, heptanone, heptadienone). Polyphenolic compounds: flavonoids, chalcones (aspalathine, nothofagine, orientine).	No major safety concern.		Rabe, C., Steenkamp, J. A., Joubert, E., Burger, J. F., & Ferreira, D. (1994). Phenolic metabolites from rooibos tea (Aspalathus linearis). *Phytochemistry*,*35*(6), 1559-1565.; Habu, T., Flath, R. A., Mon, T. R., & Morton, J. F. (1985). Volatile components of rooibos tea (Aspalathus linearis). Journal of Agricultural and Food Chemistry, 33(2), 249-254.	Bruneton J. 2009. Pharmacognosie, (Phytochimie, Plantes médicinales), Ed. Tec & Doc, Lavoisier, Paris, 4ème édition, ISBN: 978-2-7430-1188-8
Astrantia major L.	Apiaceae		aerial part			Triterpene saponins (0.1%-0.2%): e.g. hederagenin derivatives; Hydrocycinnamic acid derivatives: e.g. rosmarinic acid; Different chemotypes exist influencing the composition of the essential oil: sesquiterpenes: e.g. beta	No particular safety concern.		Radulović, N. S., Mladenović, M. Z., & Đorđević, N. D. (2012). Chemotypification of Astrantia major L.(Apiaceae): Essential-Oil and Lignan Profiles of Fruits. *Chemistry & biodiversity*, 9(7), 1320-1337.	Hiller K. et al. 1990. Structure of bisdesmoside saponins from Astrantia major L. Pharmazie 45 (8): 615-617. Radulović NS et al. 2012. Chemotypification of Astrantia major L. (Apiaceae): essential-oil and lignan profiles of fruits. Chem Biodivers. 9 (7):1320-1337.

						sinensal, beta sinensol				
Bactris gasipaes Kunth	Arecaceae		fruit (mesocarp)			Carotenoids; proteins (1.8%-2.7%); lipids (3%-8%)	No major safety concern.		Yuyama, L. K., Aguiar, J. P., Yuyama, K., Clement, C. R., Macedo, S. H., Fávaro, D. I., ... & Vannucchi, H. (2003). Chemical composition of the fruit mesocarp of three peach palm (Bactris gasipaes) populations grown in Central Amazonia, Brazil. *International journal of food sciences and nutrition*, *54*(1), 49-56.	Lúcia K.O. YUYAMA et al. 2003. CHEMICAL COMPOSITION OF THE FRUIT MESOCARP OF THREE PEACH PALM (Bactris gasipaes) POPULATIONS GROWN IN CENTRAL AMAZONIA, BRAZIL. International Journal of Food Sciences and Nutrition, 54 (1): 49-56. Pascal Leterme et al. Chemical composition and nutritive value of peach palm (Bactris gasipaes Kunth) in rats. Journal of the Science of Food and Agriculture 85 (9): 1505–1512.

Brassica cretica Lam.	Brassicaceae		aerial part	aerial part	Seed: high erucic acid (>45-50%). Aerial part: glucosinolates		Toxicity may be due to the content of glucosinolates (goitrogenic glycosides) (290 g of plant extract). Content should be declared.	Limit for glucosinolates (goitrogenic glycosides) use: 5 mg/day). These exhibit antithyroid activity.	Chandra, A. K., Mukhopadhyay, S., Lahari, D., & Tripathy, S. (2004). Goitrogenic content of Indian cyanogenic plant food & their in vitro anti-thyroidal activity. Indian Journal of Medical Research, 119, 180-185.; Williamson G. (2008) Glucosinolates from Brassica vegetables:risks and benefits. University of Leeds. (http://www.tekno.dk/pdf/projekter/STOA-human-health/brussels_may08_williamson.pdf).	Yaniv, Z et al. 1991. Differences in fatty acid composition of oils of wild cruciferae seed. Phytochemistry 30: 841-843. Breme, C. et al. (2009). Character impact odorants from Brassicaceae by aroma extract dilution analysis (AEDA): Brassica cretica and Brassica insularis. Flavour and Fragrance Journal, 24, 88-93. Aguinagalde I., et al. 1991 Phytochemical diversity in Brassica cretica Lam. Botanika Chronika 10, 667-672
Brassica napus L.	Brassicaceae	Brassica napus var. napobrassica (L.) Rchb.	root, seed	whole plant	Seed fixed oil: unsaturated fatty acids: e.g erucic acid (45%); whole plant: sulfur compounds: e.g. glucosinolates and derivatives	Absence of erucic acid in the cultivated varieties. High doses of glucosinolates may induce thyroidal hypertrophy	Toxicity may be due to the content of glucosinolates (goitrogenic glycosides) (290 g of plant extract). Content should be declared.	Limit for glucosinolates (goitrogenic glycosides) use: 5 mg/day). These exhibit antithyroid activity.	Chandra, A. K., Mukhopadhyay, S., Lahari, D., & Tripathy, S. (2004). Goitrogenic content of Indian cyanogenic plant food & their in vitro anti-thyroidal activity. Indian Journal of Medical Research, 119, 180-185.; Williamson G. (2008) Glucosinolates from Brassica vegetables:risks and benefits. University of Leeds. (http://www.tekno.dk/pdf/projekter/STOA-human-health/brussels_may08_williamson.pdf).	Frohne D., Pfänder HJ.and Anton R. 2009. Plantes à risques, 460 pages, Ed.Tec&Doc Lavoisier ISBN : 978-2-7430-0907-1. Bruneton J. 2009. Pharmacognosie, 1269 pages, Ed.Tec&Doc Lavoisier, ISBN : 978-2-7430-1188-8

Brassica napus subsp. napus	Brassicaceae		root, seed	whole plant	Sulfur compounds: glucosinolates and derivatives	High doses of glucosinolates may induce thyroidal hypertrophy	Toxicity may be due to the content of glucosinolates (goitrogenic glycosides) (290 g of plant extract). Content should be declared.	Limit for glucosinolates (goitrogenic glycosides) use: 5 mg/day). These exhibit antithyroid activity.	Chandra, A. K., Mukhopadhyay, S., Lahari, D., & Tripathy, S. (2004). Goitrogenic content of Indian cyanogenic plant food & their in vitro anti-thyroidal activity. Indian Journal of Medical Research, 119, 180-185.; Williamson G. (2008) Glucosinolates from Brassica vegetables:risks and benefits. University of Leeds. (http://www.tekno.dk/pdf/projekter/STOA-human-health/brussels_may08_williamson.pdf).	Kacániová M. et al. 2011.Antiradical activity of natural honeys and antifungal effect against Penicillium genera. 46(1):92-96
Brassica nigra (L.) K.Koch	Brassicaceae		aerial part		Glucosinolates (especially in the seed): e.g. sinigroside (= allylglucosinolate) (1-2%), allylisothiocyanate and derivatives: e.g. gluconapine, gluconasturtiine, gluco-isoberberine.		Toxicity may be due to the content of glucosinolates (goitrogenic glycosides) (290 g of plant extract). Content should be declared.	Limit for glucosinolates (goitrogenic glycosides) use: 5 mg/day). These exhibit antithyroid activity.	Chandra, A. K., Mukhopadhyay, S., Lahari, D., & Tripathy, S. (2004). Goitrogenic content of Indian cyanogenic plant food & their in vitro anti-thyroidal activity. Indian Journal of Medical Research, 119, 180-185.; Williamson G. (2008) Glucosinolates from Brassica vegetables:risks and benefits. University of Leeds. (http://www.tekno.dk/pdf/projekter/STOA-human-health/brussels_may08_williamson.pdf).	Bruneton J. 2009. Pharmacognosie, (Phytochimie, Plantes médicinales), Ed. Tec & Doc, Lavoisier, Paris, 4ème édition, ISBN: 978-2-7430-1188-8. Halkier, BA and Gershenzon, J. 2006. Biology and Biochemistry of Glucosinolates. Annual Review of Plant Biology. 57, 303-333

Cananga odorata (Lam.) Hook.f. & Thomson	Annonaceae		flower; essential oil			Essential oil (known as Ylang-Ylang): e.g. (E,E)-farnesene, benzyl acetate, linalool, delta-cadinene, p-methylanisole, beta-caryophyllene, methyl benzoate, benzyl benzoate, geranyl acetate. Essential oil for external use. Can be used as flavouring agent in beverages. The fresh flower sometimes used as tea.	The oil is relatively safe but used in small quantities as flavouring agent.		Sacchetti, G., Maietti, S., Muzzoli, M., Scaglianti, M., Manfredini, S., Radice, M., & Bruni, R. (2005). Comparative evaluation of 11 essential oils of different origin as functional antioxidants, antiradicals and antimicrobials in foods. *Food chemistry*, *91*(4), 621-632.	Emile M. Gaydou et al. 1986. Composition of the essential oil of Ylang-Ylang (Cananga odorata Hook Fil. et Thomson forma genuina) from Madagascar. J. Agric. Food Chem. 34 (3): 481–487.

Carissa carandas L .	Apocynaceae		fruit (berry), leaf	root	Root: cardiac glycosides, alkaloids	Fruit: used as indian spices "karonda" with vitamine C. Presence of carissol and carissic acid. Leaf: triterpene derivatives	No major safety concer.		Bhaskar, V. H., & Balakrishnan, N. (2009). Hepatoprotective activity of laticiferous plant species (Pergularia daemia and Carissa carandas) from Western Ghats, Tamilnadu, India. Der Pharmacia Lettre, 1(2), 130-142.; Siddiqui, B. S., Ghani, U., Ali, S. T., Usmani, S. B., & Begum, S. (2003). Triterpenoidal Constituents of the leaves of Carissa carandas. *Natural product research*, *17*(3), 153-158.	Nizami SS, et al, 1993. Biosynthesis of car1ssol and carissic Acid.Pak J Pharm Sci. 6(1):97-99. Siddiqui BS et al, 2003. Triterpenoidal constituents of the leaves of Carissa carandas.Nat Prod Res.17(3):153-158. Frohne D., Pfänder HJ.and Anton R. 2009. Plantes à risques, 460 pages, Ed.Tec&Doc Lavoisier ISBN : 978-2-7430-0907-1. Karunakar Hedge, Arun B Joshi. 2009. Hepatoprotective effect of Carissa carandas Linn root extract against CCl4 and paracetamol induced hepatic oxidative stress. Indian Journal of Experimental Biology 47: 660-667.
Carpinus betulus L.	Betulaceae		bud, leaf			Triterpenoids; leaf: pheophorbide (product of chlorophyll breakdown) with cytotoxic properties	No major safety concern		Jeon, J. I., Chang, C. S., Chen, Z. D., & Park, T. Y. (2007). Systematic aspects of foliar flavonoids in subsect. Carpinus (Carpinus, Betulaceae). *Biochemical systematics and ecology*, *35*(9), 606-613.	Cieckiewicz E et al.2012.Potential anticancer activity of young Carpinus betulus leaves. Phytomedicine. 19(3-4):278-283
Carthamus lanatus L.	Compositae		whole plant			Main components: alpha-bisabolol beta-D-fucopyranoside and luteolin 7-O-glucoside	No major safety concern		Mitova, M., Taskova, R., Popov, S., Berger, R. G., Krings, U., & Handjieva, N. (2003). GC/MS analysis of some bioactive constituents from Carthamus lanatus L. *ZEITSCHRIFT FUR NATURFORSCHUNG C*, *58*(9/10), 697-703.	Maya Mitova et al., 2003 GC/MS Analysis of Some Bioactive Constituents from Carthamus lanatus L. Z. Naturforsch. 58c, 697-703

Carthamus tinctorius L.	Compositae		flower, seed			Quinochalcones: e.g. carthamine, safflor yellow A,B, safflomin C; flavonoids. Some concern on anti-implantation effect at high doses of the colorants. Others found no effect.	No major safety concern		Mitova, M., Taskova, R., Popov, S., Berger, R. G., Krings, U., & Handjieva, N. (2003). GC/MS analysis of some bioactive constituents from Carthamus lanatus L. *ZEITSCHRIFT FUR NATURFORSCHUNG C*, *58*(9/10), 697-703.	Nobakht M et al. 2000. A study on the teratogenic and cytotoxic effects of safflower extract. J Ethnopharmacol. 73 (3):453-459. ZHU Yu_ping,MA Xi_li,ZHANG Tian_bao et al. Study on Teratogenicity of Carthami in Pregnant SD Rats[J]. Carcinogenesis, Teratogenesis & Mutagenesis, 2008, 20(4): 325-327.
Cecropia peltata L.	Urticaceae		whole plant			Polyphenolic derivatives e.G. isoorientin, chlorogenic acid. Hypoglycemic mechanism of action of Cecropia could be by reducing hepatic glucoseoutput, due to the inhibition of glucose 6 phosphatase by chlorogenic acid, which can simultaneously target gluconeogenesis and glycogenolysis. Also	No major safety concern	Caution with diabetic patients.	King, N. M., & Haddock, N. (1959). A note on the phytochemical investigation of Cecropia peltata L. *Journal of the American Pharmaceutical Association*, *48*(2), 129-130.; Andrade-Cetto, A., Cárdenas, R., & Ramírez-Reyes, B. (2007). Hypoglycemic effect of Cecropia peltata L. on N5-STZ type 2 diabetic rats. Pharmacology online, 3, 203-210.	Costa GM, et al, 2011.Chemical and pharmacological aspects of the genus Cecropia.Nat Prod Commun. 6(6):913-920.Andrade-Cetto A, Vázquez RC. 2010. Gluconeogenesis inhibition and phytochemical composition of two Cecropia species. J Ethnopharmacol. 130(1):93-97.

						isoorientin seems to increase the effect of chlorogenic acid.				
Ceratonia siliqua L.	Leguminosae (Fabaceae)		fruit, seed			Polymer of D-galacto-D-mannane (90-95%). Lipids (0.4-0.8%). Proteins (2.7-3%) . Cyclitols: pinitol	No major safety concerns.		Avallone, R., Plessi, M., Baraldi, M., & Monzani, A. (1997). Determination of chemical composition of carob (Ceratonia siliqua): Protein, fat, carbohydrates, and tannins. *Journal of food composition and analysis*, *10*(2), 166-172.	Bruneton J. 2009. Pharmacognosie, (Phytochimie, Plantes médicinales), Ed. Tec & Doc, Lavoisier, Paris, 4ème édition, ISBN: 978-2-7430-1188-8
Clinopodium vulgare L.	Lamiaceae	Calamintha vulgaris (L.) Druce	aerial part; essential oil			Essential oil: phenols (thymol 38.9%), terpenes e.g. terpinene (29.6%), p-cymene (9.1%).	EO relatively safe although small amounts as flavouring agent is advisable.		Tepe, B., Sihoglu-Tepe, A., Daferera, D., Polissiou, M., & Sokmen, A. (2007). Chemical composition and antioxidant activity of the essential oil of Clinopodium vulgare L. *Food chemistry*, *103*(3), 766-770.	Tepe B et al. 2007.Chemical composition and antioxidant activity of the essential oil of Clinopodium vulgare L. Food Chemistry 103 (3) 766-770. Dzhambazar B et al. 2002. In vitro screening for antitumour activity of Clinopodium vulgare L. (Lamiaceae) extracts. 25(4) : 499-504

Cnicus benedictus L.	Compositae (Asteraceae)		aerial part, essential oil (small quantities)			Essential oil (0.03%): terpenes eg. fenchone, citral, cinnamic aldehyde. Sesquiterpenic lactones: cnicine, germacranolide, salonitenolide, artemisiifoline. Lignanes: trachelogenine, arctigenine. Polyphenolic compounds: flavonoids.	No major safety concerns		Aynehchi, Y., Salehi Sormaghi, M. H., Amin, G. H., & Ghahreman, A. (1981). Survey of Iranian Plants for Saponins, Alkaloids, Flavonoids and Tannins. I.*Pharmaceutical Biology*, *19*(2-3), 53-63.	M. Wichtl, R.Anton (2003) « Plantes thérapeutiques », 689 pages, Ed. Tec & Doc Lavoisier, Paris, 2ème édition, ISBN 2-7430-0631-5 . Bruneton J. 2009. Pharmacognosie, (Phytochimie, Plantes médicinales), Ed. Tec & Doc, Lavoisier, Paris, 4ème édition, ISBN:
Cocos nucifera L.	Arecaceae		seed, fatty oil			Oil: fatty acids lauric (40-50%), myristic (15-20%), caprylic (5-11%), stearic (1.5-5%), linoleic (1-3%)…No toxicity	No safety concerns		Fonseca, A. M. D., Bizerra, A., Souza, J. S. N. D., Monte, F. J. Q., Oliveira, M. D. C. F. D., Mattos, M. C. D., ... & Lemos, T. L. (2009). Constituents and antioxidant activity of two varieties of coconut water (Cocos nucifera L.).*Revista Brasileira de Farmacognosia*, *19*(1B), 193-198.	Bruneton J. 2009. Pharmacognosie, (Phytochimie, Plantes médicinales), Ed. Tec & Doc, Lavoisier, Paris, 4ème édition, ISBN: 978-2-7430-1188-8
Commiphora habessinica (O.Berg) Engl.	Burseraceae		bark resin			Essential oil fraction: e.g. β-elemene (32.1 %), α-selinene (18.9 %), cadina-1,4-diene (7.5 %), germacrene B (3.6 %), α-copaene (3.5 %), t-muurolol	The main components of the EO are non toxic. EO may be used as flavouring agent.		Li QQ, Wang G, Zhang M, Cuff CF, Huang L, Reed E. beta-Elemene, a novel plant-derived antineoplastic agent, increases cisplatin chemosensitivity of lung tumor cells by triggering apoptosis. Oncol Rep. 2009 Jul;22(1):161-70.	Ali, Nasser A. Awadh et al., 2009, Chemical composition of essential oil from the oleogum resin of Commiphora habessinica (Berg.) Engl. from Yemen. Journal of Essential Oil-Bearing Plants, 12, (2), 244-249

						(3.0 %) caryophyllene oxide (2.9 %) and a-cadinol (2.6%).				
Conyza canadensis (L.) Cronquist	Compositae (Asteraceae)	Erigeron canadensis L.	whole plant			Aerial part: polyphenolic compounds: flavonoids eg. scutellarin, luteolin. Root: phenylpropanoyl esters; lanostane triterpenes: conyzagenins.	The EO is generally non-toxic though small quantities are advised for use.	The EO is generally used topically to stop bleeding, rheumatism and gout, and to relieve sinusitis.	Stevenson, Matilda Coxe 1915 Ethnobotany of the Zuni Indians. SI-BAE Annual Report #30 (p.55); Lis, A., & Góra, J. (2000). Essential oil of Conyza canadensis (L.) Cronq. Journal of Essential Oil Research, 12(6), 781-783.	Banday JA et al, (2012),Conyzagenin-A and B, two new epimeric lanostane triterpenoids from Conyza canadensis, Nat Prod Res. Jul 9. Liu HL et al (2011), Studies on the chemical constituents from Conyza canadensis], (Article in Chinese), Zhong Yao Cai. 34(5):718-720.

Corallina officinalis L.	Corallinaceae		thallus			red seaweed with calciumcarbonate deposit. Polysaccharides: corallinans Used till the end of the eighteented century because of his vermifuge properties.	No major safety concerns		De Rosa, S., Kamenarska, Z., Stefanov, K., Dimitrova-Konaklieva, S., Najdenski, C., Tzvetkova, I., ... & Popov, S. (2003). Chemical composition of Corallina mediterranea Areschoug and Corallina granifera Ell. et Soland.*ZEITSCHRIFT FUR NATURFORSCHUNG C*, *58*(5/6), 325-332.	Marcelo R. Cases, et al. 1992. Methylated, sulphated xylogalactans from the red seaweed Corallina officinalis. Phytochemistry 31 (11): 3897–3900. Charles James Hillson. Seaweeds: A Color-Coded, Illustrated Guide to Common Marine Plants of the East costs of the United States. Keystone books. Second printing 1982. ISBN: 0-271-01239-0
Dendranthema grandiflorum (Ramat.) Kitam.	Compositae		flower			Flowers and petals are eaten. They contain alpha carotene derivatives which explains their traditional use	No major safety concern for the use of flowerheads in food supplements.	Flowers including petals, contain carotenoids and flavonoids with a safe profile.	Kishimoto, S., Maoka, T., Nakayama, M., & Ohmiya, A. (2004). Carotenoid composition in petals of chrysanthemum (Dendranthema grandiflorum (Ramat.) Kitamura). *Phytochemistry*, *65*(20), 2781-2787.; Nakayama, M., Koshioka, M., Shibata, M., Hiradate, S., Sugie, H., & Yamaguchi, M. A. (1997). Identification of cyanidin 3-O-(3 ″, 6 ″-O-dimalonyl-β-glucopyranoside) as a flower pigment of chrysanthemum (Dendranthema grandiflorum). Bioscience, biotechnology, and biochemistry, 61(9), 1607-1608.	Kishimoto S et al. 2004. Carotenoid composition in petals of chrysanthemum (Dendranthema grandiflorum (Ramat.) Kitamura). Phytochemistry. 65(20): 2781-2787.

Diospyros kaki Thunb.	Ebenaceae		fruit, leaf, seed			Leaf: polyphenolic compouds: voimifoliol, proanthocyanidins, glycosyl flavones, tannins. Fruit: polysaccharides	No major concern. Fruit use as food.		Sun, L., Zhang, J., Lu, X., Zhang, L., & Zhang, Y. (2011). Evaluation to the antioxidant activity of total flavonoids extract from persimmon (Diospyros kaki L.) leaves. *Food and Chemical Toxicology*, *49*(10), 2689-2696.	Kawakami K et al (2010) Major water-soluble polyphenols, proanthocyanidins, in leaves of persimmon (Diospyros kaki) and their alpha-amylase inhibitory activity.Biosci Biotechnol Biochem. 2010;74(7):1380-1385.Chen G et al (2009), A novel C-glycosylflavone from the leaves of Diospyros kaki , J Asian Nat Prod Res. ;11(6):503- 507.

Dracocephalum moldavica L.	Lamiaceae		leaf, seed			Terpenoids, flavonoids, hydroxybenzoic and hydroxycinnamic	No major safety concerns		Gu, H. F., Chen, R. Y., Sun, Y. H., & Liu, F. (2004). [Studies on chemical constituents from herb of Dracocephalum moldavica]. *Zhongguo Zhong yao za zhi= Zhongguo zhongyao zazhi= China journal of Chinese materia medica*,*29*(3), 232-234.	Keyvan Dastmalchi. Dracocephalum moldavica L. and Melissa officinalis L.: Chemistry and Bioactivities Relevant in Alzheimer's Disease Therapy. 2008. ACADEMIC DISSERTATION. University of Helsinki. Jianguo Xing et al. 2013. Effects of total flavonoids from Dracocephalum moldavica on the proliferation, migration, and adhesion molecule expression of rat vascular smooth muscle cells induced by TNF-a. Pharmaceutical Biology. 51(1): 74-83
Drimys winteri J.R.Forst. & G.Forst.	Winteraceae		bark	leaf	Leaf essential oil: phenylpropane: safrole. Bark: sesquiterpenes: e.g. drimenol drimenin; sesquiterpenelacton: confertifoline (3.8%)	Toxicity not studied. Used as spice and aromaticum in liquors	No major safety concerns		Cechinel Filho, V., Schlemper, V., Santos, A. R., Pinheiro, T. R., Yunes, R. A., Mendes, G. L., ... & Delle Monache, F. (1998). Isolation and identification of active compounds from Drimys winteri barks. *Journal of ethnopharmacology*,*62*(3), 223-227.	Hagers Handbuch der Pharmazeutischen Praxis 1998. Springer Verlag. ISBN 3-540-52688-9. PDR for Herbal Medicines. 2004 Thomson ed. ISBN: 1-56363-5125-7

Durio zibethinus L.	Malvaceae		fruit	fruit	Sulfur compounds	Inhibition of aldehyde dehydrogenase. Adverse effects of cardiac episodes and deaths are reported when alcohol is combined with Durio extracts.	Dunaliella relatively safe. No major safety concern. Content of sulphur compounds should be declared.		Weenen, H., Koolhaas, W. E., & Apriyantono, A. (1996). Sulfur-containing volatiles of durian fruits (Durio zibethinus Murr.). *Journal of Agricultural and Food Chemistry*, *44*(10), 3291-3293.	John S. Maninang. 2009. Inhibition of Aldehyde Dehydrogenase Enzyme by Durian (Durio zibethinus Murray) Fruit Extract. Food Chemistry 117 (2): 352–355
Durvillea antartica (Chamisso) Hariot	Durvillaeaceae	Fucus antarticus Chamisso	thallus			Food	Dunaliella relatively safe. No major safety concern. Content of sulphur compounds should be declared.		Ortiz, J., Romero, N., Robert, P., Araya, J., Lopez-Hernandez, J., Bozzo, C., ... & Rios, A. (2006). Dietary fiber, amino acid, fatty acid and tocopherol contents of the edible seaweeds Ulva lactuca and Durvillaea antarctica. *Food chemistry*, *99*(1), 98-104.	Hay, C.H.; South, G.R. (1979). Experimental ecology with particular reference to proposed commercial harvesting of Durvillaea (Phaeophyta, Durvilleales) in New Zealand. Botanica Marina 22: 431–436
Elaeis guineensis Jacq.	Arecaceae		leaf, kernel oil			(kernel = palm oil).	No safety concerns with the oil.	Palm oil consists mainly of glycerides with ca. 1% non-glyceride components, such as carotenes, tocols, squalene, coenzyme Q10 and phospholipi	Han, N. M., & May, C. Y. (2010). Determination of antioxidants in oil palm leaves (Elaeis guineensis). *American Journal of Applied Sciences*, *7*(9), 1243.	Syahmi AR et al. 2010. Acute oral toxicity and brine shrimp lethality of Elaeis guineensis Jacq., (oil palm leaf) methanol extract. Molecules. 2010 Nov 10;15(11):8111-21.

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Eucheuma horridum J. Agardh	Solieriaceae		algae			Source of carrageenan. Used as food	No major safety concerns	Used in the food industry as a source of carrageenan, for their gelling, thickening, and stabilizing properties	Yarish, C., & Wamukoya, G. (1990). Seaweeds of potential economic importance in Kenya: field survey and future prospects. *Hydrobiologia*, *204*(1), 339-346.	
Eucheuma spinosum J. Agardh.	Solieriaceae		algae			Source of carrageenan. Used as food	No major safety concerns	Used in the food industry as a source of carrageenan, for their gelling, thickening, and stabilizing properties	Yarish, C., & Wamukoya, G. (1990). Seaweeds of potential economic importance in Kenya: field survey and future prospects. *Hydrobiologia*, *204*(1), 339-346.	

Euterpe oleracea Mart.	Arecaceae		fruit, seed			Fatty acids: oleic (56.2%), palmitic (24.1%), linoleic (12.5%). Sterols : beta-sitosterol (78-91%). Polyphenolic constituents: flavones, methoxyflavones, proanthocyanidines 12.89mg/kg), fiber.	No major safety concern		Del Pozo-Insfran, D., Brenes, C. H., & Talcott, S. T. (2004). Phytochemical composition and pigment stability of Acai (Euterpe oleracea Mart.). *Journal of Agricultural and Food Chemistry*, *52*(6), 1539-1545.	Inácio MR et al, (2013),Total anthocyanin content determination in intact açaí (Euterpe oleracea Mart.) and palmitero-juçara (Euterpe edulis Mart.) fruit using near infrared spectroscopy (NIR) and multivariate calibration, Food Chem. 136(3-4):1160-1164. Rodrigues R.B et al (2006). Total oxidant scavenging capacity of Euterpe oleracea Mart. (acai) seeds and identification of their polyphenolic compounds. J. Agric. Food Chem. 54: 4162-4167
Fabiana imbricata Ruiz & Pav	Solanaceae		whole plant			Essential oil (0.7%). Polyphenolic glycosides and aglycones e.g. p-hydroxyacetophenone, scopoletin and quercetin .Presence of sesquiterpenes.	No major safety concerns		Brown, G. D. (1994). The sesquiterpenes of Fabiana imbricata. *Phytochemistry*,*35*(2), 425-433.	Quispe C et al, 2012.Phenolic constituents of the Chilean herbal tea Fabiana imbricata R. et P.Plant Foods Hum Nutr. 67(3):242-246.Reyes M et al, 2005.Gastroprotective activity of sesquiterpene derivatives from Fabiana imbricata.Phytother Res.19(12):1038-1042.

Forsythia suspensa (Thunb.) Vahl	Oleaceae		fruit, leaf, root			Lignans, phenol glycosides, phenylethanoid glycoside, ursolic and caffeic acid; lignans with (weak) anti PAF effect	No major safety concern.		Piao, X. L., Jang, M. H., Cui, J., & Piao, X. (2008). Lignans from the fruits of Forsythia suspensa. Bioorganic & medicinal chemistry letters, 18(6), 1980-1984.; Iwakami, S., Wu, J. B., Ebizuka, Y., & Sankawa, U. (1992). Platelet activating factor (PAF) antagonists contained in medicinal plants: lignans and sesquiterpenes. Chemical & pharmaceutical bulletin, 40(5), 1196-1198.	Won T.H. et al 2011. Comparative analysis of bioactive constituents from Forsythia suspensa and Forsythia viridissima by HPLC-DAD. Natural Product Sciences 17(4) 328-336
Gelidium amansii J.V. Lamouroux	Gelidiaceae		thallus			Agar-Agar	No major safety concerns.		Araki, C., & Hirase, S. (1960). Studies on the chemical constitution of agar-agar. XXI. Re-investigation of methylated agarose of Gelidium amansii. *Bulletin of the Chemical Society of Japan*, *33*(3), 291-295.	
Gelidium sesquipedale (Clemente) Thuret	Gelidiaceae		thallus			agar source	No major safety concerns.		Araki, C., & Hirase, S. (1960). Studies on the chemical constitution of agar-agar. XXI. Re-investigation of methylated agarose of Gelidium amansii. *Bulletin of the Chemical Society of Japan*, *33*(3), 291-295.	Mouradi-Givernaud A. et al. 1999. Biology and agar composition of Gelidium sesquipedale harvested along the Atlantic coast of Morocco. 398/399: 391-395

Gracilaria gracilis (Stackhouse) M. Steentoft, L.M. Irvine & W.F. Farnham	Gracilariaceae		thallus			Food	No major safety concern		Yildiz, G. A. M. Z. E., Dere, E., & Dere, S. (2014). Comparison of the antioxidative components of some marine macroalgae from turkey. *PAKISTAN JOURNAL OF BOTANY*, *46*(2), 753-757.	Mollet J. Et al. 1998nYeld, chemical composition and gel strength of agarocolloids of Gracilaria gracilis, Gracilariopsis longissima and the newly reported Gracilaria cf. vermiculophylla from Roscoff (Brittany, France). 10:59-66
Haematococcus pluvialis Flotow	Haematococcaceae		unicellular alga			Sweet water algae, high in astaxanthine	No major safety concern		Kobayashi, M., Kakizono, T., & Nagai, S. (1991). Astaxanthin production by a green alga, Haematococcus pluvialis accompanied with morphological changes in acetate media. *Journal of Fermentation and Bioengineering*, *71*(5), 335-339.	Boussiba, S. and A. Vonshak. 1991. Astaxanthin accumulation in the green alga Haematococcus pluvialis. Plant Cell Physiol. 32(7): 1077-1082
Helichrysum arenarium (L.) Moench.	Compositae		aerial part				No major safety concern		Lourens, A. C. U., Viljoen, A. M., & Van Heerden, F. R. (2008). South African Helichrysum species: a review of the traditional uses, biological activity and phytochemistry. Journal of ethnopharmacology, 119(3), 630-652.; European Food Safety Authority. Opinion of the Scientific Panel on food additives, flavourings, processing aids and material in contact with food (AFC) on a request from the Commission related to coumarin. Question number EFSA-Q-2003-118. The EFSA	Czinner E et al. 2000. In vitro antioxidant properties of Helichrysum arenarium (L.) Moench. J Ethnopharmacol. 73(3):437-43. Halil Erhan EROĞLU et al. 2010. Cytogenetic effects of Helichrysum arenarium in human lymphocytes cultures.Turk J Biol 34 : 253-259

									Journal 2004;104:1-36.	
Hieracium pilosella L.	Compositae		aerial part			Flavonoids: e.g. isoetin glucopyranoside	No major safety concern.		Krzaczek, Tadeusz, and Monika Gawrońska-Grzywacz. "Sterol composition from inflorescences of Hieracium pilosella L." *Acta Societatis Botanicorum Poloniae* 75.1 (2006): 29-32.; Stanojević, L., Stanković, M., Nikolić, V., Nikolić, L., Ristić, D., Čanadanovic-Brunet, J., & Tumbas, V. (2009). Antioxidant activity and total phenolic and flavonoid contents of Hieracium pilosella L. extracts. Sensors, 9(7), 5702-5714.	Monika Gawrońska-Grzywacz et al. 2011. Biological activity of new flavonoid from Hieracium pilosella L. Central European Journal of Biology, 6 (3): 397-404. Van Hellemont. Fytotherapeutisch compendium. 1988. Bohn. Scheltema & Holkema BV. Utrecht. ISBN 90-313-0905-2
Krameria lappacea (Dombey) Burdet & B.B. Simpson	Krameriaceae		root			Root: 8-18% ratanhia-proanthocyanidins, root bark 18-42% ratanhia-proanthocyanidins.	No major safety concern.	The root bark contains lignans.	Baumgartner, L., Sosa, S., Atanasov, A. G., Bodensieck, A., Fakhrudin, N., Bauer, J., ... & Stuppner, H. (2011). Lignan derivatives from Krameria lappacea roots inhibit acute inflammation in vivo and pro-inflammatory mediators in vitro.*Journal of natural products*, *74*(8), 1779-	Wichtl M (2002). Teedrogen und Phytopharmaka. Wissenschaftliche Verlagsgesellschaft mbH. Hagers Handbuch der Pharmazeutischen Praxis 1998. Springer Verlag. ISBN 3-540-52688-9

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Lespedeza capitata Michx.	Leguminosae		aerial part			Flavonoids: e.g. homoorientine, saponaretine, rutine	No major safety concerns.	Plant contains polyphenols with a safe profile.	Linard, A., Delaveau, P., Paris, R. R., Dellamonica, G., & Chopin, J. (1982). Isocarlinoside, a di-C-glycosylflavone from Lespedeza capitata. Phytochemistry, 21(3), 797-799.	Hildebert Wagner, Gabriele Elbl. 1992. ACE-Inhibitory Procyanidins from Lespedeza capitata.Journal: Planta Medica 58 (3): 297-297.
Linum usitatissimum L.	Linaceae		seed	seed	Cyanogenic glycosides: e.g. diglucosides linostatin and neolinostatin (2.6 resp. 3.5 mg/kg) and traces of linamarin monoglucoside. Lignan: pinoresinoldiglucosid		Low toxicity. Cyanogenic glycosides content should be declared.	Limit for hydrocyanic acid (cyanogenic compound) use: 0.023 mg/kg bw/day (e.g.1.4 mg/day)	Council of Europe, Committee of Experts on Flavouring Substances. Natural sources of flavourings. Report No. 3. Belgium: Council of Europe Publishing; 2008; Cressey, P., Saunders, D., & Goodman, J. (2013). Cyanogenic glycosides in plant-based foods available in New Zealand. *Food Additives & Contaminants: Part A*, *30*(11), 1946-1953.	Council of Europe. 2008. Natural sources of flavourings. Report No. 3. Council of Europe Publishing. ISBN 978-92-871-6422-3. Haque M.R. and Bradbury J.H. 2002. Total cyanide determination of plants and foods using the picrate and acid hydrolysis methods. Food Chem. 77, 107-114. Niedzwiedz-Siegien I. 1998 Cyanogenic glucosides in Linum usitatissimum. Phytochemistry. 49, 59-63.

Litchi chinensis Sonn.	Sapindaceae		fruit, leaf, seed				No major safety concerns.	The fruit contain proanthocyanidins.	Zhou, H. C., Lin, Y. M., Li, Y. Y., Li, M., Wei, S. D., Chai, W. M., & Tam, N. F. Y. (2011). Antioxidant properties of polymeric proanthocyanidins from fruit stones and pericarps of Litchi chinensis Sonn. *Food Research International*, *44*(2), 613-620.	K. Nagendra Prasad et al. 2009. Identification of phenolic compounds and appraisal of antioxidant and antityrosinase activities from litchi (Litchi sinensis Sonn.) seeds. FOOD CHEM , 116 (1): 1-7.
Lithothamnion calcareum (Pallas) Areschoug	Hapalidiaceae		thallus			Red marine alga	Monitoring of heavy metal and iodine content. Content should be stated.	Red marine alga: Problems with heavy metal accumulation and halogen uptake.	Aslam, M. N., Kreider, J. M., Paruchuri, T., Bhagavathula, N., DaSilva, M., Zernicke, R. F., ... & Varani, J. (2010). A mineral-rich extract from the red marine algae Lithothamnion calcareum preserves bone structure and function in female mice on a Western-style diet. Calcified tissue international, 86(4), 313-324.	Lopez-Benito M. 1963 Chemical composition og Lithothanmion calcareum and its application or correction of cultivated fields Invest. Pesquera 23, 63-70.
Macrocystis pyrifera (L.) C.Ag.	Marasmiaceae (Laminariaceae)		thallus	thallus		May contain high levels of iodine. Depending on growth conditions and environment, the algae may concentrate heavy metals (e.g. Pb, Cd)	Monitoring of heavy metal and iodine content. Content should be stated.	Brown alga: Problems with heavy metal accumulation and halogen uptake.	Seki, H., & Suzuki, A. (1998). Biosorption of Heavy Metal Ions to Brown Algae, Macrocystis pyrifera, Kjellmaniella crassiforia, andUndaria pinnatifida. *Journal of colloid and interface science*, *206*(1), 297-301.; Ortiz, J., Uquiche, E., Robert, P., Romero, N., Quitral, V., & Llantén, C. (2009). Functional and nutritional value of the Chilean seaweeds Codium fragile, Gracilaria chilensis and Macrocystis pyrifera. European Journal of Lipid Science and Technology,	Larripa, I. B et al. 1987. Biological activity in Macrocystis pyrifera from Argentina: sodium alginate, fucoidan and laminaran. II. Genotoxicity. Proceedings of the International Seaweed Symposium 12: 491-496.

									111(4), 320-327.	
Malpighia glabra L.	Malpighiaceae	Malpighia punicifolia L.	fructus			Acerola	No major safety concerns.	The fruit have a high nutritional value.	Johnson, Paul D. "Acerola (Malpighia glabra L., M. punicifolia L., M. emarginata DC): agriculture, production and nutrition." *World review of nutrition and dietetics* 91 (2003): 67-75.; Mezadri, T., Villaño, D., Fernández-Pachón, M. S., García-Parrilla, M. C., & Troncoso, A. M. (2008). Antioxidant compounds and antioxidant activity in acerola (Malpighia emarginata DC.) fruits and derivatives. Journal of Food Composition and analysis, 21(4), 282-290.	Luanda G. Marques, et al. 2007. Freeze-drying of acerola (Malpighia glabra L.) Chemical Engineering and Processing: Process Intensification, 46 (5): 451–457
Malva sylvestris L.	Malvaceae		aerial part			Mucilages (leaf: 6%-10%). Flavonoids: anthocyans: e.g. malvin	No major safety concerns	The plant contains flavonoidsand mucilage in the leaves, hence its beneficial gastrointestinal effects.	Razavi, S. M., Zarrini, G., Molavi, G., & Ghasemi, G. (2011). Bioactivity of Malva sylvestris L., a medicinal plant from Iran. *Iranian journal of basic medical sciences*, *14*(6), 574.	Hagers Handbuch der Pharmazeutischen Praxis 1998. Springer Verlag. ISBN 3-540-52688-9

Maranta arundinacea L.	Marantaceae		bulb, rhizome			Arrow root	No major safety concerns.	Rhizome contains a high amount of starch.	Rajashekhara, N., Shukla, V. J., Ravishankar, B., & Sharma, P. P. (2013). Comparative physico-chemical profiles of Tugaksheeree (Curcuma angustifolia Roxb. and Maranta arundinacea Linn.). Ayu, 34(4), 401.	Kumalasari ID et al. 2012. Evaluation of immunostimulatory effect of the arrowroot (Maranta arundinacea. L) in vitro and in vivo. Cytotechnology. 64(2):131-7.
Morus nigra L.	Moraceae		bud, stem bark, fruit, leaf,			Sugars, organic acids, pectin	No major concern	The fruit is safe to consume.	Ercisli, S., & Orhan, E. (2007). Chemical composition of white (Morus alba), red (Morus rubra) and black (Morus nigra) mulberry fruits. *Food Chemistry*, *103*(4), 1380-1384.	Mohammad Imran et al. 2010. Chemical composition and antioxidant activity of certain Morus species. J Zhejiang Univ Sci B. 11(12): 973–980.
Oenothera biennis L.	Onagraceae		seed			Seed oil: major constituents are linoleic acid (cis-linoleic acid) (65–80%), g-linolenic acid (cis-g-linolenic acid) (8–14%), oleic acid (6–11%), palmitic acid (7–10%) and stearic acid (1.5–3.5%).	The fixed oil of primrose is used as a food supplement.	The essential oil of the seeds contaiins salicylates and coumarins, therefore not advisable in foods.	Hudson, B. J. F. (1984). Evening primrose (Oenothera spp.) oil and seed.*Journal of the American Oil Chemists' Society*, *61*(3), 540-543.	Assessment report on Oenothera biennis L., Oenothera lamarckiana L., oleum. EMA/HMPC/277791/2009
Opuntia ficus-indica (L.) Mill.	Cactaceae		whole plant			Food	No major safety concern especially with fruit extracts.			Antonio Piga. 2004. Cactus Pear: A Fruit of Nutraceutical and Functional Importance. J. PACD, 9-22. http://eprints.uniss.it/1571/1/Piga_A_Articolo_2004_Cactus.pdf

Orchis mascula L.	Orchidaceae		tuber			Most Orchids contain hydroxylated phenanthrene and 9,19 dihydrophenanthrene derivatives. Tuber contains mucilages and is used in case of diarrhoea. Endangered species.	No major safety concern especially with fruit extracts.		Aziz, N., Mehmood, M. H., Siddiqi, H. S., Sadiq, F., Maan, W., & Gilani, A. H. (2009). Antihypertensive, antidyslipidemic and endothelial modulating activities of Orchis mascula. *Hypertension Research*, *32*(11), 997-1003.	Jaime A. Teixeira da Silva. 2003. Orchids: Advances in Tissue Culture, Genetics,Phytochemistry and Transgenic Biotechnology. Floriculture and Ornamental Biotechnology Floriculture and Ornamental Biotechnology 7 (1): 1-52. Aziz N,et al, 2009. Antihypertensive, antidyslipidemic and endothelial modulating activities of Orchis mascula.Hypertens Res.32(11):997-1003.Pahuja M et al, 2012. Anticonvulsant and antioxidative activity of hydroalcoholic extract of tuber of Orchis mascula in pentylenetetrazole and maximal electroshock induced seizures in rats.J Ethnopharmacol. 142(1):23-27. Bruneton J. 2009. Pharmacognosie, 1269 pages, Ed.Tec&Doc Lavoisier, ISBN : 978-2-7430-1188-8
Parietaria officinalis L.	Urticaceae		aerial part			Flavonoids: e.g. kaempferol-, quercetin- and isorhamnetin-3-glucosides, -3-sophoroside, -3-rutinosides, -3-neohesperidosides. The pollen are highly allergenic.	No major safety concern, but some patients are hypersensitive to Uritceae species.			Colombo P et al. 2003. The allergens of Parietaria. Int Arch Allergy Immunol. 130(3): 173-179.

Phoenix dactylifera L.	Arecaceae		fruit, seed, pollen				No major safety concern	The fruit of the date palm contain polyphenols with a safe profile.	Baliga, M. S., Baliga, B. R. V., Kandathil, S. M., Bhat, H. P., & Vayalil, P. K. (2011). A review of the chemistry and pharmacology of the date fruits (Phoenix dactylifera L.). *Food Research International*, *44*(7), 1812-1822.	Neeraj Vyawahare et al. 2009. Phoenix dactylifera: An update of its indegenous uses, phytochemistry and pharmacology. The Internet Journal of Pharmacology 7(1) : DOI: 10.5580/164b. ISSN: 1531-2976. A. A, M. P, M. KS, R. SRH. The Effect of Aqueous Extract of Phoenix Dactylifera Pollen Grain on Sexual Behavior of Male Rats. J. Phys. Pharm. Adv.. 2012; 2(6): 235-242.
Photinia melanocarpa (Michx.) K.R. Robertson & J.B. Phipps	Rosaceae	Aronia melanocarpa (Michaux.) S. Elliott	fruit			Anthocyans	No major safety concern	black chockeberry contain polyphenols with a safe profile.	Symonowicz, M., Sykuła-Zajac, A., Łodyga-Chruścińska, E., Rumora, I., & Straukas, M. (2011). Evaluation of polyphenols and anthocyanins contents in black chockeberry--Photinia melanocarpa (Michx.) fruits extract. *Acta poloniae pharmaceutica*, *69*(3), 381-387.	The power of Nature. Aronia melanocarpa. Professor Iwona Wawer. Nature's Print Ltd. UK. ISBN 83-923931-0-4.
Phyla scaberrima (Juss. ex Pers.) Moldenke	Verbenaceae	Lippia dulcis Trev.	aerial part			Leaf essential oil: β-caryophyllene (10.56%), 6-methyl-5-hepten-2-one (9.19%), bicyclogermacrene (9.00%) and δ-cadinene (8.65%). The sesquiterpene hernaducin is	No major safety concern, but oil should be consumed in low concentrations.		Jorge A. Pinoa et al. 1998. Leaf Oil of Phyla scaberrima (L.) Small from Cuba. Journal of Essential Oil Research 10 (2): 211-212.	Jorge A. Pinoa et al. 1998. Leaf Oil of Phyla scaberrima (L.) Small from Cuba. Journal of Essential Oil Research 10 (2): 211-212.

						responsable for the sweet taste.				
Phymatolithon calcareum (Pallas) W.H.Adey & D.L.McKibbin	Hapalidiaceae		thallus			Former name: Lithothamnium calcareum	No major safety concern. Toxic heavy metals may be present. Accumulation of iodine in plant tissues. Content of heavy metals and halides should be monitored.	Red seaweed. Phytoextraction of heavy metals from contaminated waters. Sequesters also a high amount of iodine.	Blunden, G., Campbell, S. A., Smith, J. R., Guiry, M. D., Hession, C. C., & Griffin, R. L. (1997). Chemical and physical characterization of calcified red algal deposits known as maërl. *Journal of applied phycology*, 9(1), 11-17.	Muhammad Nadeem Aslam et al. 2010. A Mineral-Rich Extract from the Red Marine Algae Lithothamnion calcareum Preserves Bone Structure and Function in Female Mice on a Western-Style Diet. Calcif Tissue Int. 86 (4): 313–324.

Plectranthus barbatus Andrews	Lamiaceae	Coleus barbatus (Andrews) Benth	leaf, root, tuber	root	Bicyclic diterpene with cyclic ether and lactone: forskolin	Not clear whether forskoline present. Forskoline is badly soluble in water	No major safety concern. Forskalin content should be declared.		Balasubramanya, S., Rajanna, L., & Anuradha, M. (2012). Effect of plant growth regulators on morphogenesis and forskolin production in Plectranthus barbatus Andrews. *In Vitro Cellular & Developmental Biology-Plant*, *48*(2), 208-215.	Alasbahi RH, Melzig MF 2010. Plectranthus barbatus: a review of phytochemistry, ethnobotanical uses and pharmacology - part 2. Planta Med. 76(8):753-65. Epub 2010 Feb 25. Frohne D, Pfänder HJ and Anton R. 2009. Plantes à risques, Ed. Tec et Doc-Lavoisier, ISBN: 978-2-7430-0907. Bruneton J. 2009. Pharmacognosie, (Phytochimie, Plantes médicinales), Ed. Tec & Doc, Lavoisier, Paris, 4ème édition, ISBN: 978-2-7430-1188-8
Porphyra umbilicalis Kützing	Bangiaceae		thallus			High content of proteins and vitamines. Food. Iodine content to be controlled.	No major safety concern. Content of heavy metals and iodine should be declared.	Red alga. Accumulation of heavy metals and iodine.	McLEAN, M. W., & WILLIAMSON, P. B. (1977). Cadmium accumulation by the marine red alga Porphyra umbilicalis. *Physiologia Plantarum*, *41*(4), 268-272.; MacArtain, P., Gill, C. I., Brooks, M., Campbell, R., & Rowland, I. R. (2007). Nutritional value of edible seaweeds. Nutrition reviews, 65(12), 535-543.	https://seaweedindustry.com/seaweed/type/porphyra-umbilicalis
Pyropia tenera (Kjellman) N.Kikuchi & M.Miyata, M.S. Hwang & H.G.Choi	Bangiaceae	Porphyra tenera Kjellman	thallus			Nori (alga)	No major safety concern, but iodine and bromine content	Red alga accumulates iodine and bromine.	Matsuda, R., Ozgur, R., Higashi, Y., Takechi, K., Takano, H., & Takio, S. (2014). Preferential Expression of a Bromoperoxidase in Sporophytes of a Red Alga, Pyropia	Hiroyuki Noda. 1993. Health benefits and nutritional properties of nori. J. Appl. Phycology 5: 255-258

							has to be declared		yezoensis. *Marine Biotechnology*, 1-12.	
Raphanus raphanistrum subsp. sativus (L.) Domin	Brassicaceae	Raphanus sativus var. niger (Mill.) J.Kern.	whole plant, essential oil	whole plant	Whole plant: glucosinolates e.g. glucoerucun, glucobrassicin, gluconasturtiin; essential oil: allyl-isothiocyanate		Generally non toxic. Content of thiocyanates should be declared.	Limit for thiocyanates use: 200 mg/day). These exhibit pronounced effects on lowering blood pressure.	Chandra, A. K., Mukhopadhyay, S., Lahari, D., & Tripathy, S. (2004). Goitrogenic content of Indian cyanogenic plant food & their in vitro anti-thyroidal activity. Indian Journal of Medical Research, 119, 180-185.; Gorman, W. F., Messinger, E., & Herman, M. (1949). Toxicity of thiocyanates used in treatment of hypertension. Annals of internal medicine, 30(5), 1054-1059.	Bruneton J. 2009. Pharmacognosie, (Phytochimie, Plantes médicinales), Ed. Tec & Doc, Lavoisier, Paris, 4ème édition, ISBN: 978-2-7430-1188-8. Halkier B.A. et al. 2006, Biology and biochemistry of glucosinolates, Ann.Rev.Plant, Biol. 57, 303-333. Malik MS et al,2010 Variation of glucosinolates in wild radish (Raphanus raphanistrum) accessions,J Agric Food Chem. 58(22):11626-11632. Hale OM et al,1985,Effects of feeding wheat contaminated with wild radish (Raphanus raphanistrum) to growing pigs, J Anim Sci. 61(5):1172-1177.
Raphanus sativus L.	Brassicaceae		whole plant	whole plant	Glucosinolates		Generally non toxic. Content of thiocyanates should be declared.	Limit for thiocyanates use: 200 mg/day). These exhibit pronounced effects on lowering blood pressure.	Chandra, A. K., Mukhopadhyay, S., Lahari, D., & Tripathy, S. (2004). Goitrogenic content of Indian cyanogenic plant food & their in vitro anti-thyroidal activity. Indian Journal of Medical Research, 119, 180-185.; Gorman, W. F., Messinger, E., & Herman, M. (1949). Toxicity of thiocyanates used in	Hagers Handbuch der Pharmazeutischen Praxis 1998. Springer Verlag. ISBN 3-540-52688-9

									treatment of hypertension. Annals of internal medicine, 30(5), 1054-1059.	
Raphia farinifera (Gaertn.) Hyl.	Arecaceae	Raphia pedunculata P.Beauv.	starch (stem pith)			Food	Generally non toxic. Content of thiocyanates should be declared.	Limit for thiocyanates use: 200 mg/day). These exhibit pronounced effects on lowering blood pressure.	Chandra, A. K., Mukhopadhyay, S., Lahari, D., & Tripathy, S. (2004). Goitrogenic content of Indian cyanogenic plant food & their in vitro anti-thyroidal activity. Indian Journal of Medical Research, 119, 180-185.; Gorman, W. F., Messinger, E., & Herman, M. (1949). Toxicity of thiocyanates used in treatment of hypertension. Annals of internal medicine, 30(5), 1054-1059.	Julio Mercader et al. 2008. Middle Stone Age starch acquisition in the Niassa Rift, Mozambique. Quaternary Research 70 : 283–300
Saccharum officinarum L.	Poaceae (Gramineae)		branch; sap				No major safety concern.	Sugar cane products contain polyphenols with a safe profile.	Duarte-Almeida, J. M., Salatino, A., Genovese, M. I., & Lajolo, F. M. (2011). Phenolic composition and antioxidant activity of culms and sugarcane (Saccharum officinarum L.) products. *Food chemistry*, *125*(2), 660-664.	Sugarcane (Saccharum officinarum L.). Sugarcane (Saccharum officinarum L.). Agricultural Handbook, No. 122
Sarcopoterium spinosum (L.) Spach	Rosaceae	Poterium spinosum L.	root bark			Catechin and epicatechines considered responsible for hypoglycemic effect	No major safety concern.	Presence of flavonoids and condensed tannins with a safe profile	Reher, G., Slijepcevic, M., & Kraus, L. (1991). Hypoglycemic activity of triterpenes and tannins from Sarcopoterium spinosum and two Sanguisorba species Pl. *Med*, *57*, A57-A58.	Polina Smirina et al. 2010. Sarcopoterium spinosum extract as an antidiabetic agent: In vitro and in vivo study. Journal of Ethnopharmacology 129 (1): 10–17

Saussurea costus (Falc.) Lipsch.	Asteraceae	Saussurea lappa (Decne.) Sch. Bip.	root			Sesquiterpene lactones: e.g; costunolide, dehydrocostus lactone and cynaropicrin	No major safety concern.		Pandey, M. M., Rastogi, S., & Rawat, A. K. S. (2007). Saussurea costus: botanical, chemical and pharmacological review of an ayurvedic medicinal plant. *Journal of ethnopharmacology*, *110* (3), 379-390.; Pandey, M. M., Govindarajan, R., Rawat, A. K. S., & Pushpangadan, P. (2005). Free radical scavenging potential of Saussarea costus. ACTA PHARMACEUTICA-ZAGREB-, *55*(3), 297.	Pandey M. M. et al. 2007. Saussurea costus: Botanical, chemical and pharmacological review of an ayurvedic medicinal plant. Journal of Ethnopharmacology 110 (3):379-390.
Schisandra chinensis (Turcz.) Baill.	Schisandraceae		branch, fruit, leaf			Lignans (deoxyschisandrin, gomisin N, gomisin A, schisandrin, and wuweizisu C)	No major safety concern but extracts may interact with anticoagulant therapy.		Hancke, J. L., Burgos, R. A., & Ahumada, F. (1999). Schisandra chinensis (Turcz.) baill. *Fitoterapia*, *70*(5), 451-471.; Slanina J, Táborská E, Lojková L. 1997. Lignans in the seeds and fruits of Schisandra chinensis cultured in Europe. Planta Med. 63(3):277-80.	Slanina J, Táborská E, Lojková L. 1997. Lignans in the seeds and fruits of Schisandra chinensis cultured in Europe. Planta Med. 63(3):277-80.
Secale cereale L.	Poaceae		whole plant				No major safety concerns.	Rye is consumed in foods.	Mette F. Andreasen et al. 2001. Antioxidant Effects of Phenolic Rye (Secale cereale L.) Extracts, Monomeric Hydroxycinnamates, and Ferulic Acid Dehydrodimers on Human Low-Density Lipoproteins. J. Agric. Food Chem., 49 (8): 4090–4096.	Mette F. Andreasen et al. 2001. Antioxidant Effects of Phenolic Rye (Secale cereale L.) Extracts, Monomeric Hydroxycinnamates, and Ferulic Acid Dehydrodimers on Human Low-Density Lipoproteins. J. Agric. Food Chem., 49 (8): 4090–4096.

Sedum roseum (L.) Scop.	Crassulaceae	Rhodiola rosea L.	root			Phenylethanoids: e.g. salidroside, tyrosol; phenylpropanoid glycosides: e.g. rosarin, rosavin, rosin; monoterpene: rosiridin	The leaf is consumed as food supplement. However alkaloid monitoring is necessary.		Brown, R. P., Gerbarg, P. L., & Ramazanov, Z. (2002). Rhodiola rosea. *A phytomedicinal overview*. *HerbalGram*, *56*, 40-52.	Yuan-Chun Ma, et al. 2011. Rapid Resolution Liquid Chromatography (RRLC) Analysis for Quality Control of Rhodiola rosea Roots and Commercial Standardized products. Natural Product Communications. 6(5): 645-650.
Sempervivum tectorum L.	Crassulaceae		aerial part				No major safety concerns	Sempervivum contains polyphenols with a safe profile.	Abram, V., & Donko, M. (1999). Tentative identification of polyphenols in Sempervivum tectorum and assessment of the antimicrobial activity of Sempervivum L. *Journal of agricultural and food chemistry*, *47*(2), 485-489.	Szentmihályi K, et al. 2004. Metabolic alterations of toxic and nonessential elements by the treatment of Sempervivum tectorum extract in a hyperlipidemic rat model. Toxicol Pathol. 32 (1): 50-57. Gabriella Kekesi et al. 2003. Antinociceptive activity of Sempervivum tectorum L. extract in rats. Phytotherapy Research 17 (9): 1032–1036.
Simmondsia chinensis (Link) C.K. Schneid.	Simmondsiaceae		seed	seed	Nitrile derivatives: e.g. simmondsin	Not to be used by children adolescents and pregnant women: very strong inhibitor of angiogenesis.	No major safety concerns but content of simmondsin and derivatives should be declared.	Simmondsin is ann apetite suppressant but is contraindicated in children, adoloscents and pregnanty women.	Sharma, S. K., & Singh, A. P. (2011). Pharmacognostical Evaluation of Roots of Simmondsia chinensis Schneider. *International Journal of Pharmaceutical Science and Drug Research*, *3*(4), 323-326.; Van Boven, M., Busson, R., Cokelaere, M., Flo, G., & Decuypere, E. (2000). 4-Demethyl simmondsin from	Boozer CN, Herron AJ. 2006. Simmondsin for weight loss in rats. Int J Obes, 30(7):1143-1148.

									Simmondsia chinensis. Industrial crops and products, 12(3), 203-208.	
Spirulina major Kützing ex Gomont	Pseudanabaenaceae	Spirulina major Kützing	single cell (algae)			Proteins, phytocyanins.	No major safety concern.		Priya Sethu, K. M. *Studies on important phytochemicals and genetic transformation of the cyanobacterium Spirulina*. Diss. University of Mysore, 1996.	Chaiklahan R et al, 2011, Separation and purification of phycocyanin from Spirulina sp. using a membrane process.Bioresour Technol. 102(14):7159-7164. Hsiao G et al, 2005, C-phycocyanin, a very potent and novel platelet aggregation inhibitor from Spirulina platensis.J Agric Food Chem. 53(20):7734-7740.
Spirulina maxima (Setchell & Gardner) Geitler	Pseudanabaenaceae	Arthrospira maxima Setchell & Gardner	single cell alga				No major safety concern.		Priya Sethu, K. M. *Studies on important phytochemicals and genetic transformation of the cyanobacterium Spirulina*. Diss. University of Mysore, 1996.	Deng R, Chow TJ. Hypolipidemic, antioxidant, and antiinflammatory activities of microalgae Spirulina. Cardiovasc Ther. 2010 Aug;28(4):e33-45. Review.
Spirulina platensis (Gomont) Geitler	Pseudanabaenaceae		single cell alga				No major safety concern.		Priya Sethu, K. M. *Studies on important phytochemicals and genetic transformation of the cyanobacterium Spirulina*. Diss. University of Mysore, 1996.	Deng R, Chow TJ. Hypolipidemic, antioxidant, and antiinflammatory activities of microalgae Spirulina. Cardiovasc Ther. 2010 Aug;28(4):e33-45. Review.

Stellaria media (L.) Vill.	Caryophyllaceae		aerial part			Rich in vitamins, minerals, flavonoids, triterpenoids, gamma-linolenic-acid, phenols and beta carotene	No major safety concerns.		Chidrawar, V. R., Patel, K. N., Bothra, S. B., Shiromwar, S. S., Koli, A. R., & Kalyankar, G. G. (2012). Anti-obesity effect of Stellaria media methanolic extract in the murine model of cafeteria diet induced obesity. *International Journal of Nutrition, Pharmacology, Neurological Diseases*, *2*(2), 121.	Rani N et al. 2012. Quality assessment and anti-obesity activity of Stellaria media (Linn.) Vill. BMC Complement Altern Med. 12:145. doi: 10.1186/1472-6882-12-145
Tamarindus indica L.	Leguminosae		fruit			Xyloglucan oligosaccharides, galactoxyloglucan polysaccharides; tartaric acid, citric acid, malic acid	No major safety concern.		Siddhuraju, P. (2007). Antioxidant activity of polyphenolic compounds extracted from defatted raw and dry heated Tamarindus indica seed coat. *LWT-Food Science and Technology*, *40*(6), 982-990.	Abukakar M.G. et al. 2008. Phytochemical screening and antibacterial activity of Tamarindus indica pulp extract. Asian Journal of Biochemistry 3 (2): 134-138.
Ulmus glabra Huds.	Ulmaceae	Ulmus campestris L.; Ulmus scabra Mill.	bark, bud			Proanthocyanidines, mucilages	No major safety concerns.	Plant contains mucilage in seeds and inner bark.	Barsett, H., Paulsen, B. S., & Habte, Y. (1992). Further characterization of polysaccharides in seeds from Ulmus glabra Huds. *Carbohydrate polymers*,*18*(2), 125-130.	Hagers Handbuch der Pharmazeutischen Praxis, Springer Verlag, 1998. ISBN: 3-540-52688-9. D. Martin-Benito et al., 2005. Triterpenes in elms in Spain. Canadian Journal of Forest Research. 35, (1), 199-205

Ulmus pumila L.	Ulmaceae		bark, leaf			Mucilage; triterpenes; flavonoids;. In root: sesquiterpenoids: mansonone E and mansonone F as cytotoxic compounds	No major safety concerns	Sesquiterpenes in root bark	Wang, D., Xia, M., Cui, Z., Tashiro, S. I., Onodera, S., & Ikejima, T. (2004). Cytotoxic effects of mansonone E and F isolated from Ulmus pumila. *Biological and Pharmaceutical Bulletin*, *27*(7), 1025-1030.	Dong Wang et al. 2004. Cytotoxic effects of Mansone E and F isolated from Ulmus pumilla. Bull. Pharm. Bull. 27 (7): 1025-130.Dong Wang et al. 2004. Cytotoxic effects of Mansone E and F isolated from Ulmus pumilla. Bull. Pharm. Bull. 27 (7): 1025-130.
Ulmus rubra Muhl.	Ulmaceae	Ulmus fulva Michx.	bark				No major safety concerns.	Plant contains mucilage in seeds and inner bark.	Barsett, H., Paulsen, B. S., & Habte, Y. (1992). Further characterization of polysaccharides in seeds from Ulmus glabra Huds. *Carbohydrate polymers*,*18*(2), 125-130.	PDR for Herbal Medicines. 2004 Thomson ed. ISBN: 1-56363-5125-7
Ulva lactuca L.	Ulvaceae		thallus			Food	No major safety concerns.	Edible seaweed.	Ortiz, J., Romero, N., Robert, P., Araya, J., Lopez-Hernandez, J., Bozzo, C., ... & Rios, A. (2006). Dietary fiber, amino acid, fatty acid and tocopherol contents of the edible seaweeds Ulva lactuca and Durvillaea antarctica. *Food chemistry*,*99*(1), 98-104.	R. Jothibai Margret et al. 2012. Pharmacognostic studies on green alga Ulva lactuca from Tuticorin coast, Tamilnadu, India. Plant Archives Vol. 12 (2): 1089-1092.R. Jothibai Margret et al. 2012. Pharmacognostic studies on green alga Ulva lactuca from Tuticorin coast, Tamilnadu, India. Plant Archives Vol. 12 (2): 1089-1092.
Vigna angularis (Willd.) Ohwi & H. Ohashi	Leguminosae	Phaseolus chrysanthos Savi	seed			Adzuki beans and husk = food	No major safety concerns. Beans and husk may be consider		Lumpkin, T. A.; McClary, D. C. Azuki bean: botany, production and uses. 1994.	Lumpkin, T. A.; McClary, D. C. Azuki bean: botany, production and uses. 1994. ISBN: 0-85198-765-6

							ed in food supplements.			
Vitis vinifera L.	Vitaceae		fruit, leaf, seed			Proanthocyanidins. Stilbenes: e.g. resveratrol, viniferins. Fruit acids. Flavonoids (4%-5%): e.g. kaempherol, quercetin	No major safety concern.	Grapes are edible. Leaves and other plant parts used for their polyphenolic content.	Baydar, N. G., Özkan, G., & Sağdiç, O. (2004). Total phenolic contents and antibacterial activities of grape (Vitis vinifera L.) extracts. *Food Control*, *15*(5), 335-339.	PDR for Herbal Medicines. 2004 Thomson ed. ISBN: 1-56363-5125-7.
Bovista plumbea Pers.	Agaricaceae		fruiting body			Edible when young and the gleba white, but too small to be considered for the table.	No major safety concerns for young plant material. Heavy metal content should be declared.	Caution with the accumulation of heavy metals, particularly Pb.	Semreen, M. H., & Aboul-Enein, H. Y. (2011). Determination of heavy metal content in wild-edible mushroom from Jordan. *Analytical Letters*, *44*(5), 932-941.	Sagiroglu, A. et al. 2003 Chemical composition of the naturally growing meadow mushrooms (Bovista plumbea) in Trakya region in Turkey. Journal of Faculty of Pharmacy of Istanbul University, 35-36(1), 13-23.