

# Herbal Substances not permitted in Traditional Herbal Medicinal Products

IMB Guideline <sup>1</sup> – Version 6.1, February 2012

<u>Botanical name</u>	<u>Synonym</u>	<u>Prescription status</u> *	<u>Comment</u>
<i>Aconitum napellus</i> (L)	Aconite (Wolfsbane or Monkshood)	POM	
<i>Adonis vernalis</i> L	Pheasants eye ; False Hellebore	-	
<i>Alkanna tinctoria</i> (Tausch)	Dyer's Bugloss; Alkanet	-	Contains Pyrrolizidine alkaloids**
<i>Anamirta cocculus</i> (L) Wight and Arn (Syn. <i>Cocculus indicus</i> )	Fishberries	POM	
<i>Anchusa arvensis</i> (L) M. Bieb	Small Bugloss	-	Contains Pyrrolizidine alkaloids**
<i>Anchusa italica</i> Retz (Syn <i>A. azurea</i> )	Italian Bugloss	-	Contains Pyrrolizidine alkaloids**
<i>Anchusa officinalis</i> (L)	Common Bugloss	-	Contains Pyrrolizidine alkaloids**
Aristolochia species	“Fangji” “Mu Tong” Pipe vines	POM	Contain aristolochic acid
<i>Artemisia cina</i> . O.Berg and C F Schmidt	Levant wormseed; Santonica	-	
<i>Artemisia maritima</i> L	Sea wormwood	-	
<i>Artemisia absinthium</i>	Wormwood	-	
<i>Asclepias tuberosa</i> L	Butterflyweed	-	
<i>Atropa belladonna</i> (L)	Belladonna Herb and Root; Deadly nightshade	POM (Atropine)	
<i>Borago officinalis</i> L	Borage; Starflower	-	Contains Pyrrolizidine alkaloids**
<i>Brachyglottis</i> species		-	Contains Pyrrolizidine alkaloids**
<i>Bryonia</i> all species	Bryony	-	Root
<i>Caulophyllum thalictroides</i> L. Michaux	Blue Cohosh; Squawroot Asian Blue Cohosh	POM	Root
<i>Caulophyllum robustum</i> Maxim			
<i>Cannabis sativa</i> L	Hemp		Except hemp seeds
<i>Cephaelis acuminata</i> Karst	Costa Rica Ipecacuanha	-	
<i>Cephaelis ipecacuanha</i> (Brotero), A. Richard	Ipecacuanha (Matto Grosso)	-	
<i>Chelidonium majus</i> L.	Greater Celandine	-	
<i>Chenopodium ambrosioides</i> L. (Syn <i>Dysphania ambrosioides</i> ) var anthelminthicum	Epazote; Wormseed	-	

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<i>Chrysanthemum vulgare</i> L. Bernh (Syn. <i>Tanacetum vulgare</i> )	Tansy	-	Contains thujone
<i>Citrullus colocynthis</i> L. Schrad	Colocynth; Bitter apple	-	Poisonous
<i>Claviceps purpurea</i> (Fr.) Tul	Ergot sclerotia	POM	
<i>Clematis</i> species			Contains aristolochic acid
<i>Colchicum autumnale</i> L	Autumn crocus; Meadow Saffron	POM	
<i>Conium maculatum</i> L	Hemlock	POM	Poisonous (coniine)
<i>Convallaria majalis</i> L.	Lily of the Valley	-	
<i>Convolvulus scammonia</i> L	Scammony	-	
<i>Coutarea latiflora</i> DC (Syn <i>Hintonia latiflora</i> )	Copalchi	-	Family Rubiaceae
<i>Croton guatemalensis</i> Lotsy	Copalchi		Family Euphorbiaceae
<i>Croton tiglium</i> (L)	Croton	POM	Oil and seeds
<i>Cynoglossum officinale</i>	Hounds tongue	-	Contains Pyrrolizidine alkaloids**
<i>Cytisus scoparius</i> (L) Link	Broom, Common	POM	
<i>Datura stramonium</i> L	Thornapple; Jimson weed	(Hyoscine) POM	
<i>Digitalis lanata</i> L	Foxglove	-	
<i>Digitalis purpurea</i> L	Foxglove ; purple	POM	Leaves
<i>Dryopteris filix-mas</i> (L) Schott	Male fern	-	
<i>Ephedra</i> L species	Ma Huang	POM	
<i>Erechtites hieracifolia</i> (L) Raf ex de Cand	Fireweed	-	Contains Pyrrolizidine alkaloids**
<i>Eucommia ulmoides</i> L	Eucommia; Gutta- percha tree	-	Bark, leaves
<i>Eupatorium aramaticum</i> L.	Deerwort boneset; Pool Root	-	Contains Pyrrolizidine alkaloids**
<i>Eupatorium cannabinum</i> L	Hemp agrimony	-	
<i>Eupatorium perfoliatum</i> L	Boneset	-	
<i>Eupatorium purpureum</i> (L) E. Lamont	Joe-Pye weed	-	Contains Pyrrolizidine alkaloids**
<i>Exogonium purga</i> ( <i>Ipomoea purga</i> )	Jalap	-	Root, resin
<i>Gelsemium nitidum</i> Mich (Syn. <i>Gelsemium sempervirens</i> ) L.J.St-Hil	Carolina Jasmine; Wild Woodbine	POM	
<i>Genista tinctoria</i> L	Dyers broom	-	
<i>Gloriosa superb</i> L.	Flame lily	-	Contains colchicine
<i>Griffonia simplicifolia</i> (DC) Baill.	Griffonia	-	Contains 5HTP
<i>Hedeoma pulegioides</i> (L) Pers	American pennyroyal	-	

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<i>Heliotropium arborescens</i> L	Garden heliotrope	-	Contains Pyrrolizidine alkaloids**
“ <i>peruvianum</i> L	Peruvian heliotrope	-	Contains Pyrrolizidine alkaloids**
“ <i>europaeum</i> L	European heliotrope	-	Contains Pyrrolizidine alkaloids**
“ <i>indicum</i> L	Indian heliotrope	-	Contains Pyrrolizidine alkaloids**
<i>Hyoscyamus niger</i> L.	Henbane	POM (Hyoscine)	
<i>Hyssopus officinalis</i> L.	Blue Hyssop	-	Oil
<i>Iris versicolor</i> L	Blue flag	-	
<i>Juglans nigra</i> L	Eastern black walnut	-	
<i>Juniperus sabina</i> L.	Savin	-	Oil is toxic
<i>Ledum palustre</i> L (Syn. <i>Rhodadendron tomentosum</i> Harmaja)	Marsh labrador; Wild Rosemary	-	Oil is toxic
<i>Lithospermum officinale</i> L	Common Gromwell	-	Contains Pyrrolizidine alkaloids**
<i>Lobelia inflata</i> L.	Indian tobacco	POM (lobeline)	
<i>Lycopus europaeus</i> L	Gypsy wort; Bugleweed	-	
<i>Magnolia officinalis</i> Rehder & Wilson	Houpou Magnolia	-	
<i>Mallotus philippinensis</i> Mueller (Syn <i>Rottlera tinctoria</i> )	Kamala	-	gland and trichomes (oil) drastic purgative
<i>Mandragora autumnalis</i> Bertol	Autumn Mandrake	POM	
<i>M. officinarum</i> L	Mandrake	-	
<i>Mentha pulegium</i> L	Pennyroyal (European)	-	
<i>Mitragyna speciosa</i> Korth	Kratom	-	Narcotic oxindole alkaloids
<i>Nerium oleander</i> and species	Oleander	-	
<i>Papaver somniferum</i> (L)	Opium poppy	POM/MDA	Capsules
<i>Papaver bracteatum</i> Lindl	Scarlet poppy	-	
<i>Pausinystalia yohimbe</i> (K Schum) Pierre ex Beille	Yohimbe	POM	
<i>Petasites hybridus</i> (L) G. Gaertn., Mey & Scherb	Butterbur	-	Contains Pyrrolizidine alkaloids**
<i>Petasites officinalis</i> Moench		-	Contains Pyrrolizidine alkaloids**

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<i>Physostigma venenosum</i> Balf	Calabar bean	POM	
<i>Phytolacca species</i> L	Pokeroot	POM	
<i>Pilocarpus jaborandi</i> Vahl	Jaborandi	POM	
<i>Piper methysticum</i> G Forst	Kava kava		
<i>Piscidia piscipula</i> (L) Sarg (Syn. <i>Piscidia erythrina</i> )	Jamaica Dogwood	-	
<i>Podopyllum peltatum</i> L	Mayapple	POM	
<i>Pulsatilla vulgaris</i> Mill	Pasque Flower	-	Herb
<i>Ranunculus ficaria</i> L	Lesser Celandine; Pilewort	-	
<i>Rauwolfia serpentina</i> (L)	Indian snakeroot	POM	
<i>Rauwolfia vomitoria</i> Afzel	African snakeroot	POM	
<i>Ricinus communis</i> L	Castor oil plant	-	
<i>Rubia tinctorum</i> L	Common Madder	-	Root; lucidin is genotoxic
<i>Ruta graveolens</i> L	Common Rue	-	Herb, leaf; phototoxic
<i>Salvia divinorum</i> Epling & Jativa	Diviners sage	-	Hallucinogenic diterpenes (Salvinorins)
Sassafras species J. Presl.	Sassafras bark; Ague tree; Cinnamon wood; Saloop	POM	Root and oil;
<i>Schoenocaulon officinale</i> (Schltdl & Cham) A. Gray ex Benth.	Sabadilla	POM	
<i>Scopolia carniolica</i> Lam	Japanese Belladonna		
<i>Scutellaria spp.</i> L	Skullcap	-	
<i>Senecio adonidifolius</i> Loisel	Ragwort	POM	Contains Pyrrolizidine alkaloids**
<i>Senecio aureus</i> L	Liferoot, Golden Ragwort	-	Contains Pyrrolizidine alkaloids**
<i>Senecio bicolor</i> (Willd.) Tod (Syn <i>Senecio cineraria</i> )	Dusty miller; Silver ragwort	-	Contains Pyrrolizidine Alkaloids
<i>Senecio doronicum</i> L	Doronic ragwort	-	Contains Pyrrolizidine alkaloids**
<i>Senecio incanus</i> L		-	Contains Pyrrolizidine alkaloids**
<i>Senecio jacobaea</i> L	Common ragwort	-	Contains Pyrrolizidine alkaloids**
<i>Senecio nemorensis</i> L	Wood ragwort	POM	Contains Pyrrolizidine alkaloids**

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<i>Senecio vulgaris</i> L	Common Groundsel	-	Contains Pyrrolizidine alkaloids**
<i>Sida cordifolia</i>	Country Mallow	-	Contains Ephedrine
<i>Solanum dulcamara</i> L	Bittersweet	-	
<i>Solanum nigrum</i> L	Black nightshade	-	
<i>Stephania tetrandra</i> S. Moore	Han Fang Ji	-	
<i>Strophanthus kombe</i> Oliv.	Kombe	-	Cardiotoxic
<i>Strychnos ignatii</i> Lindl.	Ignatius bean	POM	Poisonous
<i>Strychnos nux vomica</i> L	Nux vomica; poison nut	POM	Poisonous
Symphytum L species			Contains Pyrrolizidine alkaloids**
<i>Symplocarpus foetidus</i> Salisb	Skunk cabbage	-	
Tabebuia species	Pau d' Arco; Lapacho	-	
Taxus L species	Yew	-	
<i>Teucrium chamaedrys</i> L	Wall Germander	-	Herb; Hepatotoxic
<i>Teucrium polium</i> L	Felty Germander	-	
<i>Tribulus terrestris</i> (L)	Goathead; Puncturevine	POM	
<i>Tussilago farfara</i> L	Coltsfoot	-	Contains Pyrrolizidine alkaloids**
“ <i>petasites</i> L	see Butterbur		Contains Pyrrolizidine alkaloids**
<i>Veratrum album</i> (L)	White hellebore	POM	
<i>Veratrum viride</i> Aiton	Green false hellebore	POM	
<i>Vinca major</i> L	Greater periwinkle	-	Herb, leaf;
<i>Vinca minor</i> L	Lesser periwinkle	-	Haematological effects
<i>Viscum album</i> (L)	European Mistletoe	POM	
<i>Withania somnifera</i> L. Dunal	Ashwagandha; Indian ginseng		
<i>Zanthoxylum americanum</i> Mill	Northern Prickly Ash	-	
<i>Zanthoxylum clava-herculis</i> L	Southern Prickly Ash; Hercules Club	-	

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- \* POM indicates the substance is controlled in Ireland as a prescription medicine under the terms of the Medicinal Products (Prescription and Control of Supply) Regulations, 2003-2008.
  
  - \*\* These substances may contain toxic pyrrolizidine alkaloids.  
(Ref - Staatsblad van het Koninkrijk der Nederlanden 19 January 2001 and 10 May 2007  
Pyrrolizidine alkaloids restricted to not more than 1 microgram per kg or litre).
1. These substances are not acceptable for inclusion in food supplements or in traditional herbal medicines in the circumstances indicated, because they are considered to be more appropriately classified as medicines or because they are considered to be potentially too toxic for inclusion in foodstuffs.