

Botanical Names of Plants Cited

- African prune tree**, *see* pygeum
agave (*Agave americana*)
alaria (*Alaria esculenta*)
aloe leaf gel (*Aloe vera*)
American ash (*Fraxinus americanus*)
American mandrake root (*Podophyllum peltatum*)
arnica flowers (*Arnica montana*)
ashwaganda
aspen leaves (*Populus tremula*)
astragalus root (*Astragalus membranaceus*)
avens root/herb (*Geum urbanum*)
barberry root bark (*Berberis vulgaris*)
bilberry fruit (*Vaccinium myrtillus*)
bistort herb (*Polygonum bistorta*)
black cohosh root (*Cimicifuga racemosa*)
black haw bark (*Viburnum prunifolium*)
black pepper (*Piper nigrum*)
black walnut hulls (*Juglans nigra*)
blue flag root (*Iris versicolor*)*
bloodroot root (*Sanguinaria canadense*)*
broad-leaf plantain leaves/seeds (*Plantago major*)
buchu leaves (*Barosma betulina*)
burdock root/seed (*Arctium lappa*)
butcher's broom (*Ruscus aculeatus*)
calamus root (*Acorus calamus*)*
calendula flowers (*Calendula officinalis*)
cascara bark (*Cascara sagrada*)*
cayenne fruit (*Capsicum frutescens*)
cedar leaves (*Thuja occidentalis*)
celandine sap (*Celadonium majus*)*
chamomile herb in flower (*Matricaria recutita*)
chaparral herb (*Larrea mexicana*)**
chaste berry (*Vitex agnus castus*)
chickweed herb (*Stellaria media*)
Chinese dogwood (*Cornus officinalis*)
cleavers herb (*Galium aparine*)
cinnamon bark (*Cinnamomum zeylanicum*)
colocynth melon (*Cucumis colocynthis*)
comfrey leaves (*Symphytum uplandica*)**
coptis, *see* huanglian
corn silk (*Zea mays*)
couch grass root/rhizome (*Agropyron repens*)
crampbark (*Viburnum opulus*)
cronewort herb (*Artemisia vulgaris*)
cranesbill herb (*Gernanium maculatum*)
cumin seeds (*Cuminum cyminum*)
damiana leaf (*Turnera ulmifolia*)
dandelion root/leaf (*Taraxacum officinale*)
dong quai root (*Angelica sinensis*)
Eastern white cedar herb/fruit (*Thuja occidentalis*)
echinacea root (*Echinacea angustifolia* or *E. purpurea*)
elder berry, flowers (*Sambucus nigra*)
eleuthero root (*Eleutherococcus senticosus*)
english ivy (*Hedera helix*)
fennel seed (*Foeniculi vulgaris*)
fenugreek seed (*Trigonella foenugraecum*)
fo-ti, *see* he-shou-wu
fumitory herb (*Fumaria officinalis*)
garlic bulb (*Allium sativum*)

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- gentian** (*Gentiana* spp)
ginger root (*Zingiber officinalis*)
ginkgo leaf (*Ginkgo biloba*)
ginseng root (*Panax quinquefolium*)
goldenrod herb (*Solidago* species)
goldenseal root (*Hydrastis canadensis*)
gold thread root (*Coptis groenlandica*)
grindelia (*Grindelia integrifolia* and other species)
guarana peeled, dried, roasted, pulverized seeds (*Paullinia cupana*)
hawthorn leaf, flower, haw (*Crataegus* species)
he-shou-wu (*polygonum multiflorum*)
hibiscus flowers (*Hibiscus sabdariffa*)
honeysuckle flowers (*Lonicera japonica*)
hops strobiles (*Humulus lupulus*)
horse chestnut bark, leaves, seeds (*Aesculus hippocastanum*)*
horsetail herb (*Equisetum arvense*)
huanglian root (*Coptis chinensis*)
hyssop herb (*Hyssopus officinalis*)
ivy leaf (*Hedera helix*)*
juniper berries (*Juniperus communis*)
kava kava root (*Piper methysticum*)**
kelp, see alaria, kombu, wakame
kelp, bull whip (*Nereocystis XXX*)
kombu (*Laminaria japonica* and other species)
lavender herb (*Lavendula* species)
lemon balm leaf (*Melissa officinalis*)
licorice root (*Glycyrrhiza glabra*)
life root flowers (*Senecio aureus*)
lignum vitae (*Guaiacum officinale*)
linden blossoms (*Tilia europa*)
ma huang herb (*Ephedra*)
maitake (*Grifola frondosa*)
mallow root (*Malvaceae* species)
marijuana (*Cannabis sativa*)
marshmallow root (*Althea off.*)
meadowsweet herb in flower (*Filipendula ulmaria*)
milk thistle seed (*Silybum marianum*)
mistletoe, European leaves/berries (*Viscum album*)*
motherwort (*Leonurus cardiaca*)
mugwort, see cronewort
muira puama, see potency wood
mullein leaf (*Verbascum thapsus*)
myrrh resin (*Commiphora* spp)*
nettle leaves, root (*Urtica dioica*)
oak bark (*Quercus* species)
oatstraw herb (*Avena sativa*)
Oregon grape root (*Mahonia aquifolium*)
oregano herb (*Origanum vulgare*)
osha root (*Ligusticum porteri*)
parsley root (*Petroselinum*)
passionflower herb (*Passiflora incarnata*)
pau d'arco (*Tabebuia avellanadae*)
peony root (*Paeonia albiflora*)
plantain leaf/seed (*Plantago* species)
poke root (*Phytolacca americana*)
pomegranate (*Punica granatum*)
potency wood (*Ptychopetalum olacoides* et al)
prickly ash berries/bark/roots (*Xanthoxylum clava-herculis*)
privet (*Ligustrum lucidum* or *L. vulgare*)
puncture vine (*Tribulus terrestris*)
pumpkin seeds (*Cucurbita maxima*)
purslane herb (*Portulacca oleracea*)
pygeum (*Prunus africanum*).
raspberry leaf (*Rubus ideaus*)

red clover flowers (*Trifolium pratense*)
rose hips, flowers, buds (*Rosa* species)
rye grass, pollen (*Elymus* species)
saffron (*Crocus sativus*)*
sage leaf (*Salvia officinalis*)
sagebrush leaf (*Artemisia tridentata*)
sarsaparilla root (*Smilax officinalis*)
sassafras root bark (*Sassafras albidum*)
saw palmetto berries (*Serenoa serrulata*)
schizandra berries (*Schizandra chinensis*)
seaweed, *see* alaria, kombu, wakame
selfheal herb (*Prunella vulgaris*)
shepherd's purse herb (*Bursa pastorella-pastoris*)
Siberian ginseng root (*Eleutherococcus senticosus*)
skullcap herb in flower (*Scutellaria lateriflora*)*
slippery elm bark (*Ulmus fluva*)
St. Joan's/Jon's wort herb in flower (*Hypericum perforatum*)

St. John's wort herb in flower (*Hypericum perforatum*)
stoneroot (*Collinsonia canadensis*)
sweetgrass (*Hierochloe odorata*)
tang kwei, *see* dong quai
tea, black/green (*Camellia sinensis*)
tea tree (*Melaleuca alternifolia*)
thuja, *see* Eastern white cedar
tobacco leaf (*Nicotiana*)
tormentil herb (*Potentilla erecta*)
turkey tail mushrooms (*Polyporus*)
turmeric root (*Curcuma longa*)
usnea herb (*Usnea barbarata*)
uva ursi leaf (*Arctostaphylos uva-ursi*)
valerian root (*Valeriana officinalis*)
vitex, *see* chaste berry
wakame (*Undaria pinnatifida*)
Western peony root (*Paeonia brownii*)
white ash, *see* American ash
white pond lily (*Nymphaea odorata*)
wild geranium root (*Geranium maculatum*)
wild ginger root (*Asarum* species)
wild madder herb (*Galium mollugo*)
wild yam root (*Dioscorea villosa*)
witch hazel bark, leaf (*Hamamelis virginiana*)
yarrow herb in flower (*Achillea millefolium*)
yellow dock root (*Rumex crispus*, other species)
yellowroot (*Xanthorhiza simplicissima*)
yohimbe bark (*Pausinystalia yohimbe*)*

* considered poisonous internally by some (especially in capsules)

