

Antioxidants

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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 label at the applicant's discretion. The solidus (/) indicates that either term and/or statement may be selected on the label. When "Fruit" is indicated as source material, it only includes the parts of the fruit that are edible and 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. According to the principles outlined in the Guidance Document: Classification of products at the food-natural health product interface: products in food formats , beverages are classified as foods based on product representation to consumers, product format, public perception and history of use. Please be advised, applications for products in liquid dosage forms with single doses greater than 90ml may be subject to additional product classification review. Date: July 25, 2025

| Proper name(s) | Common name(s) | Source information | Table 1. Proper name(s) | Common name(s) | Source information | Source ingredient(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 Synthetic |
| 1,2-Dithiolane-3-pentanoic acid, (R) | (+)-alpha-Lipoic acid | R-alpha-Lipoic acid | R-alpha-Lipoic acid | Sodium R-(+)-lipoate | N/A N/A Synthetic | (1E,6E)-1,7-Bis(4-hydroxy-3-methoxyphenyl)-1,6-heptadiene-3,5-dione | Curcumin N/A Curcuma longa Rhizome |
| Non-synthetic | Curcumin | N/A N/A Synthetic | 2-(3,4-Dihydroxyphenyl)-3,5,7-trihydroxy-4H-1-benzopyran-4-one | 2-(3,4-Dihydroxyphenyl)-3,5,7-trihydroxychromen-4-one | 3,3',4',5,7-Pentahydroxyflavone | Quercetin | Quercetin anhydrous |
| Citrus bioflavonoids | Quercetin | Quercetin dihydrate | N/A N/A Non-synthetic | Synthetic | 2,5-Cyclohexadiene-1,4-dione, 2-[(2 E ,6 E ,10 E ,14 E ,18 E ,22 E ,26 E ,30 E ,34 E)-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 Agrobacterium rhizogenes | Agrobacterium tumefaciens | Aspergillus clavatus | Escherichia coli | Gluconobacter suboxydans | Leucosporidium scottii | Paracoccus denitrificans | Rhodobacter sphaeroides Rhodospirillum rubrum Saccharomyces cerevisiae Schizosaccharomyces pombe |
| Whole Biosynthesis | Coenzyme Q10 | 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 Non-synthetic |
| Synthetic | 3,3',4',5,7-Pentahydroxyflavone-3-rutinoside | 3-[[6-O-(6-Deoxy-alpha-L-mannopyranosyl)-beta-D-glucopyranosyl]oxy]-2-(3,4-dihydroxyphenyl)-5,7-dihydroxy-4H-1-benzopyran-4-one | 3-(O-6-Deoxy-alpha-L-mannopyranosyl)-(1-6)-beta-D-glucopyranosyloxy)-2-(3,4-dihydroxyphenyl)-5,7-dihydroxy-4H-chromen-4-one | Quercetin-3 rutinoside | Rutin | Rutoside | Citrus bioflavonoids |
| Rutin | Rutoside | trihydrate | N/A N/A Non-synthetic | Synthetic | (L-3-Carboxy-2-hydroxypropyl)trimethylammonium | hydroxide, | inner salt |
| (R)-3-Carboxy-2-hydroxy-N,N,N-trimethyl-1-propanaminium | hydroxide, inner salt | L-Carnitine | Levocarnitine | L-Carnitine | Levocarnitine | L-Carnitine | L-Carnitine fumarate |
| L-Carnitine | Levocarnitine | L-Carnitine | L-Carnitine | tartrate | N/A N/A Synthetic | (3R,3'R,6'R)-beta,epsilon-Carotene-3,3'-diol | Lutein N/A Tagetes erecta Herb flowering oleoresin |
| Non-synthetic | (3R,3'R)-beta,beta-Carotene-3,3'-diol | all-trans -beta-Carotene-3,3'-diol | Zeaxanthin | N/A Tagetes erecta Herb flowering oleoresin | Non-synthetic | Zeaxanthin | 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 Haematococcus pluvialis | Whole | Non-synthetic | (all-E)-2,6,10,15,19,23-Hexamethyl-2,6,10,14,18,22-tetracosahexaene | Squalene N/A Elaeis guineensis Olea europaea |
| Fruit | Non-synthetic | Shark Liver | all-trans -Lycopene | Lycopene | N/A Solanum lycopersicum | Fruit flesh | Non-synthetic |
| Lycopene | N/A N/A Synthetic | (E)-5-(p-Hydroxystyryl)resorcinol | 5-[(1 E)-2-(4-Hydroxyphenyl)ethenyl]-1,3-benzenediol | trans -3,4',5-Trihydroxystilbene | trans -Resveratrol | Resveratrol | N/A Reynoutria japonica |
| Root | Non-synthetic | N/A Vitis vinifera | Fruit | Resveratrol | N/A N/A Synthetic | | |

Abelmoschus esculentus Gumbo Lady's-fingers Okra N/A *Abelmoschus esculentus* Fruit Dry Fresh *Actinidia chinensis* Golden kiwi N/A *Actinidia chinensis* Fruit Dry Fresh *Actinidia deliciosa* Chinese-gooseberry Kiwi Kiwifruit N/A *Actinidia deliciosa* Fruit Dry Fresh *Agaricus blazei* Himematsutake N/A *Agaricus blazei* Cultured mycelium Fruiting body Mycelium Dry *Alaria esculenta* Kutare N/A *Alaria esculenta* Thallus Whole Dry *Allium ampeloprasum* Great-headed garlic Wild leek N/A *Allium ampeloprasum* Leaf Dry Fresh *Allium cepa* Onion Shallot N/A *Allium cepa* Bulb Dry Fresh *Allium porrum* Leek N/A *Allium porrum* Leaf Dry Fresh *Allium sativum* Garlic N/A *Allium sativum* Bulb Dry Fresh *Allium schoenoprasum* Bei cong Chives N/A *Allium schoenoprasum* Leaf Dry Fresh *Aloe vera* Aloe Aloe vera Barbados aloe Curaçao aloe True aloe West Indian aloe N/A *Aloe vera* Leaf gel Fresh *Alpinia galanga* Greater galanga Greater galangal Languas Siamese-ginger N/A *Alpinia galanga* Rhizome Dry Fresh *Amorphophallus konjac* Devil's-tongue Elephant-yam Konjac Konnyaku Leopard-palm Mo-yu Snake-palm Umbrella arum N/A *Amorphophallus konjac* Root Tuber Dry Fresh *Amorphophallus paeoniifolius* Elephant yam N/A *Amorphophallus paeoniifolius* Root Tuber Dry Fresh *Ananas comosus* var. *comosus* Pineapple N/A *Ananas comosus* var. *comosus* Fruit Dry Fresh *Anethum graveolens* Dill Garden dill Shi luo N/A *Anethum graveolens* Herb top Dry Fresh *Aphanizomenon flos-aquae* *Aphanizomenon flos-aquae* N/A *Aphanizomenon flos-aquae* Whole Dry *Apium graveolens* Celery N/A *Apium graveolens* Herb top Root Tuber Dry Fresh *Argania spinosa* Argan seed oil N/A *Argania spinosa* Seed Fresh *Aristolelia chilensis* Maqui N/A *Aristolelia chilensis* Fruit Dry Fresh *Aronia melanocarpa* Apfelbeere Black chokeberry N/A *Aronia melanocarpa* Fruit Dry Fresh *Artemisia dracunculus* French tarragon Russian tarragon Silky wormwood Tarragon N/A *Artemisia dracunculus* Leaf Dry *Artemisia vulgaris* Common mugwort Felon herb Mugwort St. John's plant Wild wormwood N/A *Artemisia vulgaris* Herb top Dry *Ascophyllum nodosum* Knotted wrack Egg wrack Knuppetang Norwegian Kelp N/A *Ascophyllum nodosum* Thallus Whole Dry *Asparagus officinalis* Asparagus Common asparagus Garden asparagus N/A *Asparagus officinalis* Shoot Dry Fresh *Auricularia auricula-judae* Jelly ear N/A *Auricularia auricula-judae* Cultured mycelium Fruiting body Mycelium Dry *Avena sativa* Common oat Oat Red oat Side oat Tree oat N/A *Avena sativa* Seed Seed bran Dry N/A *Avena sativa* Sprout Dry Fresh *Oatgrass* N/A *Avena sativa* Herb top Leaf Dry Fresh *Oat Oil* N/A *Avena sativa* Seed Fresh *Basella alba* Ceylon-spinach Indian-spinach Luo kui Malabar-nightshade Malabar-spinach Vine-spinach N/A *Basella alba* Leaf Dry Fresh *Berberis vulgaris* Common barberry European barberry Jaundice-berry Piprage N/A *Berberis vulgaris* Fruit Dry *Bergera koenigii* Curryleaf N/A *Bergera koenigii* Leaf Dry *Beta vulgaris* 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 *Beta vulgaris* Leaf Root Dry Fresh *Brassica juncea* Indian mustard Oriental mustard N/A *Brassica juncea* Leaf Dry Fresh *Brassica nigra* Black mustard Brown mustard N/A *Brassica nigra* Seed Dry *Brassica oleracea* var. *botrytis* Cauliflower N/A *Brassica oleracea* var. *botrytis* Herb top Dry Fresh *Brassica oleracea* var. *capitata* Cabbage Red cabbage White cabbage N/A *Brassica oleracea* var. *capitata* Herb top Dry Fresh *Brassica oleracea* var. *gemmifera* Bao zi gan Ian Brussels sprouts N/A *Brassica oleracea* var. *gemmifera* Sprout Dry Fresh *Brassica oleracea* var. *italica* Asparagus broccoli Broccoli Calabrese Cape broccoli Heading broccoli Purple cauliflower Sprouting broccoli Winter broccoli N/A *Brassica oleracea* var. *italica* Herb top Sprout Dry Fresh *Brassica oleracea* var. *oleracea* Wild cabbage N/A *Brassica oleracea* var. *oleracea* Herb top Dry Fresh *Brassica oleracea* var. *viridis* Collards Cow cabbage Fodder kale Kale Spring-heading cabbage Tall kale Tree kale N/A *Brassica oleracea* var. *viridis* Leaf Dry Fresh *Brassica rapa* Rapini Seven-top turnip Turnip Tyfon N/A *Brassica rapa* Root Dry Fresh *Camellia sinensis* Green tea extract N/A *Camellia sinensis* Leaf N/A *Cannabis sativa* Da ma Hemp N/A *Cannabis sativa* Non-viable seed Dry *Capparis spinosa* Caper Caperbush N/A *Capparis spinosa* Fruit Dry Fresh *Capsicum annuum* Cayenne Cayenne pepper Chili pepper Paprika Red Pepper N/A *Capsicum annuum* Fruit Dry *Carica papaya* Papaya Pawpaw N/A *Carica papaya* Fruit Dry Fresh *Ceratonia siliqua* Bread-St John's Carob *Ceratonia* Locust-bean St. John's-bread St John's bread N/A *Ceratonia siliqua* Fruit Dry *Chamaemelum nobile* English chamomile Garden chamomile Noble chamomile Roman chamomile Russian chamomile N/A *Chamaemelum nobile* Flower Dry *Chenopodium quinoa* Quingua Quinoa N/A *Chenopodium quinoa* Seed Dry *Chlorella vulgaris* *Chlorella* N/A *Chlorella vulgaris* Broken cell Dry Fresh *Cicer arietinum* Bengal gram Chick-pea Garbanzo Gram N/A *Cicer arietinum* Seed Dry *Cichorium endivia* Escarole N/A *Cichorium endivia* Leaf Dry Fresh *Cichorium intybus* Belgium endive Chicory Radicchio N/A *Cichorium intybus* Leaf Root Dry Fresh *Cinnamomum aromaticum* Cassia Cassia cinnamon Chinese cinnamon Chinese cinnamon tree Rou gui N/A *Cinnamomum aromaticum* Branch bark Stem bark Trunk bark Dry *Cinnamomum verum* Ceylon cinnamon Cinnamon True cinnamon Tvak N/A *Cinnamomum verum* Branch bark Shoot bark Dry *Citrullus lanatus* var. *lanatus* Watermelon N/A *Citrullus lanatus* var. *lanatus* Fruit Dry Fresh *Citrus aurantiifolia* Egyptian lime Indian lime Key lime Lime Mexican lime Sour lime N/A *Citrus aurantiifolia* Fruit Dry Fresh *Citrus bioflavonoids* Citrus bioflavonoids N/A *Citrus sinensis* Citrus limon Citrus reticulata Citrus aurantiifolia Citrus paradisi Fruit peel Fruit Non-synthetic Citrus limon Lemon Li meng Limum Ning meng N/A *Citrus limon* Fruit Dry Fresh *Citrus maxima* Pomelo Pummelo Shaddock Yu Zhu luan N/A *Citrus maxima* Fruit Dry Fresh *Citrus paradisi* Grapefruit Yuan you N/A *Citrus paradisi* Fruit Dry Fresh *Citrus reticulata* Ju Mandarin orange Tangerine N/A *Citrus reticulata*

Fruit Dry Fresh Citrus sinensis Blood orange Navel orange Red orange Sweet orange Tian cheng Valencia orange N/A Citrus sinensis Fruit Dry Fresh Coccinia grandis Ivy gourd Little gourd N/A Coccinia grandis Fruit Dry Fresh Cocos nucifera Coconut Coconut palm Nariyal N/A Cocos nucifera Fruit Dry Fresh Copra N/A Cocos nucifera Seed endosperm Fresh Cordyceps militaris Chinese caterpillar fungus Cordyceps Cordyceps fungus Cordyceps militaris Trooping cordyceps N/A Cordyceps militaris Cultured fruiting body Cultured mycelium Stroma Dry Coriandrum sativum Chinese parsley Chinese-parsley Cilantro Coriander Parsley-Chinese N/A Coriandrum sativum Leaf Dry Fresh Cucumis melo subsp. melo var. cantalupo Cantaloupe Netted melon N/A Cucumis melo subsp. melo var. cantalupo Fruit Dry Fresh Cucumis sativus Cucumber N/A Cucumis sativus Fruit Dry Fresh Cucurbita maxima Winter squash N/A Cucurbita maxima Fruit Dry Fresh Cucurbita moschata Butternut squash Cheese pumpkin N/A Cucurbita moschata Fruit Dry Fresh Seed Dry Cucurbita pepo Acorn squash Bitter bottle gourd Ghia kaddu Marrow Pumpkin Squash N/A Cucurbita pepo Fruit Dry Fresh Cucurbita pepo var. pepo Zucchini N/A Cucurbita pepo var. pepo Fruit Dry Fresh Cuminum cyminum Cumin N/A Cuminum cyminum Fruit Dry Curcuma longa Common turmeric Curcuma Indian-saffron Jianghuang Turmeric Yellow ginger N/A Curcuma longa Rhizome Dry Curcuminoids Curcuminoids N/A Curcuma longa Rhizome Non-synthetic Cydonia oblonga Quince N/A Cydonia oblonga Fruit Dry Fresh Cymbopogon citratus Fever grass Lemongrass West Indian lemongrass N/A Cymbopogon citratus Herb top Leaf Dry Fresh Cynara cardunculus Artichoke Artichoke thistle Cardoon Cynara Garden artichoke Globe artichoke Scotch thistle N/A Cynara cardunculus Leaf Dry Daucus carota Carrot N/A Daucus carota Leaf Root Dry Fresh Dioscorea alata Greater yam Guyana arrowroot Ten-months yam Water yam White yam Winged yam Yam N/A Dioscorea alata Root Dry Fresh Diospyros virginiana American persimmon N/A Diospyros virginiana Fruit Dry Fresh Elaeis guineensis African oil palm Oil palm N/A Elaeis guineensis Fruit Fresh Euterpe oleracea Acai Açai Assai palm Cabbage palm N/A Euterpe oleracea Fruit flesh Dry Fagopyrum esculentum Buckwheat Common buckwheat Japanese buckwheat Qiao mai Silverhull buckwheat N/A Fagopyrum esculentum Seed Dry Ficus carica Fig Fig tree Wu hua guo N/A Ficus carica Fruit Dry Fresh Foeniculum vulgare subsp. vulgare var. dulce Roman fennel Sweet fennel N/A Foeniculum vulgare subsp. vulgare var. dulce Bulb Dry Fresh Fragaria virginiana Scarlet strawberry Virginia strawberry Wild strawberry N/A Fragaria virginiana Fruit Dry Fresh Fragaria x ananassa Garden strawberry Strawberry N/A Fragaria x ananassa Fruit Dry Fresh Fucus vesiculosus Black tang Bladder fucus Bladderwrack Kelpware Seawrack N/A Fucus vesiculosus Thallus Whole Dry Ganoderma applanatum Artist's conk N/A Ganoderma applanatum Cultured mycelium Fruiting body Mycelium Dry Ganoderma lucidum Ganoderma Ling zhi Reishi N/A Ganoderma lucidum Cultured mycelium Fruiting body Mycelium Dry Garcinia mangostana King's-fruit Manggis Mangostan Mangosteen N/A Garcinia mangostana Fruit Dry Fresh Glycine max Defatted soybean flour Defatted soy flour N/A Glycine max Seed Dry Soybean Flour Soy Flour N/A Glycine max Seed Dry Black soya bean Da dou Soy Soya Soyabean Soybean N/A Glycine max Sprout Dry Fresh Grape seed extract Grape seed extract N/A Vitis vinifera Seed N/A Green coffee bean extract Green coffee bean extract N/A Coffea arabica Coffea canephora Seed N/A Grifola frondosa Maitake N/A Grifola frondosa Cultured mycelium Fruiting body Mycelium Dry Haematococcus pluvialis Haematococcus pluvialis N/A Haematococcus pluvialis Broken cell Dry Helianthus annuus Mirasol Sunflower N/A Helianthus annuus Seed Dry Sunflower oil N/A Helianthus annuus Seed Fresh Hericium erinaceus Lion's Mane N/A Hericium erinaceus Cultured mycelium Fruiting body Mycelium Dry Hibiscus sabdariffa Indian-sorrel Jamaica-sorrel Red-sorrel Roselle Sorrel N/A Hibiscus sabdariffa Flower Leaf Dry Fresh Hippophae rhamnoides Sallowthorn Sea buckthorn Sea-buckthorn Shaji N/A Hippophae rhamnoides Fruit Dry Fresh Hordeum vulgare Barley Da mai N/A Hordeum vulgare Seed Dry Sprout Dry Fresh Barleygrass N/A Hordeum vulgare Herb top Leaf Dry Fresh Inonotus obliquus Chaga N/A Inonotus obliquus Cultured mycelium Fruiting body Mycelium Dry Ipomoea batatas Sweet potato N/A Ipomoea batatas Root Tuber Dry Fresh Irvingia gabonensis African wild mango N/A Irvingia gabonensis Seed Dry Juglans regia Walnut N/A Juglans regia Seed Dry L-alpha-Acetamido-beta-mercaptopropionic acid N-Acetyl-L-cysteine N-Acetyl-L-cysteine N-Acetyl-L-cysteine N/A N/A Synthetic L-Glutathione N-(N-L-gamma-Glutamyl-L-cysteinyl)glycine L-Glutathione N/A Candida utilis Saccharomyces cerevisiae Whole Non-synthetic Glutathione S-Acetylglutathione N/A N/A Synthetic Lactuca sativa Garden lettuce Lettuce N/A Lactuca sativa Leaf Dry Fresh Lactuca sativa var. crispa Curled lettuce Leaf lettuce N/A Lactuca sativa var. crispa Leaf Dry Fresh Lactuca sativa var. longifolia Cos lettuce Romaine lettuce N/A Lactuca sativa var. longifolia Leaf Dry Fresh Lagenaria siceraria Bottle gourd Calabash Calabash gourd Hu lu White-flower gourd N/A Lagenaria siceraria Fruit Dry Fresh Laminaria digitata Horsetail kelp Kelp Silketare N/A Laminaria digitata Thallus Whole Dry Lens culinaris Gram Lentil N/A Lens culinaris Seed Dry Lentinula edodes Shiitake N/A Lentinula edodes Cultured mycelium Fruiting body Mycelium Dry Lepidium meyenii Maca Peruvian-ginseng N/A Lepidium meyenii Hypocotyl Root Dry Lepidium sativum Garden cress N/A Lepidium sativum Leaf Dry Fresh Limnospira fusiformis Spirulina N/A Limnospira fusiformis Whole Dry Fresh Limnospira indica Spirulina N/A Limnospira indica Whole Dry Fresh Limnospira maxima Spirulina N/A Limnospira maxima Whole Dry Fresh Limnospira platensis Spirulina N/A Limnospira platensis Whole Dry Fresh Linum

usitatissimum Flax Flaxseed Linseed N/A Linum usitatissimum Seed Dry N/A Linum usitatissimum Sprout Dry
 Fresh Lonicera caerulea Blue honeysuckle Haskap N/A Lonicera caerulea Fruit Dry Fresh Lutein esters Lutein
 esters N/A Tagetes erecta Herb flowering oleoresin Non-synthetic Lycium barbarum Barbary matrimony-vine
 Barbary wolfberry Chinese wolfberry Goji Matrimony-vine Ning xia gou qi N/A Lycium barbarum Fruit Dry
 Malpighia emarginata Acerola West Indian-cherry N/A Malpighia emarginata Fruit Dry Fresh Malpighia glabra
 Acerola Barbados cherry tree Escobillo N/A Malpighia glabra Fruit Dry Fresh Malus domestica Apple N/A Malus
 domestica Fruit Dry Fresh Malus pumila Paradise apple N/A Malus pumila Fruit Dry Fresh Mangifera indica
 Mango N/A Mangifera indica Fruit Dry Fresh Medicago sativa Alfalfa Lucerne N/A Medicago sativa Herb top
 Leaf Dry Mixed tocopherol concentrate Tocopherol concentrate, mixed Mixed tocopherol concentrate
 Tocopherols N/A Brassica napus Brassica rapa Carthamus tinctoris Glycine max Helianthus annuus Zea mays
 Seed Non-synthetic Cocos nucifera Seed endosperm Olea europaea Fruit flesh Morinda citrifolia
 Indian-mulberry Noni Rotten cheese-fruit N/A Morinda citrifolia Fruit Dry Fresh Moringa oleifera Ben-oil-tree
 Benzolive-tree Drumstick-tree Horseradish-tree Malunggay Moringa West Indian ben N/A Moringa oleifera Leaf
 Seed Dry Morus alba Sang White mulberry N/A Morus alba Fruit Dry Fresh Musa x paradisiaca Banana
 Banana palm French plantain Plantain N/A Musa x paradisiaca Fruit Dry Fresh Myrciaria dubia Camu-camu
 N/A Myrciaria dubia Fruit Dry Nasturtium officinale Bronkors Brown-ress Mizu-garashi Oranda-garashi Summer
 watercress Watercress N/A Nasturtium officinale Herb top Leaf Dry Fresh Nelumbo nucifera East Indian lotus
 Lian Lotus N/A Nelumbo nucifera Seed Dry Fresh Ocimum tenuiflorum Holy basil Rama tulsi Sacred basil Tulsi
 N/A Ocimum tenuiflorum Leaf Dry Olea europaea Olive leaf N/A Olea europaea Leaf Dry Fresh Olive N/A Olea
 europaea Fruit Dry Fresh Olive oil N/A Olea europaea Fruit Fresh Ophiocordyceps sinensis Chinese caterpillar
 fungus Cordyceps Cordyceps sinensis Dong chong xia cao N/A Ophiocordyceps sinensis Stroma Dry Opuntia
 ficus-indica Barbary-fig Indian-fig Mission cactus Prickly-pear N/A Opuntia ficus-indica Fruit Leaf Dry Fresh
 Origanum vulgare Common oregano Oregano N/A Origanum vulgare Leaf Dry Oryza sativa Asian rice Black
 Rice Dao Lowland rice Purple Rice Rice Upland rice N/A Oryza sativa Seed Seed bran Cooked Cooked and dry
 Paecilomyces hepiali Cordyceps Cultured Chinese caterpillar fungus Fa jiao chong cao jun N/A Paecilomyces
 hepiali Cultured mycelium Dry Palmaria palmata Creathnach Dillisk Duilleasc Dulse N/A Palmaria palmata
 Thallus Whole Dry Fresh Panicum miliaceum Common millet Millet Millet panic N/A Panicum miliaceum Seed
 Dry Sprout Dry Fresh Passiflora edulis Purple granadilla N/A Passiflora edulis Fruit Dry Fresh Passiflora
 quadrangularis Giant granadilla N/A Passiflora quadrangularis Fruit Dry Fresh Pastinaca sativa Parsnip N/A
 Pastinaca sativa Root Tuber Dry Fresh Persea americana Avocado N/A Persea americana Fruit Dry Fresh
 Petroselinum crispum Parsley N/A Petroselinum crispum Herb top Dry Fresh Phaseolus vulgaris Kidney bean
 Navy bean White kidney bean N/A Phaseolus vulgaris Seed Dry Phoenix dactylifera Date Date palm N/A
 Phoenix dactylifera Fruit Dry Fresh Phyllanthus emblica Amalaki Amla Emblic Emblic myrobalan Indian
 gooseberry Myrobalan N/A Phyllanthus emblica Fruit Dry Pimenta dioica Allspice Clover-pepper
 Jamaica-pepper Pimenta Pimento N/A Pimenta dioica Fruit Dry Pimpinella anisum Anise Sweet-cumin N/A
 Pimpinella anisum Fruit Dry Pinus pinaster Cluster pine Maritime pine Trosden N/A Pinus pinaster Stem bark
 Dry Fresh Pisum sativum Pea N/A Pisum sativum Seed Dry Fresh Porphyra yezoensis Nori N/A Porphyra
 yezoensis Thallus Whole Dry Fresh Propolis Bee propolis Feng jiao Propolis Propolis balsam Propolis resin
 Propolis wax N/A Apis mellifera Secretion Dry Prunus armeniaca Apricot Siberian apricot Xing N/A Prunus
 armeniaca Fruit Dry Fresh Prunus avium Bird cherry Gean Mazzard cherry Sweet cherry N/A Prunus avium
 Fruit Dry Fresh Prunus cerasus Morello cherry Pie cherry Sour cherry Tart cherry N/A Prunus cerasus Fruit Dry
 Fresh Prunus domestica Ou zhou li Prune plum N/A Prunus domestica Fruit Dry Fresh Prunus dulcis Almond
 Almond- bitter Almond- sweet Bitter almond Sweet almond N/A Prunus dulcis Seed Dry Prunus persica Momo
 Peach Tao N/A Prunus persica Fruit Dry Fresh Prunus persica var. nucipersica Nectarine N/A Prunus persica
 var. nucipersica Fruit Dry Fresh Prunus serotina Black cherry Rum cherry Wild cherry N/A Prunus serotina Fruit
 Dry Fresh Prunus virginiana Bitter-berry Chokecherry N/A Prunus virginiana Fruit Dry Fresh Psidium guajava
 Guava Koejawel Lemon guava N/A Psidium guajava Fruit Dry Fresh Punica granatum Pomegranate N/A
 Punica granatum Fruit Seed aril Dry Fresh Pyrus communis Pear N/A Pyrus communis Fruit Dry Fresh Pyrus
 pyrifolia Chinese pear Nashi pear N/A Pyrus pyrifolia Fruit Dry Fresh Raphanus sativus Luo bo Radish N/A
 Raphanus sativus Leaf Root Tuber Sprout Dry Fresh Rhodiola rosea Hong jing tian King's-crown Rhodiola
 Roseroot N/A Rhodiola rosea Root Root and rhizome Dry Ribes nigrum Black currant N/A Ribes nigrum Fruit
 Dry Fresh Ribes uva-crispa English gooseberry European gooseberry Gooseberry N/A Ribes uva-crispa Fruit
 Dry Fresh Rosa canina Common briar Dogbrier Dog rose N/A Rosa canina Fruit Dry Fresh Rosmarinus
 officinalis Rosemary N/A Rosmarinus officinalis Leaf Dry Royal jelly Royal jelly N/A Apis mellifera Secretion
 Fresh Rubus arcticus Arctic raspberry N/A Rubus arcticus Fruit Dry Fresh Rubus idaeus European raspberry
 European red raspberry Fu pen zi Raspberry Red raspberry N/A Rubus idaeus Fruit Dry Fresh Rubus
 occidentalis Blackcap Black raspberry N/A Rubus occidentalis Fruit Dry Fresh Rubus plicatus Blackberry
 Bramble Shrubby blackberry N/A Rubus plicatus Fruit Dry Fresh Saccharina japonica Hai dai Japanese kelp
 Makombu Sea tangle N/A Saccharina japonica Thallus Whole Dry Salvia hispanica Chia N/A Salvia hispanica

Seed Dry Sprout Dry Fresh *Salvia officinalis* Common sage Dalmatian sage Garden sage Sage N/A *Salvia officinalis* Leaf Dry *Sambucus nigra* subsp. *nigra* Black elder European elder N/A *Sambucus nigra* subsp. *nigra* Fruit Dry *Sambucus nigra* subsp. *canadensis* American elder Canadian elder Sweet Elder N/A *Sambucus nigra* subsp. *canadensis* Fruit Dry *Schizophyllum commune* Split Gill fungus N/A *Schizophyllum commune* Cultured mycelium Fruiting body Mycelium Dry Selenium Selenium Methylselenocysteine Selenious acid Selenium amino acid chelate Selenium aspartate Selenium citrate Selenium dioxide, monohydrate Selenium fumarate Selenium glutarate Selenium glycinate Selenium hydrolyzed animal protein (HAP) chelate Selenium hydrolyzed vegetable protein (HVP) chelate Selenium malate Selenium succinate Selenium-enriched yeast Selenocysteine Selenomethionine Sodium hydrogen selenite Sodium selenate Sodium selenite N/A N/A Non-synthetic Synthetic *Sesamum indicum* Beni Beniseed Benneseed Black sesame Black sesame seeds Hu ma Sesame N/A *Sesamum indicum* Seed Dry *Setaria italica* Italian millet Su N/A *Setaria italica* Seed Dry *Solanum lycopersicum* Tomato N/A *Solanum lycopersicum* Fruit Dry Fresh Tomato extract N/A *Solanum lycopersicum* Fruit flesh Dry Fresh *Solanum tuberosum* Potato N/A *Solanum tuberosum* Root Tuber Dry Fresh *Spinacia oleracea* Bo cai Spinach N/A *Spinacia oleracea* Leaf Dry Fresh *Syzygium aromaticum* Clove N/A *Syzygium aromaticum* Flower bud Dry *Tagetes erecta* African marigold Aztec marigold Big marigold Saffron marigold N/A *Tagetes erecta* Flower Dry *Tamarindus indica* Indian tamarind Kilytree Tamarin Tamarind N/A *Tamarindus indica* Fruit Dry Tocotrienol concentrate Tocotrienols Tocotrienol concentrate Tocotrienols N/A *Bixa orellana* Seed Non-synthetic *Elaeis guineensis* Fruit *Oryza sativa* Seed bran *Trametes versicolor* Kawaratake Turkey Tail Yunzhi N/A *Trametes versicolor* Cultured mycelium Fruiting body Mycelium Dry *Tremella fuciformis* Silver ear White mushroom N/A *Tremella fuciformis* Cultured mycelium Fruiting body Mycelium Dry *Trigonella foenum-graecum* Common fenugreek Fenugreek Greek-clover Greek hay Hu lu ba N/A *Trigonella foenum-graecum* Seed Dry *Triticum aestivum* Bread wheat Wheat Xiao mai N/A *Triticum aestivum* Seed Dry Sprout Dry Fresh Wheatgrass *Triticum aestivum* Herb top Leaf Dry Fresh Wheat germ oil *Triticum aestivum* Seed germ Fresh *Tropaeolum majus* Garden nasturtium Indian cress N/A *Tropaeolum majus* Herb top Leaf Dry Fresh Ubiquinol Ubiquinol Ubiquinol N/A N/A Synthetic *Vaccinium corymbosum* American blueberry Blueberry Highbush blueberry Swamp blueberry N/A *Vaccinium corymbosum* Fruit Dry Fresh *Vaccinium angustifolium* Blueberry Late sweet blueberry Lowbush blueberry Low sweet blueberry Sweethurts Upland lowbush blueberry N/A *Vaccinium angustifolium* Fruit Dry Fresh *Vaccinium pallidum* Blueberry Hillside lowbush blueberry N/A *Vaccinium pallidum* Fruit Dry Fresh *Vaccinium macrocarpon* American cranberry Cranberry Large American cranberry Large cranberry N/A *Vaccinium macrocarpon* Fruit Fresh Cranberry juice powder Dried Cranberry Juice Dried *Vaccinium macrocarpon* (cranberry) fruit juice N/A *Vaccinium macrocarpon* Fruit Dry *Vaccinium myrsinites* Shiny blueberry N/A *Vaccinium myrsinites* Fruit Dry Fresh *Vaccinium myrtillus* Bilberry European blueberry Huckleberry Whortleberry N/A *Vaccinium myrtillus* Fruit Dry *Vaccinium vitis-idaea* Alpine cranberry Cowberry Foxberry Lingberry Lingen Lingenberry Lingon Lingonberry Rock cranberry N/A *Vaccinium vitis-idaea* Fruit Dry Fresh *Vicia faba* Fava bean N/A *Vicia faba* Fruit Dry Fresh *Vigna radiata* var. *radiata* Lu dou Mung Bean N/A *Vigna radiata* var. *radiata* Seed Dry *Vigna unguiculata* subsp. *cylindrica* Catjang Catjang cowpea Sow-pea N/A *Vigna unguiculata* subsp. *cylindrica* 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) ascorbate Niacinamide ascorbate Potassium ascorbate Sodium ascorbate Zinc ascorbate N/A N/A Non-synthetic Synthetic Vitamin E Vitamin E d-alpha Tocopherol d-alpha Tocopheryl acetate d-alpha Tocopheryl acid succinate dl-alpha Tocopherol dl-alpha Tocopheryl acetate dl-alpha Tocopheryl acid succinate N/A N/A Non-Synthetic Synthetic *Vitis labrusca* Concord grape N/A *Vitis labrusca* Fruit Dry Fresh *Vitis vinifera* Common grapevine European grape Grape Grapevine N/A *Vitis vinifera* Fruit Fruit skin Seed Dry Fresh Red wine extract Red wine polyphenol extract N/A *Vitis vinifera* Fruit Dry Fresh *Wolfiporia extensa* Fu ling Hoelen Indian bread Poria Sclerotium of tuckahoe N/A *Wolfiporia extensa* Cultured fruiting body Cultured mycelium Stroma Dry Zea mays Corn Maize Purple corn Yu shu shu N/A Zea mays Seed Dry Zeaxanthin esters Zeaxanthin esters N/A *Tagetes erecta* Herb flowering oleoresin Non-synthetic *Zingiber officinale* Ginger Jiang N/A *Zingiber officinale* Rhizome Dry *Ziziphus jujuba* Chinese date Jujube Zao N/A *Ziziphus jujuba* Fruit Dry Fresh Fruit blend Fruit blend N/A *Ananas comosus* var. *comosus* *Aristotella chilensis* *Aronia melanocarpa* *Carica papaya* *Citrullus lanatus* var. *lanatus* *Citrus aurantiifolia* *Citrus aurantium* *Citrus limon* *Citrus paradisi* *Citrus reticulata* *Citrus sinensis* *Cocos nucifera* *Cucumis melo* *Cucurbita pepo* *Euterpe oleracea* *Fragaria vesca* *Fragaria x ananassa* *Litchi chinensis* *Malpighia glabra* *Malus domestica* *Mangifera indica* *Morinda citrifolia* *Musa acuminata* *Musa x paradisiaca* *Myrciaria dubia* *Passiflora edulis* *Phyllanthus emblica* *Prunus armeniaca* *Prunus avium* *Prunus cerasus* *Prunus domestica* *Prunus persica* *Prunus salicina* *Psidium guajava* *Punica granatum* *Pyrus communis* *Ribes nigrum* *Rubus idaeus* *Rubus occidentalis* *Rubus plicatus* *Sambucus nigra* subsp. *nigra* *Vaccinium angustifolium* *Vaccinium cespitosum* *Vaccinium corymbosum* *Vaccinium macrocarpon* *Vaccinium membranaceum* *Vaccinium myrtillus* *Vaccinium ovalifolium* *Vaccinium uliginosum* *Vaccinium vitis-idaea* *Vitis labrusca* *Vitis vinifera* Fruit Dry Fruit and vegetable blend Fruit and vegetable blend N/A *Allium ampeloprasum* *Allium cepa* *Allium porrum* *Allium*

sativum Ananas comosus var. comosus Apium graveolens Aristotelia chilensis Aronia melanocarpa Barbarea
 verna Bergera koenigii Beta vulgaris Bixa orellana Brassica napus Brassica oleracea var. botrytis Brassica
 oleracea var. capitata Brassica oleracea var. gemmifera Brassica oleracea var. italica Brassica oleracea var.
 viridis Capsicum annuum Carica papaya Citrullus lanatus var. lanatus Citrus aurantiifolia Citrus aurantium
 Citrus limon Citrus paradisi Citrus reticulata Citrus sinensis Cocos nucifera Cucumis melo Cucurbita pepo
 Daucus carota Euterpe oleracea Fragaria vesca Fragaria x ananassa Ipomea batatas Lantana camara Litchi
 chinensis Malpighia glabra Malus domestica Mangifera indica Medicago sativa Morinda citrifolia Moringa
 oleifera Musa acuminata Musa x paradisiaca Myrciaria dubia Ocimum tenuiflorum Passiflora edulis
 Petroselinum crispum Phyllanthus emblica Prunus armeniaca Prunus avium Prunus cerasus Prunus domestica
 Prunus persica Prunus salicina Psidium guajava Punica granatum Pyrus communis Raphanus sativus var.
 sativus Ribes nigrum Rubus idaeus Rubus occidentalis Rubus plicatus Sambucus nigra subsp. nigra Sesbania
 grandiflora Solanum lycopersicum Spinacia oleracea Vaccinium angustifolium Vaccinium cespitosum
 Vaccinium corymbosum Vaccinium macrocarpon Vaccinium membranaceum Vaccinium myrtillus Vaccinium
 ovalifolium Vaccinium uliginosum Vaccinium vitis-idaea Vitis labrusca Vitis vinifera Wrightia tinctoria Zea mays
 Bulb Edible fruit part Edible vegetable part Fruit Leaf Leaf stalk Root Sprout Dry Sprout blend Sprout blend N/A
 Avena sativa Brassica oleracea var. gemmifera Brassica oleracea var. italica Glycine max Hordeum vulgare
 Linum usitatissimum Panicum miliaceum Raphanus sativus Salvia hispanica Triticum aestivum Sprout Dry
 Vegetable blend Vegetable blend N/A Allium ampeloprasum Allium cepa Allium porrum Allium sativum Apium
 graveolens Barbarea verna Bergera koenigii Beta vulgaris Bixa orellana Brassica napus Brassica oleracea var.
 botrytis Brassica oleracea var. capitata Brassica oleracea var. gemmifera Brassica oleracea var. italica
 Brassica oleracea var. viridis Capsicum annuum Daucus carota Ipomea batatas Lantana camara Medicago
 sativa Moringa oleifera Ocimum tenuiflorum Petroselinum crispum Raphanus sativus var. sativus Sesbania
 grandiflora Solanum lycopersicum Spinacia oleracea Wrightia tinctoria Zea mays Bulb Edible vegetable part
 Fruit Leaf Leaf stalk Root Sprout 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. 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 1, 2 Maximum daily dose Maximum single dose Potency
 constituent(s) Abelmoschus esculentus 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 Actinidia chinensis 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 Juice, Juice
 standardized 125 mL of fresh fruit juice Concentrated juice, Concentrated juice standardized 62.5 mL of
 concentrated fruit juice Juice powdered, Juice powdered standardized, Juice powdered, freeze-dried, Juice
 powdered, freeze-dried standardized 12.5 g of dried fruit juice Actinidia deliciosa 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 Juice 125 mL of fresh fruit juice Concentrated juice 62.5 mL of concentrated fruit juice
 Juice powdered, Juice powdered, freeze-dried 12.5 g of dried fruit juice Agaricus blazei Non-Standardized
 Aqueous Extracts (Dry extract, Decoction, Infusion) 9 g of dried cultured mycelium/fruiting body/mycelium N/A
 N/A Standardized Aqueous Extracts (Dry extract, Decoction, Infusion) 9 g of dried cultured mycelium/fruiting
 body/mycelium and up to 40% polysaccharides N/A Polysaccharides Alaria esculenta 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 Allium ampeloprasum 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 20 g of dried leaves Allium cepa 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 Allicin Alliin beta-Carotene Quercetin Vitamin C 10 g of dried

bulbs *Allium porrum* 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 *Allium sativum* 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 Allicin Alliin beta-Carotene Quercetin Selenium 12 g of dried bulbs Standardized extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) 12 mg of allicin and/or 27 mg of alliin *Allium schoenoprasum* 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 Quercetin Vitamin C 10 g of dried leaves *Aloe vera* Freeze-dried, Fresh, Juice, Juice powdered, Juice powdered, freeze-dried, Powdered, Extract liquid, Extract dry 200 ml or 200 g of fresh leaf gel N/A N/A *Alpinia galanga* 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 *Amorphophallus konjac* 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 *Amorphophallus paeoniifolius* 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 *Ananas comosus* var. *comosus* 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 15 g of dried fruits Juice, Juice standardized 125 mL of fresh fruit juice Concentrated juice, Concentrated juice standardized 62.5 mL of concentrated fruit juice Juice powdered, Juice powdered standardized, Juice powdered, freeze-dried, Juice powdered, freeze-dried standardized 12.5 g of dried fruit juice *Anethum graveolens* 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 *Aphanizomenon flos-aquae* Dry, Powdered, Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) 1.8 g of dried whole alga N/A N/A *Apium graveolens* Dry, Powdered, Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) 100 g of fresh herb tops, and/or roots and/or tubers N/A N/A 5 g of dried herb tops, and/or roots and/or tubers Juice 125 mL of fresh herb top juice Concentrated juice 62.5 mL of concentrated herb top juice Juice powdered, Juice powdered, freeze-dried 12.5 g of dried herb top juice *Argania spinosa* Oil fixed 15 g of seed oil N/A N/A *Aristolelia chilensis* Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) 100 g of fresh fruit N/A Anthocyanins 15 g of dried fruits Juice, Juice standardized 125 mL of fresh fruit juice Concentrated juice, Concentrated juice standardized 62.5 mL of concentrated fruit juice Juice powdered, Juice powdered standardized, Juice powdered, freeze-dried, Juice powdered, freeze-dried standardized 12.5 g of dried fruit juice *Aronia melanocarpa* 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 Proanthocyanidins 15 g of dried fruits Juice, Juice standardized 125 mL of fresh fruit juice Concentrated juice, Concentrated juice standardized 62.5 mL of concentrated fruit juice Juice powdered, Juice powdered standardized, Juice powdered, freeze-dried, Juice powdered, freeze-dried standardized 12.5 g of dried fruit juice *Artemisia dracunculus* 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 *Artemisia vulgaris* Dry, Powdered, Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) 7.2 g of dried herb tops N/A N/A *Ascophyllum nodosum* 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 Iodine Polyphenols *Asparagus officinalis* 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 beta-Carotene Vitamin C 5 g of dried shoots Juice, Juice standardized 125 mL of fresh shoots juice Concentrated juice, Concentrated juice standardized 62.5 mL of concentrated shoots juice Juice powdered, Juice powdered standardized, Juice powdered, freeze-dried, Juice powdered, freeze-dried standardized 12.5 g of dried shoots juice *Astaxanthin* N/A 40 mg N/A N/A *Auricularia auricula-judae* Dry, Powdered, Non-Standardized Ethanolic Extracts (Dry extract, Tincture, Fluid extract) 3.6 g of dried cultured mycelium/fruiting body/mycelium N/A N/A Dry standardized, Powdered standardized 3.6 g of dried cultured mycelium/fruiting body/mycelium and up to 40% polysaccharides N/A Polysaccharides Non-Standardized Aqueous Extracts (Dry extract, Decoction, Infusion) 15 g of dried cultured mycelium/fruiting body/mycelium N/A N/A Standardized Aqueous Extracts (Dry extract, Decoction, Infusion) 15 g of dried cultured mycelium/fruiting body/mycelium and up to 40% polysaccharides N/A Polysaccharides *Avena sativa* 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 *Basella alba* 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 *Berberis vulgaris* Dry, Powdered, Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) 0.5 g of dried fruits N/A N/A *Bergera koenigii* Dry, Powdered, Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) 2 g of dried leaves N/A N/A *Beta vulgaris* 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 Juice, Juice standardized 125 mL of fresh root juice Concentrated juice, Concentrated juice standardized 62.5 mL of concentrated root juice Juice powdered, Juice powdered standardized, Juice powdered, freeze-dried, Juice powdered, freeze-dried standardized 12.5 g of dried root juice 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 *Brassica juncea* 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 *Brassica nigra* 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 *Brassica oleracea* var. *botrytis* 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 Juice 125 mL of fresh herb top juice Concentrated juice 62.5 mL of concentrated herb top juice Juice powdered, Juice powdered, freeze-dried 12.5 g of dried herb top juice *Brassica oleracea* var. *capitata* 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 Juice 125 mL of fresh herb top juice Concentrated juice 62.5 mL of concentrated herb top juice Juice powdered, Juice powdered, freeze-dried 12.5 g of dried herb top juice *Brassica oleracea* var. *gemmifera* 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 Juice, Juice standardized 125 mL of fresh sprout juice Concentrated juice, Concentrated juice standardized 62.5 mL of concentrated sprout juice Juice powdered, Juice powdered standardized, Juice powdered, freeze-dried, Juice powdered, freeze-dried standardized 12.5 g of dried sprout juice *Brassica oleracea* var. *italica* 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 Chromium Selenium Vitamin C 10 g of dried herb tops Juice, Juice standardized 125 mL of fresh herb top juice Concentrated juice, Concentrated juice standardized 62.5 mL of concentrated herb top juice Juice powdered, Juice powdered standardized, Juice powdered, freeze-dried, Juice powdered, freeze-dried standardized 12.5 g of dried herb top juice 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 *Brassica oleracea* var. *oleracea* 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 Juice 125 mL of fresh herb top juice Concentrated juice 62.5 mL of concentrated herb top juice Juice powdered, Juice powdered, freeze-dried 12.5 g of dried herb top juice *Brassica oleracea* var. *viridis* Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) 100 g fresh leaf N/A Copper Vitamin A Vitamin C Vitamin K 1 10 g dried leaf Juice, Juice standardized 125 mL of fresh leaf juice Concentrated juice, Concentrated juice standardized 62.5 mL of concentrated leaf juice Juice powdered, Juice powdered standardized, Juice powdered, freeze-dried, Juice powdered, freeze-dried standardized 12.5 g of dried leaf juice *Brassica rapa* 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 Juice, Juice standardized 125 mL of fresh root juice Concentrated juice, Concentrated juice standardized 62.5 mL of concentrated root juice Juice powdered, Juice powdered standardized, Juice powdered, freeze-dried, Juice powdered, freeze-dried standardized 12.5 g of dried root juice *Camellia sinensis* Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) Extracts providing up to 690 mg total catechins, including a maximum of 300 mg EGCG; and up to 150 mg of caffeine N/A Catechins Caffeine Epigallocatechin 3-gallate (EGCG) *Cannabis sativa* Dry, Powdered 30 g of dried non-viable seeds N/A N/A *Capparis spinosa* 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 *Capsicum annuum* 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 beta-Carotene Lutein Vitamin C Zeaxanthin *Carica papaya* 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 Zeaxanthin 10 g of dried fruits Juice, Juice standardized 125 mL of fresh fruit juice Concentrated juice, Concentrated juice standardized 62.5 mL of

concentrated fruit juice Juice powdered, Juice powdered standardized, Juice powdered, freeze-dried, Juice powdered, freeze-dried standardized 12.5 g of dried fruit juice *Ceratonia siliqua* 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 *Chamaemelum nobile* 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 beta-Carotene Vitamin C *Chenopodium quinoa* 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 N/A Biotin Riboflavin Thiamine Vitamin B 6 *Chlorella vulgaris* 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 beta-Carotene Biotin Lutein Magnesium Selenium Vitamin A Vitamin B 12 Vitamin C Vitamin D Vitamin E Vitamin K 1 Zinc *Cicer arietinum* 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 *Cichorium endivia* 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 *Cichorium intybus* 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 beta-Carotene Vitamin C 1 g of dried leaves *Cinnamomum aromaticum* 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 beta-Carotene Iodine Polyphenols 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 *Cinnamomum verum* 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 *Citrullus lanatus* var. *lanatus* 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 Lycopene 10 g of dried fruits Juice, Juice standardized 125 mL of fresh fruit juice Concentrated juice, Concentrated juice standardized 62.5 mL of concentrated fruit juice Juice powdered, Juice powdered standardized, Juice powdered, freeze-dried, Juice powdered, freeze-dried standardized 12.5 g of dried fruit juice *Citrus aurantiifolia* 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 Citrus bioflavonoids Vitamin C Zeaxanthin 10 g of dried fruits Juice, Juice standardized 125 mL of fresh fruit juice Concentrated juice, Concentrated juice standardized 62.5 mL of concentrated fruit juice Juice powdered, Juice powdered standardized, Juice powdered, freeze-dried, Juice powdered, freeze-dried standardized 12.5 g of dried fruit juice Citrus bioflavonoids N/A 600 mg N/A N/A Citrus limon 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 Citrus bioflavonoids Hesperidin Lycopene Rutin Vitamin C 10 g of dried fruits Juice, Juice standardized 125 mL of fresh fruit juice Concentrated juice, Concentrated juice standardized 62.5 mL of concentrated fruit juice Juice powdered, Juice powdered standardized, Juice powdered, freeze-dried, Juice powdered, freeze-dried standardized 12.5 g of dried fruit juice Citrus maxima 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 Citrus bioflavonoids 10 g of dried fruits Juice, Juice standardized 125 mL of fresh fruit juice Concentrated juice, Concentrated juice standardized 62.5 mL of concentrated fruit juice Juice powdered, Juice powdered standardized, Juice powdered, freeze-dried, Juice powdered, freeze-dried standardized 12.5 g of dried fruit juice Citrus paradisi 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 Citrus bioflavonoids Hesperidin Lycopene Vitamin C Zeaxanthin 10 g of dried fruits Juice, Juice standardized 125 mL of fresh fruit juice Concentrated juice, Concentrated juice standardized 62.5 mL of concentrated fruit juice Juice powdered, Juice powdered standardized, Juice powdered, freeze-dried, Juice powdered, freeze-dried standardized 12.5 g of dried fruit juice Citrus reticulata 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 Citrus bioflavonoids Hesperidin Vitamin C Zeaxanthin 15 g of dried fruits Juice, Juice standardized 125 mL of fresh fruit juice Concentrated juice, Concentrated juice standardized 62.5 mL of concentrated fruit juice Juice powdered, Juice powdered standardized, Juice powdered, freeze-dried, Juice powdered, freeze-dried standardized 12.5 g of dried fruit juice Citrus sinensis 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 Citrus bioflavonoids Hesperidin Lycopene

Vitamin C Zeaxanthin 15 g of dried fruits Juice, Juice standardized 125 mL of fresh fruit juice Concentrated juice, Concentrated juice standardized 62.5 mL of concentrated fruit juice Juice powdered, Juice powdered standardized, Juice powdered, freeze-dried, Juice powdered, freeze-dried standardized 12.5 g of dried fruit juice *Coccinia grandis* 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 Juice 125 mL of fresh fruit juice Concentrated juice 62.5 mL of concentrated fruit juice Juice powdered, Juice powdered, freeze-dried 12.5 g of dried fruit juice *Cocos nucifera* 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 Fresh 20 g of fresh liquid endosperm Powdered, Freeze-dried 1 g dried liquid endosperm Oil fixed 15 g of seed endosperm oil Coenzyme Q10 N/A 300 mg N/A N/A *Cordyceps militaris* Dry, Powdered, Non-Standardized Ethanolic Extracts (Dry extract, Tincture, Fluid extract) 3 g of dried cultured fruiting body/cultured mycelium/stroma N/A N/A Dry standardized, Powdered standardized 3 g of dried cultured fruiting body/cultured mycelium/stroma and up to 40% polysaccharides N/A Polysaccharides Non-Standardized Aqueous Extracts (Dry extract, Decoction, Infusion) 9 g of dried cultured fruiting body/cultured mycelium/stroma N/A N/A Standardized Aqueous Extracts (Dry extract, Decoction, Infusion) 9 g of dried cultured fruiting body/cultured mycelium/stroma and up to 40% polysaccharides N/A Polysaccharides *Coriandrum sativum* 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 *Cucumis melo* subsp. *melo* var. *cantalupo* 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 Juice, Juice standardized 125 mL of fresh fruit juice Concentrated juice, Concentrated juice standardized 62.5 mL of concentrated fruit juice Juice powdered, Juice powdered standardized, Juice powdered, freeze-dried, Juice powdered, freeze-dried standardized 12.5 g of dried fruit juice *Cucumis sativus* 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 Juice, Juice standardized 125 mL of fresh fruit juice Concentrated juice, Concentrated juice standardized 62.5 mL of concentrated fruit juice Juice powdered, Juice powdered standardized, Juice powdered, freeze-dried, Juice powdered, freeze-dried standardized 12.5 g of dried fruit juice *Cucurbita maxima* 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 Juice 125 mL of fresh fruit juice Concentrated juice 62.5 mL of concentrated fruit juice Juice powdered, Juice powdered, freeze-dried 12.5 g of dried fruit juice *Cucurbita moschata* 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 Juice 125 mL of fresh fruit juice Concentrated juice 62.5 mL of concentrated fruit juice Juice powdered, Juice powdered, freeze-dried 12.5 g of dried fruit juice Dry, Powdered, Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) 10 g of dried seeds *Cucurbita pepo* 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 Manganese Vitamin C Zinc 5 g of dried fruits Juice, Juice standardized 125 mL of fresh fruit juice Concentrated juice, Concentrated juice standardized 62.5 mL of concentrated fruit juice Juice powdered, Juice powdered standardized, Juice powdered, freeze-dried, Juice powdered, freeze-dried standardized 12.5 g of dried fruit juice *Cucurbita pepo* var. *pepo* 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 Juice 125 mL of fresh fruit juice Concentrated juice 62.5 mL of concentrated fruit juice Juice powdered, Juice powdered, freeze-dried 12.5 g of dried fruit juice *Cuminum cyminum* 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 *Curcuma longa* 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 10:1 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 Curcumin Curcuminoids Vitamin C Extracts providing 75% or more Curcuminoids; Not to exceed 1,500 milligrams curcuminoids 500 milligrams curcuminoids Curcumin N/A 1,200 mg 400 mg N/A Curcuminoids N/A 1,500 mg 500 mg N/A *Cydonia oblonga* 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 Juice, Juice standardized 125 mL of fresh fruit juice Concentrated juice, Concentrated juice standardized 62.5 mL of concentrated fruit juice Juice powdered, Juice powdered standardized, Juice powdered, freeze-dried, Juice powdered, freeze-dried standardized 12.5 g of dried fruit juice *Cymbopogon citratus* 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 *Cynaran cardunculus* 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 *Daucus carota* 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 Anthocyanosides beta-Carotene Mixed carotenoids Polyphenols Vitamin A Vitamin C 10 g of dried roots 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 *Dioscorea alata* 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 *Diospyros virginiana* 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 N/A 600 mg N/A N/A R-alpha-Lipoic acid N/A 300 mg N/A N/A *Elaeis guineensis* Oil fixed 15 g of fruit oil N/A N/A *Euterpe oleracea* Dry, Powdered, Juice powdered, Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) 14 g of dried fruit flesh N/A N/A *Fagopyrum esculentum* 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 *Ficus carica* 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 Juice, Juice standardized 125 mL of fresh fruit juice Concentrated juice, Concentrated juice standardized 62.5 mL of concentrated fruit juice Juice powdered, Juice powdered standardized, Juice powdered, freeze-dried, Juice powdered, freeze-dried standardized 12.5 g of dried fruit juice *Foeniculum vulgare* subsp. *vulgare* var. *dulce* 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 Juice 125 mL of fresh bulb juice Concentrated juice 62.5 mL of concentrated bulb juice Juice powdered, Juice powdered, freeze-dried 12.5 g of dried bulb juice *Fragaria virginiana* 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 Juice 125 mL of fresh fruit juice Concentrated juice 62.5 mL of concentrated fruit juice Juice powdered, Juice powdered, freeze-dried 12.5 g of dried fruit juice *Fragaria x ananassa* 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 Juice, Juice standardized 125 mL of fresh fruit juice Concentrated juice, Concentrated juice standardized 62.5 mL of concentrated fruit juice Juice powdered, Juice powdered standardized, Juice powdered, freeze-dried, Juice powdered, freeze-dried standardized 12.5 g of dried fruit juice Fruit blend Powdered, Extract dry 1 g of dried fruits N/A N/A Fruit and vegetable blend Powdered, Extract dry 1 g of dried fruits and vegetables N/A N/A *Fucus vesiculosus* 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 Polyphenols *Ganoderma applanatum* Dry, Powdered, Non-Standardized Ethanolic Extracts (Dry extract, Tincture, Fluid extract) 3.6 g of dried cultured mycelium/fruiting body/mycelium per day N/A N/A Dry standardized, Powdered standardized 3.6 g of dried cultured mycelium/fruiting body/mycelium per day and up to 40% polysaccharides N/A Polysaccharides Non-Standardized Aqueous Extracts (Dry extract, Decoction, Infusion) 30 g of dried cultured mycelium/fruiting body/mycelium per day N/A N/A Standardized Aqueous Extracts (Dry extract, Decoction, Infusion) 30 g of dried cultured mycelium/fruiting body/mycelium per day and up to 40% polysaccharides N/A Polysaccharides *Ganoderma lucidum* 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 Dry standardized, Powdered standardized 6 g dried cultured mycelium, fruiting body, and/or mycelium and up to 40% polysaccharides N/A Polysaccharides Non-Standardized Aqueous Extracts (Dry extract, Decoction, Infusion) 15 g of dried cultured mycelium fruiting body, and/or mycelium N/A N/A Standardized Aqueous Extracts (Dry extract, Decoction, Infusion) 15 g of dried cultured mycelium, fruiting body, and/or mycelium and up to 40% polysaccharides N/A Polysaccharides *Garcinia mangostana* 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 Catechins Vitamin C 20 g of dried fruits Juice, Juice standardized 125 mL of fresh fruit juice Concentrated juice, Concentrated juice standardized 62.5 mL of concentrated fruit juice Juice powdered, Juice powdered standardized, Juice powdered, freeze-dried, Juice powdered, freeze-dried standardized 12.5 g of dried fruit juice *Glycine max* Defatted, ground 8 g of defatted soy flour N/A N/A Powdered 8 g of soy flour 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 Chlorogenic acids Caffeine *Grifola frondosa* Dry, Powdered, Non-Standardized Ethanolic Extracts (Dry extract, Tincture, Fluid extract) 7 g of dried cultured mycelium/fruiting body/mycelium

N/A N/A Dry standardized, Powdered standardized 7 g of dried cultured mycelium/fruiting body/mycelium and up to 40% polysaccharides N/A Polysaccharides Non-Standardized Aqueous Extracts (Dry extract, Decoction, Infusion) 7 g of dried cultured mycelium/fruiting body/mycelium N/A N/A Standardized Aqueous Extracts (Dry extract, Decoction, Infusion) 7 g of dried cultured mycelium/fruiting body/mycelium and up to 40% polysaccharides N/A Polysaccharides *Haematococcus pluvialis* Powdered standardized, Standardized Extracts (Dry extract); Supercritical fluid extraction, Standardized Preparation/extract providing up to 40 mg astaxanthin; Not to exceed 1 g of dried broken cells N/A Astaxanthin *Helianthus annuus* 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 Biotin Chlorogenic acids Selenium Thiamine Vitamin E Oil fixed 15 g of seed oil N/A N/A *Hericium erinaceus* Dry, Powdered, Non-Standardized Ethanolic Extracts (Dry extract, Tincture, Fluid extract) 2.8 g of dried cultured mycelium/fruiting body/mycelium N/A N/A Dry standardized, Powdered standardized 2.8 g of dried cultured mycelium/fruiting body/mycelium and up to 40% polysaccharides N/A Polysaccharides Non-Standardized Aqueous Extracts (Dry extract, Decoction, Infusion) 12 g of dried cultured mycelium/fruiting body/mycelium N/A N/A Standardized Aqueous Extracts (Dry extract, Decoction, Infusion) 12 g of dried cultured mycelium/fruiting body/mycelium and up to 40% polysaccharides N/A Polysaccharides Hesperidin N/A 500 mg N/A N/A *Hibiscus sabdariffa* Dry, Powdered, Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) 100 g of fresh flowers/leaves N/A N/A 5 g of dried flowers/leaves *Hippophae rhamnoides* 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 beta-Carotene Bioflavonoids Polyphenols Proanthocyanidins Quercetin Vitamin C Vitamin E Zeaxanthin 5 g of dried fruits Juice, Juice standardized 125 mL of fresh fruit juice Concentrated juice, Concentrated juice standardized 62.5 mL of concentrated fruit juice Juice powdered, Juice powdered standardized, Juice powdered, freeze-dried, Juice powdered, freeze-dried standardized 12.5 g of dried fruit juice *Hordeum vulgare* 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 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 100 g of fresh herb tops and/or leaves 20 g of dried herb tops and/or leaves *Inonotus obliquus* Dry, Powdered, Non-Standardized Ethanolic Extracts (Dry extract, Tincture, Fluid extract) 3.6 g of dried cultured mycelium/fruiting body/mycelium N/A N/A Dry standardized, Powdered standardized 3.6 g of dried cultured mycelium/fruiting body/mycelium and up to 40% polysaccharides N/A Polysaccharides Non-Standardized Aqueous Extracts (Dry extract, Decoction, Infusion) 3.6 g of dried cultured mycelium/fruiting body/mycelium N/A N/A Standardized Aqueous Extracts (Dry extract, Decoction, Infusion) 3.6 g of dried cultured mycelium/fruiting body/mycelium and up to 40% polysaccharides N/A Polysaccharides *Ipomoea batatas* 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 *Irvingia gabonensis* Dry, Powdered, Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) 3.15 g of dried seeds N/A N/A *Juglans regia* 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 *Lactuca sativa* 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 *Lactuca sativa* var. *crispa* 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 *Lactuca sativa* var. *longifolia* 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 *Lagenaria siceraria* 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 Juice, Juice standardized 125 mL of fresh fruit juice Concentrated juice, Concentrated juice standardized 62.5 mL of concentrated fruit juice Juice powdered, Juice powdered standardized, Juice powdered, freeze-dried, Juice powdered, freeze-dried standardized 12.5 g of dried fruit juice *Laminaria digitata* 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 *Lens culinaris* 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 N/A beta-Carotene Iodine Vitamin C *Lentinula edodes* Dry, Powdered, Non-Standardized Ethanolic Extracts (Dry extract, Tincture, Fluid extract) 6 g of dried cultured mycelium/fruiting body/mycelium N/A N/A Dry standardized, Powdered standardized 6 g of dried cultured mycelium/fruiting body/mycelium and up to 40% polysaccharides N/A Polysaccharides Non-Standardized Aqueous Extracts (Dry extract, Decoction, Infusion) 16 g of dried cultured mycelium/fruiting body/mycelium N/A N/A Standardized Aqueous Extracts (Dry extract, Decoction, Infusion) 16 g of dried cultured

mycelium/fruiting body/mycelium and up to 40% polysaccharides N/A Polysaccharides *Lepidium meyenii* Dry, Powdered, Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) 3 g of dried roots and/or hypocotyls N/A N/A *Lepidium sativum* 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 *Limnospira fusiformis* *Limnospira indica* *Limnospira maxima* *Limnospira platensis* Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) 8 g of whole alga N/A beta-Carotene Vitamin A Vitamin B 6 *Linum usitatissimum* 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 *Lonicera caerulea* 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 Juice 125 mL of fresh fruit juice Concentrated juice 62.5 mL of concentrated fruit juice Juice powdered, Juice powdered, freeze-dried 12.5 g of dried fruit juice Lutein N/A 20 mg N/A N/A Lutein esters N/A 40 mg N/A N/A *Lycium barbarum* Dry, Dry standardized, Powdered, Powdered standardized, Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) 35 g of fresh fruits N/A Polysaccharides 6 g of dried fruits Juice, Juice standardized 15 mL of fresh fruit juice Concentrated juice, Concentrated juice standardized 7.5 mL of concentrated fruit juice Juice powdered, Juice powdered standardized, Juice powdered, freeze-dried, Juice powdered, freeze-dried standardized 1.5 g of dried fruit juice Lycopene N/A 30 mg N/A N/A L-Carnitine N/A 4 g 2 g N/A L-Glutathione N/A 743 mg N/A N/A *Malpighia emarginata* 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 Juice, Juice standardized 125 mL of fresh fruit juice Concentrated juice, Concentrated juice standardized 62.5 mL of concentrated fruit juice Juice powdered, Juice powdered standardized, Juice powdered, freeze-dried, Juice powdered, freeze-dried standardized 12.5 g of dried fruit juice *Malpighia glabra* 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 Juice, Juice standardized 125 mL of fresh fruit juice Concentrated juice, Concentrated juice standardized 62.5 mL of concentrated fruit juice Juice powdered, Juice powdered standardized, Juice powdered, freeze-dried, Juice powdered, freeze-dried standardized 12.5 g of dried fruit juice *Malus domestica* 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 Juice, Juice standardized 125 mL of fresh fruit juice Concentrated juice, Concentrated juice standardized 62.5 mL of concentrated fruit juice Juice powdered, Juice powdered standardized, Juice powdered, freeze-dried, Juice powdered, freeze-dried standardized 12.5 g of dried fruit juice *Malus pumila* 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 Juice 125 mL of fresh fruit juice Concentrated juice 62.5 mL of concentrated fruit juice Juice powdered, Juice powdered, freeze-dried 12.5 g of dried fruit juice *Mangifera indica* 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 Juice, Juice standardized 125 mL of fresh fruit juice Concentrated juice, Concentrated juice standardized 62.5 mL of concentrated fruit juice Juice powdered, Juice powdered standardized, Juice powdered, freeze-dried, Juice powdered, freeze-dried standardized 12.5 g of dried fruit juice *Medicago sativa* Dry, Powdered, Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) 30 g of dried herb tops/leaves N/A N/A Mixed tocopherol concentrate N/A 179 mg N/A N/A *Morinda citrifolia* Dry, Powdered, Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) 100 g of fresh fruit N/A N/A 10 g of dried fruits Juice 125 mL of fresh fruit juice Concentrated juice 62.5 mL of concentrated fruit juice Juice powdered, Juice powdered, freeze-dried 12.5 g of dried fruit juice *Moringa oleifera* 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 *Morus alba* 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 Juice, Juice standardized 125 mL of fresh fruit juice Concentrated juice, Concentrated juice standardized 62.5 mL of concentrated fruit juice Juice powdered, Juice powdered standardized, Juice powdered, freeze-dried, Juice powdered, freeze-dried standardized 12.5 g of dried fruit juice *Musa x paradisiaca* 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 Juice, Juice standardized 125 mL of fresh fruit juice Concentrated juice, Concentrated juice standardized 62.5 mL of concentrated fruit juice Juice powdered, Juice powdered standardized, Juice powdered, freeze-dried, Juice powdered, freeze-dried standardized 12.5 g of dried fruit juice *Myrciaria dubia* 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 Nasturtium officinale 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 5 g of dried herb tops and/or leaves Nelumbo nucifera 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 Ocimum tenuiflorum 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 Olea europaea 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 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 Quercetin 10 g of dried fruits Oil fixed 15 g of fruit oil N/A N/A Ophiocordyceps sinensis Dry, Powdered, Non-Standardized Ethanolic Extracts (Dry extract, Tincture, Fluid extract) 3 g of dried stroma N/A N/A Dry standardized, Powdered standardized 3 g of dried stroma and up to 40% polysaccharides N/A Polysaccharides Non-Standardized Aqueous Extracts (Dry extract, Decoction, Infusion) 9 g of dried stroma N/A N/A Standardized Aqueous Extracts (Dry extract, Decoction, Infusion) 9 g of dried stroma and up to 40% polysaccharides N/A Polysaccharides Opuntia ficus-indica 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 5 g of dried fruits Juice, Juice standardized 125 mL of fresh fruit juice Concentrated juice, Concentrated juice standardized 62.5 mL of concentrated fruit juice Juice powdered, Juice powdered standardized, Juice powdered, freeze-dried, Juice powdered, freeze-dried standardized 12.5 g of dried fruit juice 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 Origanum vulgare Dry, Powdered, Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) 1.5 g of dried leaves N/A N/A Oryza sativa 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 N/A Calcium Chromium Copper Magnesium Manganese Selenium Vitamin E Zinc 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 Paecilomyces hepiali Dry, Powdered, Non-Standardized Ethanolic Extracts (Dry extract, Tincture, Fluid extract) 3 g of dried cultured mycelium N/A N/A Dry standardized, Powdered standardized 3 g of dried cultured mycelium and up to 40% polysaccharides N/A Polysaccharides Non-Standardized Aqueous Extracts (Dry extract, Decoction, Infusion) 9 g of dried cultured mycelium N/A N/A Standardized Aqueous Extracts (Dry extract, Decoction, Infusion) 9 g of dried cultured mycelium and up to 40% polysaccharides N/A Polysaccharides Palmaria palmata 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 Panicum miliaceum 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 Passiflora edulis 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 Juice 125 mL of fresh fruit juice Concentrated juice 62.5 mL of concentrated fruit juice Juice powdered, Juice powdered, freeze-dried 12.5 g of dried fruit juice Passiflora quadrangularis 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 Juice, Juice standardized 125 mL of fresh fruit juice Concentrated juice, Concentrated juice standardized 62.5 mL of concentrated fruit juice Juice powdered, Juice powdered standardized, Juice powdered, freeze-dried, Juice powdered, freeze-dried standardized 12.5 g of dried fruit juice Pastinaca sativa 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 Juice 125 mL of fresh root and/or tuber juice Concentrated juice 62.5 mL of concentrated root and/or tuber juice Juice powdered, Juice powdered, freeze-dried 12.5 g of dried root and/or tuber juice Persea americana 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 Juice, Juice standardized 125 mL of fresh fruit juice

Concentrated juice, Concentrated juice standardized 62.5 mL of concentrated fruit juice Juice powdered, Juice powdered standardized, Juice powdered, freeze- dried, Juice powdered, freeze-dried standardized 12.5 g of dried fruit juice *Petroselinum crispum* 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 *Phaseolus vulgaris* 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 *Phoenix dactylifera* 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 *Phyllanthus emblica* 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 *Pimenta dioica* Dry, Powdered, Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) 2 g of dried fruits N/A N/A *Pimpinella anisum* 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 *Pinus pinaster* Standardized Extracts (Dry extract) 450 mg of extract standardized to 65-75% procyanidins N/A Procyanidins *Pisum sativum* 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 Juice, Juice standardized 125 mL of fresh seed juice Concentrated juice, Concentrated juice standardized 62.5 mL of concentrated seed juice Juice powdered, Juice powdered standardized, Juice powdered, freeze-dried, Juice powdered, freeze-dried standardized 12.5 g of dried seed juice *Porphyra yezoensis* 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 *Apis mellifera* secretion N/A N/A *Prunus armeniaca* 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 15 g of dried fruits Juice, Juice standardized 125 mL of fresh fruit juice Concentrated juice, Concentrated juice standardized 62.5 mL of concentrated fruit juice Juice powdered, Juice powdered standardized, Juice powdered, freeze-dried, Juice powdered, freeze-dried standardized 12.5 g of dried fruit juice *Prunus avium* 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 Juice 125 mL of fresh fruit juice Concentrated juice 62.5 mL of concentrated fruit juice Juice powdered, Juice powdered, freeze-dried 12.5 g of dried fruit juice *Prunus cerasus* 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 Vitamin C 15 g of dried fruits Juice, Juice standardized 125 mL of fresh fruit juice Concentrated juice, Concentrated juice standardized 62.5 mL of concentrated fruit juice Juice powdered, Juice powdered standardized, Juice powdered, freeze-dried, Juice powdered, freeze-dried standardized 12.5 g of dried fruit juice *Prunus domestica* 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 15 g of dried fruits Juice, Juice standardized 125 mL of fresh fruit juice Concentrated juice, Concentrated juice standardized 62.5 mL of concentrated fruit juice Juice powdered, Juice powdered standardized, Juice powdered, freeze-dried, Juice powdered, freeze-dried standardized 12.5 g of dried fruit juice *Prunus dulcis* 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 *Prunus persica* 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 Zeaxanthin 10 g of dried fruits Juice, Juice standardized 125 mL of fresh fruit juice Concentrated juice, Concentrated juice standardized 62.5 mL of concentrated fruit juice Juice powdered, Juice powdered standardized, Juice powdered, freeze-dried, Juice powdered, freeze-dried standardized 12.5 g of dried fruit juice *Prunus persica* var. *nucipersica* 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 Juice 125 mL of fresh fruit juice Concentrated juice 62.5 mL of concentrated fruit juice Juice powdered, Juice powdered, freeze-dried 12.5 g of dried fruit juice *Prunus serotina* 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 Juice 125 mL of fresh fruit juice Concentrated juice 62.5 mL of concentrated fruit juice Juice powdered, Juice powdered, freeze-dried 12.5 g of dried fruit juice *Prunus virginiana* 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 Juice, Juice standardized 125 mL of fresh fruit juice Concentrated juice, Concentrated juice standardized 62.5 mL of concentrated fruit juice Juice powdered, Juice powdered standardized, Juice powdered, freeze-dried, Juice powdered, freeze-dried

standardized 12.5 g of dried fruit juice Psidium guajava 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 Riboflavin Thiamine Vitamin B 6 Vitamin C 20 g of dried fruits Juice, Juice standardized 125 mL of fresh fruit juice Concentrated juice, Concentrated juice standardized 62.5 mL of concentrated fruit juice Juice powdered, Juice powdered standardized, Juice powdered, freeze-dried, Juice powdered, freeze-dried standardized 12.5 g of dried fruit juice Punica granatum 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 Polyphenols Vitamin C 20 g of dried fruits and/or seed arils Juice, Juice standardized 125 mL of fresh fruit and/or seed aril juice Concentrated juice, Concentrated juice standardized 62.5 mL of concentrated fruit and/or seed aril juice Juice powdered, Juice powdered standardized, Juice powdered, freeze-dried, Juice powdered, freeze-dried standardized 12.5 g of dried fruit and/or seed aril juice Pyrus communis 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 Juice, Juice standardized 125 mL of fresh fruit juice Concentrated juice, Concentrated juice standardized 62.5 mL of concentrated fruit juice Juice powdered, Juice powdered standardized, Juice powdered, freeze-dried, Juice powdered, freeze-dried standardized 12.5 g of dried fruit juice Pyrus pyrifolia 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 Juice 125 mL of fresh fruit juice Concentrated juice 62.5 mL of concentrated fruit juice Juice powdered, Juice powdered, freeze-dried 12.5 g of dried fruit juice Quercetin N/A 1200 mg 600 mg N/A Raphanus sativus 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 Juice 125 mL of fresh root and/or tuber juice Concentrated juice 62.5 mL of concentrated root and/or tuber juice Juice powdered, Juice powdered, freeze-dried 12.5 g of dried root and/or tuber juice Rhodiola rosea 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 N/A 1 g N/A N/A Ribes nigrum 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 Juice, Juice standardized 125 mL of fresh fruit juice Concentrated juice, Concentrated juice standardized 62.5 mL of concentrated fruit juice Juice powdered, Juice powdered standardized, Juice powdered, freeze-dried, Juice powdered, freeze-dried standardized 12.5 g of dried fruit juice Ribes uva-crispa 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 Juice, Juice standardized 125 mL of fresh fruit juice Concentrated juice, Concentrated juice standardized 62.5 mL of concentrated fruit juice Juice powdered, Juice powdered standardized, Juice powdered, freeze-dried, Juice powdered, freeze-dried standardized 12.5 g of dried fruit juice Rosa canina 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 Lycopene Polyphenols Vitamin C Zeaxanthin 45 g of dried fruits Rosmarinus officinalis 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 Apis mellifera secretion N/A N/A Rubus arcticus 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 Juice 125 mL of fresh fruit juice Concentrated juice 62.5 mL of concentrated fruit juice Juice powdered, Juice powdered, freeze-dried 12.5 g of dried fruit juice Rubus idaeus 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 Juice, Juice standardized 125 mL of fresh fruit juice Concentrated juice, Concentrated juice standardized 62.5 mL of concentrated fruit juice Juice powdered, Juice powdered standardized, Juice powdered, freeze-dried, Juice powdered, freeze-dried standardized 12.5 g of dried fruit juice Rubus occidentalis 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 Juice 125 mL of fresh fruit juice Concentrated juice 62.5 mL of concentrated fruit juice Juice powdered, Juice powdered, freeze-dried 12.5 g of dried fruit juice Rubus plicatus 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 N/A 1000 mg 500 mg N/A Saccharina japonica 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 *Salvia hispanica* 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 Calcium Copper Magnesium Molybdenum Phosphorus Thiamine 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 *Salvia officinalis* Infusion, Infusion concentrate 12 g of dried leaves N/A N/A Tincture 2.25g of dried leaves Fluid extract 6 g of dried leaves *Sambucus nigra* subsp. *nigra* 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 Anthocyanins beta-Carotene *Sambucus nigra* subsp. *canadensis* 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 Anthocyanins beta-Carotene *Schizophyllum commune* Dry, Powdered, Non-Standardized Ethanolic Extracts (Dry extract, Tincture, Fluid extract) 3.6 g of dried cultured mycelium/fruiting body/mycelium N/A N/A Dry standardized, Powdered standardized 3.6 g of dried cultured mycelium/fruiting body/mycelium and up to 40% polysaccharides N/A Polysaccharides Non-Standardized Aqueous Extracts (Dry extract, Decoction, Infusion) 16 g of dried cultured mycelium/fruiting body/mycelium N/A N/A Standardized Aqueous Extracts (Dry extract, Decoction, Infusion) 16 g of dried cultured mycelium/fruiting body/mycelium and up to 40% polysaccharides N/A Polysaccharides Selenium N/A 200 mcg N/A N/A *Sesamum indicum* Dry, Powdered, Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) 35 g of dried seeds N/A N/A *Setaria italica* 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 *Solanum lycopersicum* Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) Fruit flesh 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 beta-Carotene Lutein Rutin Vitamin C Zeaxanthin 5 g of dried fruits Juice, Juice standardized 125 mL of fresh fruit juice Concentrated juice, Concentrated juice standardized 62.5 mL of concentrated fruit juice Juice powdered, Juice powdered standardized, Juice powdered, freeze-dried, Juice powdered, freeze-dried standardized 12.5 g of dried fruit juice *Solanum tuberosum* 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 *Spinacia oleracea* 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 Polyphenols Quercetin Riboflavin Rutin Vitamin A Vitamin B 6 Vitamin E Vitamin K 1 10 g of dried leaves Juice, Juice standardized 125 mL of fresh leaf juice Concentrated juice, Concentrated juice standardized 62.5 mL of concentrated leaf juice Juice powdered, Juice powdered standardized, Juice powdered, freeze-dried, Juice powdered, freeze-dried standardized 12.5 g of dried leaf juice Sprout blend Powder, Extract dry 1 g of dried sprouts N/A N/A Squalene N/A 1000 mg N/A N/A *Syzygium aromaticum* Dry, Powdered, Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) 2 g of dried flower buds N/A N/A *Tagetes erecta* 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 Lutein esters Zeaxanthin esters *Tamarindus indica* 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 *Trametes versicolor* Dry, Powdered, Non-Standardized Ethanolic Extracts (Dry extract, Tincture, Fluid extract) 5 g of dried cultured mycelium/fruiting body/mycelium N/A N/A Dry standardized, Powdered standardized 5 g of dried cultured mycelium/fruiting body/mycelium and up to 40% polysaccharides N/A Polysaccharides Non-Standardized Aqueous Extracts (Dry extract, Decoction, Infusion) 27 g of dried cultured mycelium/fruiting body/mycelium N/A N/A Standardized Aqueous Extracts (Dry extract, Decoction, Infusion) 27 g of dried cultured mycelium/fruiting body/mycelium and up to 40% polysaccharides N/A Polysaccharides *Tremella fuciformis* Dry, Powdered, Non-Standardized Ethanolic Extracts (Dry extract, Tincture, Fluid extract) 3.6 g of dried cultured mycelium/fruiting body/mycelium N/A N/A Dry standardized, Powdered standardized 3.6 g of dried cultured mycelium/fruiting body/mycelium and up to 40% polysaccharides N/A Polysaccharides Non-Standardized Aqueous Extracts (Dry extract, Decoction, Infusion) 9 g of dried cultured mycelium/fruiting body/mycelium N/A N/A Standardized Aqueous Extracts (Dry extract, Decoction, Infusion) 9 g of dried cultured mycelium/fruiting body/mycelium and up to 40% polysaccharides N/A Polysaccharides *Trigonella foenum-graecum* 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 beta-Carotene Vitamin C *Triticum aestivum* 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 N/A 179 mg N/A N/A *Tropaeolum majus* 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 5 g of dried herb tops and/or leaves Ubiquinol N/A 300

mg N/A N/A *Vaccinium corymbosum* *Vaccinium angustifolium* *Vaccinium pallidum* 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 Juice 125 mL of fresh fruit juice Concentrated juice 62.5 mL of concentrated fruit juice Juice powdered, Juice powdered, freeze-dried 12.5 g of dried fruit juice Dry standardized, Powdered standardized, Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) Extracts providing up to 40% anthocyanins and not to exceed 195 mg anthocyanins and 150 grams of fresh fruits or 20 grams of dried fruits N/A Anthocyanins *Vaccinium macrocarpon* 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 beta-Carotene Iodine Polyphenols Proanthocyanidins Quercetin Vitamin C Juice, Concentrated juice 950 ml of fruit juice N/A N/A Juice powdered 1200 mg of dried fruit juice N/A N/A *Vaccinium myrtillus* 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 Anthocyanins Anthocyanosides beta-Carotene Polyphenols Quercetin Vitamin C *Vaccinium myrsinites* 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 Juice 125 mL of fresh fruit juice Concentrated juice 62.5 mL of concentrated fruit juice Juice powdered, Juice powdered, freeze-dried 12.5 g of dried fruit juice *Vaccinium vitis-idaea* 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 Vitamin C 15 g of dried fruits Juice, Juice standardized 125 mL of fresh fruit juice Concentrated juice, Concentrated juice standardized 62.5 mL of concentrated fruit juice Juice powdered, Juice powdered standardized, Juice powdered, freeze-dried, Juice powdered, freeze-dried standardized 12.5 g of dried fruit juice Vegetable blend Powder, Extract dry 1 g N/A N/A *Vicia faba* 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 Juice, Juice standardized 125 mL of fresh fruit juice Concentrated juice, Concentrated juice standardized 62.5 mL of concentrated fruit juice Juice powdered, Juice powdered standardized, Juice powdered, freeze-dried, Juice powdered, freeze-dried standardized 12.5 g of dried fruit juice *Vigna radiata* var. *radiata* 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 *Vigna unguiculata* subsp. *cylindrica* 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 N/A 18 years: 1,800 mg 19 years and older: 2,000 mg N/A N/A Vitamin E N/A d-alpha Tocopherol 18 years: 800 mg AT 19 years and older: 1,000 mg AT N/A N/A dl-alpha Tocopherol 18 years: 400 mg AT 19 years and older: 500 mg AT N/A N/A *Vitis labrusca* 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 Juice 125 mL of fresh fruit juice Concentrated juice 62.5 mL of concentrated fruit juice Juice powdered, Juice powdered, freeze-dried 12.5 g of dried fruit juice 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 *Vitis vinifera* 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 Proanthocyanidins Resveratrol Vitamin C 5 g of dried fruits 10 g of fresh fruit skin N/A Anthocyanins Bioflavonoids Polyphenols Proanthocyanidins Resveratrol 1 g dry of fruit skin 5 g of fresh seeds N/A Bioflavonoids Oligomeric proanthocyanidins Polyphenols Proanthocyanidins Procyanidins Vitamin E 0.5 g of dry seeds Juice, Juice standardized 125 mL of fresh fruit juice N/A Anthocyanins beta-Carotene Polyphenols Proanthocyanidins Resveratrol Vitamin C Concentrated juice, Concentrated juice standardized 62.5 mL of concentrated fruit juice Juice powdered, Juice powdered standardized, Juice powdered, freeze-dried, Juice powdered, freeze-dried standardized 12.5 g of dried fruit juice *Wolfiporia extensa* Dry, Powdered, Non-Standardized Ethanolic Extracts (Dry extract, Tincture, Fluid extract) 3.6 g of dried cultured mycelium/mycelium sclerotium N/A N/A Dry standardized, Powdered standardized 3.6 g of dried cultured mycelium/mycelium sclerotium and up to 40% polysaccharides N/A Polysaccharides Non-Standardized Aqueous Extracts (Dry extract, Decoction, Infusion) 18 g of dried cultured mycelium/mycelium sclerotium N/A N/A Standardized Aqueous Extracts (Dry extract, Decoction, Infusion) 18 g of dried cultured mycelium/mycelium sclerotium and up to 40% polysaccharides N/A Polysaccharides Zeaxanthin N/A 2.5 mg N/A N/A Zeaxanthin esters N/A 5 mg N/A N/A *Zea mays* 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 beta-Carotene Iodine Vitamin C Zeaxanthin *Zingiber officinale* Dry, Powdered, Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) 3 g of dried rhizomes N/A N/A *Ziziphus jujuba* 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 Juice, Juice standardized 125 mL of fresh fruit juice Concentrated juice, Concentrated juice standardized 62.5 mL of

concentrated fruit juice Juice powdered, Juice powdered standardized, Juice powdered, freeze-dried, Juice powdered, freeze-dried standardized 12.5 g of dried fruit juice

References: CNF 2024; NNHPD 2024a,b; Lim 2015; Gopalan et al. 2014; Zilaee et al. 2014; Fouladi 2012; EMA 2011a,b; Ould Mohamedou et al. 2011; Teas et al. 2011; Chua et al. 2010; Kumari 2010; Scoglio et al. 2010; Akhtar et al. 2009; Issell et al. 2009; Kupcinskas et al. 2008; Andersen et al. 2007; Kanaze et al. 2007; Kimura et al. 2007; Teas et al. 2007; Bouhnik et al. 2006; Nielsen et al. 2006; Nogata et al. 2006; Cherki et al. 2005; Derouiche et al. 2005; Taylor 2005; Callaway 2004; Drissi et al. 2004; Andallu and Varadacharyulu 2003; Manach et al. 2003; Dvorkin and Song 2002; Erlund et al. 2002; Qureshi et al. 2002; Egner et al. 2001; Ferruzzi et al. 2001; Luo et al. 2000; Olesen and Gudmand-Hoyer 2000; Beveridge et al. 1999; Blostein-Fujii et al. 1999; Ameer et al. 1996; Miettinen and Vanhanen 1994; Gross 1991; Cummings et al. 1979.

Notes: 1 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. 2 For juices, the juice quantity may be listed on the product label in weight (e.g., mg) rather than in volume (mL) based on its density.

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 from all sources

| Potency constituent | 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 |
| Curcumin | 1,200 mg | 400 mg |
| Curcuminoids | 1,500 mg | 500 mg |
| 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 6, Vitamin B 12, Vitamin C, Vitamin D, Vitamin E, Vitamin K | 1 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

alpha-Lipoic acid: No permitted combinations between DL-alpha-Lipoic acid and R-alpha-Lipoic acid.

beta-Carotene/Vitamin A: 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.

alpha-Tocopherol/Vitamin E: The maximum daily dose expressed in mg AT (mg alpha-tocopherol) for combination of mixed tocopherols, tocotrienols and/or vitamin E must not exceed the maximum daily dose for vitamin E indicated on the NNHPD MVM monograph. The amount in mg for mixed tocopherols and/or mixed tocotrienol is considered as equivalent to mg AT for the purpose of this combination rule and for determining the dose at which Vitamin E risk statements would be required for Class I and II applications (as there is no fixed conversion that can be established at this time). Data on the mg AT content of specific mixed tocopherols and/or mixed tocotrienol preparations may be submitted at Class III for precise calculations if desired.

Vitamins/Minerals: The total daily dose of each vitamin and mineral must not exceed quantities listed in the NNHPD MVM monograph.

Fruit/vegetable blends: The medicinal ingredients 'fruit blend' and/or 'vegetable blend' cannot be combined with the medicinal ingredient 'fruit and vegetable blend'. When fruits and vegetables are blended, the medicinal ingredient 'fruit and vegetable blend' should be selected.

Blueberries: The various species of Blueberries (*Vaccinium angustifolium*; *Vaccinium corymbosum*; *Vaccinium pallidum*), can be combined if the total quantity of dried fruits, fresh fruits, fresh fruit juice, dried fruit juice or concentrated fruit juice does not exceed the values listed in Table 2. Dried and fresh fruits cannot be combined as part of this monograph.

Spirulina: The various species of Spirulina (*Limnospira fusiformis*; *Limnospira indica*; *Limnospira maxima*; *Limnospira platensis*) can be combined if the total quantity does not exceed the values listed in Table 2.

Other combination restrictions: 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 *Ascophyllum nodosum*, *Fucus vesiculosus*, *Laminaria digitata* and/or *Saccharina japonica* 1 g Anthocyanins, Anthocyanosides, Oligomeric proanthocyanidins, Proanthocyanidins and/or Procyanidins 405 mg Bioflavonoids, Citrus bioflavonoids, Hesperidin, Quercetin and/or Rutin 600 mg Catechins (which includes 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). Rules for L-Carnitine (Restrictions when this monograph is combined with other monographs) When combining L-Carnitine with Acetylcarnitine, the total quantity of these ingredients cannot exceed 4 grams per day and 2 grams per single dose. 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 Aloe vera leaf gel (powder dosage forms) 1 Calcium As per the MVM monograph *Chlorella vulgaris* (*Chlorella*) 1 *Ganoderma lucidum* (*Reishi*) As per the Mushrooms monograph Green tea extract 1 *Irvingia gabonensis* (*African wild mango*) 1 *Linum usitatissimum* (*Flaxseed*) 1 Lutein esters As per the Marigold Extract and Isolates monograph N-Acetyl-L-cysteine 1 *Olea europaea* leaf (*Olive leaf*) 1 *Phyllanthus emblica* (*Amla*) 1 Quercetin 1 *Rhodiola rosea* (*Rhodiola*) 1 *Salvia officinalis* (*Sage*) 1 *Tagetes erecta* (*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. Ask a health care practitioner/health care provider/health care professional/doctor/physician for use beyond 12 weeks (EFSA 2014; Parisi et al. 2008). Table 6. Duration(s) of use Medicinal ingredients/Potency constituents Duration(s) of use Astaxanthin (> 4 mg/day) 2 *Cinnamomum aromaticum* (*Cassia cinnamon*) 1 Grape seed extract 1 Green tea extract 1 *Haematococcus pluvialis* 1 *Lepidium meyenii* (*Maca*) 1 Propolis 1 Quercetin 1 Resveratrol 1 Rutin 1 *Salvia officinalis* (*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. Ask a health care practitioner/health care provider/health care professional/doctor/physician before use if you are pregnant or breastfeeding. 3. Ask a health care practitioner/health care provider/health care professional/doctor/physician before use if you are taking prescription medications (Shi et al. 2025; NIH 2024; Brinker 2010). Contraindication(s) 4. Do not use if you are pregnant or breastfeeding (Brinker 2010). Table 7. Risk information Medicinal ingredients/Potency constituents Risk information *Agaricus blazei* (*Himematsutake*) As per the Mushrooms monograph *Allium sativum* (*Garlic*) 1 Aloe vera - leaf gel 1 *Aphanizomenon flos-aquae* 4 *Artemisia vulgaris* (*Mugwort*) 1 *Ascophyllum nodosum* (*Norwegian Kelp*) As per the Kelp products monograph Astaxanthin 2 *Auricularia auricula-judae* (*Jelly ear*) As per the Mushrooms monograph *Berberis vulgaris* - fruit (*Common barberry*) 4 *Cannabis sativa* - non-viable seed (*Hemp*) 2 *Capsicum annuum* (*Cayenne*) 1 *Chamaemelum nobile* (*Roman chamomile*) 1 *Chlorella vulgaris* (*Chlorella*) 1 *Cinnamomum aromaticum* (*Cassia cinnamon*) 1 *Cinnamomum verum* (*Cinnamon*) 1 Citrus bioflavonoids 1 Citrus paradisi - fruit (*Grapefruit*) 3 Coenzyme Q10 1 *Cordyceps militaris* (*Cordyceps*) As per the Mushrooms monograph *Curcuma longa* (*Turmeric*) - unextracted preparations and native extracts up to 35% curcuminoids 1 *Curcuma longa* (*Turmeric*) - concentrated extracts 75% or more curcuminoids As per the Concentrated turmeric extract and isolates (curcumin/curcuminoids) Curcumin As per the Concentrated turmeric extract and isolates (curcumin/curcuminoids) Curcuminoids As per the Concentrated turmeric extract and isolates (curcumin/curcuminoids) *Cynara cardunculus* (*Globe artichoke*) 1 DL-alpha-Lipoic acid/R-alpha-Lipoic acid As per the Alpha-lipoic acid monograph *Euterpe oleracea* (*Acai*) 1 *Fucus vesiculosus* (*Kelpware*) As per the Kelp products monograph *Ganoderma applanatum* (*Artist's conk*) As per the Mushrooms monograph *Ganoderma lucidum* (*Reishi*) As per the Mushrooms monograph Grape seed extract 1 Green coffee bean extract 1 Green tea extract 1 *Grifola frondosa* (*Maitake*) As per the Mushrooms monograph *Haematococcus pluvialis* 1 *Hericium erinaceus* (*Lion's mane*) As per the Mushrooms monograph Hesperidin (> 50 mg/day) 2, 3 *Inonotus obliquus* (*Chaga*) As per the Mushrooms monograph *Irvingia gabonensis* (*African wild mango*) 1 *Laminaria digitata* (*Kelp*) As per the Kelp products monograph L-Carnitine 1 *Lentinula edodes* (*Shiitake*) As per the Mushrooms monograph *Lepidium meyenii* (*Maca*) 1 L-Glutathione 2 *Limnospira fusiformis* (*Spirulina*) 1 *Limnospira indica* (*Spirulina*) 1 *Limnospira maxima* (*Spirulina*) 1 *Limnospira platensis* (*Spirulina*) 1 *Linum usitatissimum*

(Flaxseed) 1 *Lycium barbarum* - fruit (Goji) 2, 3 *Medicago sativa* (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 *Ocimum tenuiflorum* (Holy Basil) 1 *Olea europaea* - leaf (Olive leaf) 1 *Ophiocordyceps sinensis* (Cordyceps) As per the Mushrooms monograph *Paecilomyces hepiali* (Cordyceps) As per the Mushrooms monograph *Phyllanthus emblica* (Amla) 1 Propolis 1 Quercetin 1 Red wine extract 1 Resveratrol 1 *Rhodiola rosea* (Rhodiola) 1 *Rosmarinus officinalis* (Rosemary) 1 Royal jelly 1 Rutin 1 *Saccharina japonica* (Japanese kelp) As per the Kelp products monograph *Salvia officinalis* (Sage) 1 *Sambucus nigra* subsp. *nigra* (Black elder) As per the Elder monograph *Sambucus nigra* subsp. *canadensis* (American elder) As per the Elder monograph *Schizophyllum commune* (Split Gill fungus) As per the Mushrooms monograph Selenium As per the MVM monograph Squalene 2 *Trametes versicolor* (Turkey Tail) As per the Mushrooms monograph *Tremella fuciformis* (Silver ear) As per the Mushrooms monograph *Triticum aestivum* (Wheatgrass-herb top/leaf) 2 *Trigonella foenum-graecum* (Fenugreek) 1 Ubiquinol 1 *Vaccinium corymbosum* (Blueberry)* 1 *Vaccinium angustifolium* (Blueberry)* 1 *Vaccinium pallidum* (Blueberry)* 1 *Vaccinium macrocarpon* (Cranberry) 1 Vitamin E As per the MVM monograph Vitamin K 1 As per the MVM monograph *Wolfiporia extensa* (Poria) As per the Mushrooms monograph Zinc As per the MVM monograph *The risk statement required at 5 g or more of total dried fruits or 37.5 g or more of total fresh fruit or 5 g or more total dried and fresh fruits, per day as per the single ingredient monograph will be required at 31.58 mL of total fresh juice, 15.79 mL of total concentrated juice and 3.158 g of total dried juice or more based on the moisture content of the fresh fruit. If several species of blueberries are used, the total values must be taken into consideration. Non-medicinal ingredients Must be chosen from the current NHPID and must meet the limitations outlined in the database. Storage conditions Must be established in accordance with the requirements described in the Natural Health Products Regulations . Consult Table 8 for storage condition statements related to fixed oils. Table 8. Storage conditions Medicinal ingredients Storage conditions *Cocos nucifera* - oil (Coconut oil) As per the Multiple Ingredient fixed oil products monograph *Helianthus annuus* - 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 *Olea europaea* - oil (Olive oil) As per the Multiple Ingredient fixed oil products monograph Quercetin 1 Rutin 1 *Tagetes erecta* (Marigold) As per the Marigold Extract and Isolates monograph *Triticum aestivum* - 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) This monograph is for *Cannabis sativa* seeds from hemp only. Hemp is defined in the Industrial Hemp regulations (IHR) as “a cannabis plant — or any part of that plant — in which the concentration of THC is 0.3% w/w or less in the flowering heads and leaves ”. Approved hemp cultivars are set out in the List of Approved Cultivars, published by the Government of Canada on its website, as amended from time to time. Additional cultivars may be permitted such as those on the Association of Official Seed Certifying Agencies (AOSCA) list which also meet the definition of Hemp set out in the IHR. *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, or synthetic duplicates of phytocannabinoids. The determination of the THC concentration must take into account the potential to convert delta-9-tetrahydrocannabinolic acid (THCA) to THC. Example of Product Facts: Consult the Guidance Document, Labelling of Natural Health Products for more details. References cited Akhtar MS, Khan S, Bashir S, Salman M. Effect of *Lodoicea sechellarum* labill (sea coconut) fruit on blood glucose and lipid profile in type 2 diabetic and normal human volunteers. *Diabetologia Croatica* 2009;38(4):81-93. Ameer B, Weintraub RA, Johnson JV, Yost RA, Rouseff RL. 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Macromolecules 2013;58:7-12. Zhu J, Liu W, Yu J, Zou S, Wang J, Yao W, Gao X. Characterization and hypoglycemic effect of a polysaccharide extracted from the fruit of *Lycium barbarum* L. Carbohydrate Polymers 2013;98(1):8-16. Report a problem on this page Date modified: 2019-03-01

MEDICINAL INGREDIENT(S)

Notes Text in parentheses is additional optional information which can be included on the label at the applicant's discretion. The solidus (/) indicates that either term and/or statement may be selected on the label. When "Fruit" is indicated as source material, it only includes the parts of the fruit that are edible and 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. According to the principles outlined in the Guidance Document: Classification of products at the food-natural health product interface: products in food formats, beverages are classified as foods based on product representation to consumers, product format, public perception and history of use. Please be advised, applications for products in liquid dosage forms with single doses greater than 90ml may be subject to additional product classification review. Date: July 25, 2025

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

| Proper name(s) | Common name(s) | Source information | Source ingredient(s) |
|---|---|---|--|
| DL-alpha-Lipoic acid | DL-alpha-Lipoic acid | N/A | Synthetic |
| DL-Thioctic acid | DL-alpha-Lipoic acid | N/A | Synthetic |
| R-alpha-Lipoic acid | R-alpha-Lipoic acid | N/A | Synthetic |
| (+)-alpha-Lipoic acid | (+)-alpha-Lipoic acid | N/A | Synthetic |
| Curcumin | Curcuma longa rhizome | N/A | Non-synthetic |
| Quercetin | Quercetin | N/A | Non-synthetic |
| Citrus bioflavonoids | Quercetin dihydrate | N/A | Non-synthetic |
| Coenzyme Q10 | Ubiquinone-10 | N/A | Agrobacterium tumefaciens |
| Clavatus Escherichia coli | Gluconobacter suboxydans | Leucosporidium scottii | Paracoccus denitrificans |
| Rhodospirillum rubrum | Saccharomyces cerevisiae | Schizosaccharomyces pombe | Whole Biosynthesis |
| Biosynthesis Coenzyme Q10 | 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 |
| Non-synthetic Synthetic | 3,3',4',5,7-Pentahydroxyflavone-3-rutinoside | 3-[[6-O-(6-Deoxy-alpha-L-mannopyranosyl)-beta-D-glucopyranosyl]oxy]-2-(3,4-dihydroxyphenyl)-5,7-dihydroxy-4H-1-benzopyran-4-one | 3-(O-6-Deoxy-alpha-L-mannopyranosyl)-(1-6)-beta-D-glucopyranosyloxy)-2-(3,4-dihydroxyphenyl)-5,7-dihydroxy-4H-chromen-4-one |
| Quercetin-3-rutinoside | Rutin | Rutoside | Citrus bioflavonoids |
| Trihydrate | N/A | Non-synthetic Synthetic | (L-3-Carboxy-2-hydroxypropyl)trimethylammonium hydroxide, inner salt |
| (R)-3-Carboxy-2-hydroxy-N,N,N-trimethyl-1-propanaminium | L-Carnitine | Levocarnitine | L-Carnitine |
| Tartrate | N/A | Synthetic | (3R,3'R,6'R)-beta,epsilon-Carotene-3,3'-diol |
| Lutein | N/A | Tagetes erecta | Herb flowering oleoresin |
| Non-synthetic Zeaxanthin | N/A | Tagetes erecta | Herb flowering oleoresin |
| Non-synthetic Zeaxanthin | N/A | Synthetic | 3,3'-Dihydroxy-4,4'-diketo-beta-carotene |
| 3,3'-Dihydroxy-beta,beta-carotene-4,4'-dione | Astaxanthin | N/A | Haematococcus pluvialis |
| Whole Non-synthetic | (all-E)-2,6,10,15,19,23-Hexamethyl-2,6,10,14,18,22-tetracosahexaene | Squalene | N/A |
| Elaeis guineensis Olea europaea Fruit | Non-synthetic Shark Liver | all-trans-Lycopene | Lycopene |
| N/A Solanum lycopersicum | Fruit flesh | Non-synthetic Lycopene | N/A |
| Synthetic (E)-5-(p-Hydroxystyryl)resorcinol | 5-[(1E)-2-(4-Hydroxyphenyl)ethenyl]-1,3-benzenediol | trans-3,4',5-Trihydroxystilbenes | trans-Resveratrol |
| Resveratrol | N/A | Reynoutria japonica Root | Non-synthetic N/A |
| Vitis vinifera Fruit | Resveratrol | N/A | Synthetic |
| Abelmoschus esculentus | Gumbo Lady's-fingers | Okra | N/A |
| Abelmoschus esculentus | Fruit Dry Fresh | Actinidia chinensis Golden kiwi | N/A |
| Actinidia chinensis | Fruit Dry Fresh | Actinidia deliciosa Chinese-gooseberry | Kiwi Kiwifruit |
| N/A Actinidia deliciosa | Fruit Dry Fresh | Agaricus blazei | Himematsutake |
| N/A Agaricus blazei | Cultured mycelium | Fruiting body Mycelium | Dry Alaria |
| Alaria esculenta | Kutare | N/A | Alaria esculenta |
| Thallus Whole Dry | Allium ampeloprasum Great-headed garlic | Wild leek | N/A |
| Allium cepa Onion Shallot | N/A | Allium porrum Leek | N/A |
| Allium sativum Garlic | N/A | Allium sativum Bulb Dry Fresh | Allium schoenoprasum Beig cong Chives |
| N/A Allium sativum | Bulb Dry Fresh | Allium | |

schoenoprasumLeafDryFreshAloe veraAloeAloe veraBarbados aloesCuraçao aloesTrue aloesWest Indian
aloeN/AAloe veraLeaf gelFreshAlpinia galangaGreater galangaGreater
galangallLanguasSiamese-gingerN/AAAlpinia galangaRhizomeDryFreshAmorphophallus
konjacDevil's-tongueElephant-yamKonjacKonnyakuLeopard-palmMo-yuSnake-palmUmbrella
arumN/AAmorphophallus konjacRootTuberDryFreshAmorphophallus paeoniifoliusElephant
yamN/AAmorphophallus paeoniifoliusRootTuberDryFreshAnanas comosusvar.comosusPineappleN/AAAnanas
comosusvar.comosusFruitDryFreshAnethum graveolensDillGarden dillShi luN/AAAnethum graveolensHerb
topDryFreshAphanizomenon flos-aquaeAphanizomenon flos-aquaeN/AAphanizomenon
flos-aquaeWholeDryApium graveolensCeleryN/AApium graveolensHerb topRootTuberDryFreshArgania
spinosaArgan seed oilN/AAArgania spinosaSeedFreshAristotelia chilensisMaquiN/AAristotelia
chilensisFruitDryFreshAronia melanocarpaApfelbeereBlack chokeberryN/AAronia
melanocarpaFruitDryFreshArtemisia dracunculusFrench tarragonRussian tarragonSilky
wormwoodTarragonN/AArtemisia dracunculusLeafDryArtemisia vulgarisCommon mugwortFelon
herbMugwortSt. John's plantWild wormwoodN/AArtemisia vulgarisHerb topDryAscophyllum nodosumKnotted
wrackEgg wrackKnuppetangNorwegian KelpN/AAscophyllum nodosumThallusWholeDryAsparagus
officinalisAsparagusCommon asparagusGarden asparagusN/AAAsparagus officinalisShootDryFreshAuricularia
auricula-judaeJelly earN/AAuricularia auricula-judaeCultured myceliumFruiting bodyMyceliumDryAvena
sativaCommon oatOatRed oatSide oatTree oatN/AAvena sativaSeedSeed branDryN/AAvena
sativaSproutDryFreshOatgrassN/AAvena sativaHerb topLeafDryFreshOat OilN/AAvena
sativaSeedFreshBasella albaCeylon-spinachIndian-spinachLuo
kuiMalabar-nightshadeMalabar-spinachVine-spinachN/ABasella albaLeafDryFreshBerberis vulgarisCommon
barberryEuropean barberryJaundice-berryPiprageN/ABerberis vulgarisFruitDryBergera
koenigiiCurryleafN/ABergera koenigiiLeafDryBeta vulgarisBeetBeetrootField beetFodder beetFoliage
beetGarden beetMangelMangel-wurzelMangoldRed beetSicilian broad-rib beetSpinach beetSpinach
chardSugar beetSwiss chardTian caiYellow beetN/ABeta vulgarisLeafRootDryFreshBrassica junceaIndian
mustardOriental mustardN/ABrassica junceaLeafDryFreshBrassica nigraBlack mustardBrown
mustardN/ABrassica nigraSeedDryBrassica oleraceavar.botrytisCauliflowerN/ABrassica
oleraceavar.botrytisHerb topDryFreshBrassica oleraceavar.capitataCabbageRed cabbageWhite
cabbageN/ABrassica oleraceavar.capitataHerb topDryFreshBrassica oleraceavar.gemmiferaBao zi gan
lanBrussels sproutsN/ABrassica oleraceavar.gemmiferaSproutDryFreshBrassica oleraceavar.italicaAsparagus
broccoliBroccoliCalabreseCape broccoliHeading broccoliPurple cauliflowerSprouting broccoliWinter
broccoliN/ABrassica oleraceavar.italicaHerb topSproutDryFreshBrassica oleraceavar.oleraceaWild
cabbageN/ABrassica oleraceavar.oleraceaHerb topDryFreshBrassica oleraceavar.viridisCollardsCow
cabbageFodder kaleKaleSpring-heading cabbageTall kaleTree kaleN/ABrassica
oleraceavar.viridisLeafDryFreshBrassica rapaRapiniSeven-top turnipTurnipTyfonN/ABrassica
rapaRootDryFreshCamellia sinensisGreen tea extractN/ACamellia sinensisLeafN/ACannabis sativaDa
maHempN/ACannabis sativaNon-viable seedDryCapparis spinosaCaperCaperbushN/ACapparis
spinosaFruitDryFreshCapsicum annuumCayenneCayenne pepperChili pepperPaprikaRed
PepperN/ACapsicum annuumFruitDryCarica papayaPapayaPawpawN/ACarica papayaFruitDryFreshCeratonia
siliquaBread-St John'sCarobCeratoniaLocust-beanSt. John's-breadSt John's breadN/ACeratonia
siliquaFruitDryChamaemelum nobileEnglish chamomileGarden chamomileNoble chamomileRoman
chamomileRussian chamomileN/ACHamaemelum nobileFlowerDryChenopodium
quinoaQuinguaQuinoaN/ACHenopodium quinoaSeedDryChlorella vulgarisChlorellaN/ACHlorella vulgarisBroken
cellDryFreshCicer arietinumBengal gramChick-peaGarbanzoGramN/ACicer arietinumSeedDryCichorium
endiviaEscaroleN/ACichorium endiviaLeafDryFreshCichorium intybusBelgium
endiveChicoryRadicchioN/ACichorium intybusLeafRootDryFreshCinnamomum aromaticumCassiaCassia
cinnamonChinese cinnamonChinese cinnamon treeRou guiN/ACinnamomum aromaticumBranch barkStem
barkTrunk barkDryCinnamomum verumCeylon cinnamonCinnamonTrue cinnamonTvakN/ACinnamomum
verumBranch barkShoot barkDryCitrullus lanatusvar.lanatusWatermelonN/ACitrullus
lanatusvar.lanatusFruitDryFreshCitrus aurantiifoliaEgyptian limeIndian limeKey limeLimeMexican limeSour
limeN/ACitrus aurantiifoliaFruitDryFreshCitrus bioflavonoidsCitrus bioflavonoidsN/ACitrus sinensisCitrus
limonCitrus reticulataCitrus aurantiifoliaCitrus paradisiFruit peelFruitNon-syntheticCitrus limonLemonLi
mengLimumNing mengN/ACitrus limonFruitDryFreshCitrus maximaPomeloPummeloShaddockYuZhu
luanN/ACitrus maximaFruitDryFreshCitrus paradisiGrapefruitYuan youN/ACitrus paradisiFruitDryFreshCitrus
reticulataJuMandarin orangeTangerineN/ACitrus reticulataFruitDryFreshCitrus sinensisBlood orangeNavel
orangeRed orangeSweet orangeTian chengValencia orangeN/ACitrus sinensisFruitDryFreshCoccinia
grandisIvy gourdLittle gourdN/ACoccinia grandisFruitDryFreshCocos nuciferaCoconutCoconut
palmNariyalN/ACocos nuciferaFruitDryFreshCopraN/ACocos nuciferaFruitDryCoconut waterN/ACocos
nuciferaLiquid endospermDryFreshCoconut oilN/ACocos nuciferaSeed endospermFreshCordyceps

militarisChinese caterpillar fungusCordycepsCordyceps fungusCordyceps militarisTrooping
 cordycepsN/ACordyceps militarisCultured fruiting bodyCultured myceliumStromaDryCoriandrum
 sativumChinese parsleyChinese-parsleyCilantroCorianderParsley-ChineseN/ACoriandrum
 sativumLeafDryFreshCucumis melosubsp.melovar.cantalupoCantaloupeNetted melonN/ACucumis
 melosubsp.melovar.cantalupoFruitDryFreshCucumis sativusCucumberN/ACucumis
 sativusFruitDryFreshCucurbita maximaWinter squashN/ACucurbita maximaFruitDryFreshCucurbita
 moschataButternut squashCheese pumpkinN/ACucurbita moschataFruitDryFreshSeedDryCucurbita
 pepoAcorn squashBitter bottle gourdGhia kadduMarrowPumpkinSquashN/ACucurbita
 pepoFruitDryFreshCucurbita pepovar.pepoZucchiniN/ACucurbita pepovar.pepoFruitDryFreshCuminum
 cyminumCuminN/ACuminum cyminumFruitDryCurcuma longaCommon
 turmericCurcumaIndian-saffronJianghuangTurmericYellow gingerN/ACurcuma
 longaRhizomeDryCurcuminoidsCurcuminoidsN/ACurcuma longaRhizomeNon-syntheticCydonia
 oblongaQuinceN/ACydonia oblongaFruitDryFreshCymbopogon citratusFever grassLemongrassWest Indian
 lemongrassN/ACymbopogon citratusHerb topLeafDryFreshCynara cardunculusArtichokeArtichoke
 thistleCardoonCynaraGarden artichokeGlobe artichokeScotch thistleN/ACynara cardunculusLeafDryDaucus
 carotaCarrotN/ADaucus carotaLeafRootDryFreshDioscorea alataGreater yamGuyana arrowrootTen-months
 yamWater yamWhite yamWinged yamYamN/ADioscorea alataRootDryFreshDiospyros virginianaAmerican
 persimmonN/ADiospyros virginianaFruitDryFreshElaeis guineensisAfrican oil palmOil palmN/AElaeis
 guineensisFruitFreshEuterpe oleraceaAcaiAçaiAssai palmCabbage palmN/AEuterpe oleraceaFruit
 fleshDryFagopyrum esculentumBuckwheatCommon buckwheatJapanese buckwheatQiao maiSilverhull
 buckwheatN/AFagopyrum esculentumSeedDryFicus caricaFigFig treeWu hua guoN/AFicus
 caricaFruitDryFreshFoeniculum vulgaresubsp.vulgarevar.dulceRoman fennelSweet fennelN/AFoeniculum
 vulgaresubsp.vulgarevar.dulceBulbDryFreshFragaria virginianaScarlet strawberryVirginia strawberryWild
 strawberryN/AFragaria virginianaFruitDryFreshFragaria x ananassaGarden strawberryStrawberryN/AFragaria x
 ananassaFruitDryFreshFucus vesiculosusBlack tangBladder fucusBladderwrackKelpwareSeawrackN/AFucus
 vesiculosusThallusWholeDryGanoderma applanatumArtist's conkN/AGanoderma applanatumCultured
 myceliumFruiting bodyMyceliumDryGanoderma lucidumGanodermaLing zhiReishiN/AGanoderma
 lucidumCultured myceliumFruiting bodyMyceliumDryGarcinia
 mangostanaKing's-fruitManggisMangostanMangosteenN/AGarcinia mangostanaFruitDryFreshGlycine
 maxDefatted soybean flourDefatted soy flourN/AGlycine maxSeedDrySoybean FlourSoy FlourN/AGlycine
 maxSeedDryBlack soya beanDa douSoySoyaSoyabeanSoybeanN/AGlycine maxSproutDryFreshGrape seed
 extractGrape seed extractN/AVitis viniferaSeedN/AGreen coffee bean extractGreen coffee bean
 extractN/ACoffea arabicaCoffea canephoraSeedN/AGrifola frondosaMaitakeN/AGrifola frondosaCultured
 myceliumFruiting bodyMyceliumDryHaematococcus pluvialisHaematococcus pluvialisN/AHaematococcus
 pluvialisBroken cellDryHelianthus annuusMirasolSunflowerN/AHelianthus annuusSeedDrySunflower
 oilN/AHelianthus annuusSeedFreshHericium erinaceusLion's ManeN/AHericium erinaceusCultured
 myceliumFruiting bodyMyceliumDryHibiscus
 sabdariffaIndian-sorrelJamaica-sorrelRed-sorrelRoselleSorrelN/AHibiscus
 sabdariffaFlowerLeafDryFreshHippophae rhamnoidesSallowthornSea
 buckthornSea-buckthornShajiN/AHippophae rhamnoidesFruitDryFreshHordeum vulgareBarleyDa
 maiN/AHordeum vulgareSeedDrySproutDryFreshBarleygrassN/AHordeum vulgareHerb
 topLeafDryFreshInonotus obliquusChagaN/AInonotus obliquusCultured myceliumFruiting
 bodyMyceliumDryIpomoea batatasSweet potatoN/AIpomoea batatasRootTuberDryFreshIrvingia
 gabonensisAfrican wild mangoN/AIrvingia gabonensisSeedDryJuglans regiaWalnutN/AJuglans
 regiaSeedDryL-alpha-Acetamido-beta-mercaptopropionic acidN-Acetyl-L-cysteineN-Acetyl-L-cysteineN-Acetyl-
 L-cysteineN/AN/ASyntheticL-GlutathioneN-(N-L-gamma-Glutamyl-L-cysteiny)glycineL-GlutathioneN/ACandida
 utilisSaccharomyces cerevisiaeWholeNon-syntheticGlutathioneS-AcetylglutathioneN/AN/ASyntheticLactuca
 sativaGarden lettuceLettuceN/ALactuca sativaLeafDryFreshLactuca sativavar.crispaCurled lettuceLeaf
 lettuceN/ALactuca sativavar.crispaLeafDryFreshLactuca sativavar.longifoliaCos lettuceRomaine
 lettuceN/ALactuca sativavar.longifoliaLeafDryFreshLagenaria sicerariaBottle gourdCalabashCalabash gourdHu
 luWhite-flower gourdN/ALagenaria sicerariaFruitDryFreshLaminaria digitataHorsetail
 kelpKelpSilketareN/ALaminaria digitataThallusWholeDryLens culinarisGramLentilN/ALens
 culinarisSeedDryLentinula edodesShiitakeN/ALentinula edodesCultured myceliumFruiting
 bodyMyceliumDryLepidium meyeniiMacaPeruvian-ginsengN/ALepidium meyeniiHypocotylRootDryLepidium
 sativumGarden cressN/ALepidium sativumLeafDryFreshLimnospira fusiformisSpirulinaN/ALimnospira
 fusiformisWholeDryFreshLimnospira indicaSpirulinaN/ALimnospira indicaWholeDryFreshLimnospira
 maximaSpirulinaN/ALimnospira maximaWholeDryFreshLimnospira platensisSpirulinaN/ALimnospira
 platensisWholeDryFreshLinum usitatissimumFlaxFlaxseedLinseedN/ALinum usitatissimumSeedDryN/ALinum
 usitatissimumSproutDryFreshLonicera caeruleaBlue honeysuckleHaskapN/ALonicera

caeruleaFruitDryFreshLutein estersLutein estersN/ATagetes erectaHerb flowering
 oleoresinNon-syntheticLycium barbarumBarbary matrimony-vineBarbary wolfberryChinese
 wolfberryGojiMatrimony-vineNing xia gou qiN/ALycium barbarumFruitDryMalpighia emarginataAcerolaWest
 Indian-cherryN/AMalpighia emarginataFruitDryFreshMalpighia glabraAcerolaBarbados cherry
 treeEscobilloN/AMalpighia glabraFruitDryFreshMalus domesticaAppleN/AMalus domesticaFruitDryFreshMalus
 pumilaParadise appleN/AMalus pumilaFruitDryFreshMangifera indicaMangoN/AMangifera
 indicaFruitDryFreshMedicago sativaAlfalfaLucerneN/AMedicago sativaHerb topLeafDryMixed tocopherol
 concentrateTocopherol concentrate, mixedMixed tocopherol concentrateTocopherolsN/ABrassica
 napusBrassica rapaCarthamus tinctorisGlycine maxHelianthus annuusZea maysSeedNon-syntheticCocos
 nuciferaSeed endospermOlea europaeaFruit fleshMorinda citrifoliaIndian-mulberryNoniRotten
 cheeseFruitN/AMorinda citrifoliaFruitDryFreshMoringa
 oleiferaBen-oil-treeBenzolive-treeDrumsticktreeHorseradish-treeMalunggayMoringaWest Indian
 benN/AMoringa oleiferaLeafSeedDryMorus albaSangWhite mulberryN/AMorus albaFruitDryFreshMusa x
 paradisiacaBananaBanana palmFrench plantainPlantainN/AMusa x paradisiacaFruitDryFreshMyrciaria
 dubiaCamu-camuN/AMyrciaria dubiaFruitDryNasturtium
 officinaleBronkorsBrownressMizu-garashiOranda-garashiSummer watercressWatercressN/ANasturtium
 officinaleHerb topLeafDryFreshNelumbo nuciferaEast Indian lotusLianLotusN/ANelumbo
 nuciferaSeedDryFreshOcimum tenuiflorumHoly basilRama tulsiSacred basilTulsiN/AOcimum
 tenuiflorumLeafDryOlea europaeaOlive leafN/AOlea europaeaLeafDryFreshOliveN/AOlea
 europaeaFruitDryFreshOlive oilN/AOlea europaeaFruitFreshOphiocordyceps sinensisChinese caterpillar
 fungusCordycepsCordyceps sinensisDong chong xia caoN/AOphiocordyceps sinensisStromaDryOpuntia
 ficus-indicaBarbary-figIndian-figMission cactusPrickly-pearN/AOpuntia ficus-indicaFruitLeafDryFreshOriganum
 vulgareCommon oreganoOreganoN/AOriganum vulgareLeafDryOryza sativaAsian riceBlack RiceDaoLowland
 ricePurple RiceRiceUpland riceN/AOryza sativaSeedSeed branCookedCooked and dryPaecilomyces
 hepialiCordycepsCultured Chinese caterpillar fungusFa jiao chong cao junN/APaecilomyces hepialiCultured
 myceliumDryPalmaria palmataCreathnachDilliskDuilleascDulseN/APalmaria
 palmataThallusWholeDryFreshPanicum miliaceumCommon milletMilletMillet panicN/APanicum
 miliaceumSeedDrySproutDryFreshPassiflora edulisPurple granadillaN/APassiflora
 edulisFruitDryFreshPassiflora quadrangularisGiant granadillaN/APassiflora
 quadrangularisFruitDryFreshPastinaca sativaParsnipN/APastinaca sativaRootTuberDryFreshPersea
 americanaAvocadoN/APersea americanaFruitDryFreshPetroselinum
 crispumParsleyN/APetroselinumcrispumHerb topDryFreshPhaseolus vulgarisKidney beanNavy beanWhite
 kidney beanN/APhaseolus vulgarisSeedDryPhoenix dactyliferaDateDate palmN/APhoenix
 dactyliferaFruitDryFreshPhyllanthus emblicaAmalakiAmlaEmblicEmblic myrobalanIndian
 gooseberryMyrobalanN/APhyllanthus emblicaFruitDryPimenta
 dioicaAllspiceClover-pepperJamaica-pepperPimentaPimentoN/APimenta dioicaFruitDryPimpinella
 anisumAniseSweet-cuminN/APimpinella anisumFruitDryPinus pinasterCluster pineMaritime
 pineTrosdenN/APinus pinasterStem barkDryFreshPisum sativumPeaN/APisum sativumSeedDryFreshPorphyra
 yezoensisNoriN/APorphyra yezoensisThallusWholeDryFreshPropolisBee propolisFeng jiaoPropolisPropolis
 balsamPropolis resinPropolis waxN/AApis melliferaSecretionDryPrunus armeniacaApricotSiberian
 apricotXingN/APrunus armeniacaFruitDryFreshPrunus aviumBird cherryGeanMazzard cherrySweet
 cherryN/APrunus aviumFruitDryFreshPrunus cerasusMorello cherryPie cherrySour cherryTart
 cherryN/APrunus cerasusFruitDryFreshPrunus domesticaOu zhou liPrune plumN/APrunus
 domesticaFruitDryFreshPrunus dulcisAlmondAlmond-bitterAlmond-sweetBitter almondSweet
 almondN/APrunus dulcisSeedDryPrunus persicaMomoPeachTaoN/APrunus persicaFruitDryFreshPrunus
 persicavar.nucipersicaNectarineN/APrunus persicavar.nucipersicaFruitDryFreshPrunus serotinaBlack
 cherryRum cherryWild cherryN/APrunus serotinaFruitDryFreshPrunus
 virginianaBitter-berryChokecherryN/APrunus virginianaFruitDryFreshPsidium guajavaGuavaKoejawelLemon
 guavaN/APsidium guajavaFruitDryFreshPunica granatumPomegranateN/APunica granatumFruitSeed
 arilDryFreshPyrus communisPearN/APyrus communisFruitDryFreshPyrus pyrifoliaChinese pearNashi
 pearN/APyrus pyrifoliaFruitDryFreshRaphanus sativusLuo boRadishN/ARaphanus
 sativusLeafRootTuberSproutDryFreshRhodiola roseaHong jing tianKing's-crownRhodiolaRoserootN/ARhodiola
 roseaRootRoot and rhizomeDryRibes nigrumBlack currantN/ARibes nigrumFruitDryFreshRibes
 uva-crispaEnglish gooseberryEuropean gooseberryGooseberryN/ARibes uva-crispaFruitDryFreshRosa
 caninaCommon briarDogbrierDog roseN/ARosa caninaFruitDryFreshRosmarinus
 officinalisRosemaryN/ARosmarinus officinalisLeafDryRoyal jellyRoyal jellyN/AApis
 melliferaSecretionFreshRubus arcticusArctic raspberryN/ARubus arcticusFruitDryFreshRubus idaeusEuropean
 raspberryEuropean red raspberryFu pen ziRaspberryRed raspberryN/ARubus idaeusFruitDryFreshRubus
 occidentalisBlackcapBlack raspberryN/ARubus occidentalisFruitDryFreshRubus

plicatusBlackberryBrambleShrubby blackberryN/ARubus plicatusFruitDryFreshSaccharina japonicaHai
 daiJapanese kelpMakombuSea tangleN/ASaccharina japonicaThallusWholeDrySalvia hispanicaChiaN/ASalvia
 hispanicaSeedDrySproutDryFreshSalvia officinalisCommon sageDalmatian sageGarden sageSageN/ASalvia
 officinalisLeafDrySambucus nigrasubsp.nigraBlack elderEuropean elderN/ASambucus
 nigrasubsp.nigraFruitDrySambucus nigrasubsp.canadensisAmerican elderCanadian elderSweet
 ElderN/ASambucus nigrasubsp.canadensisFruitDrySchizophyllum communeSplit Gill fungusN/ASchizophyllum
 communeCultured myceliumFruiting bodyMyceliumDrySeleniumSeleniumMethylselenocysteineSelenious
 acidSelenium amino acid chelateSelenium aspartateSelenium citrateSelenium dioxide, monohydrateSelenium
 fumarateSelenium glutarateSelenium glycinateSelenium hydrolyzed animal protein (HAP) chelateSelenium
 hydrolyzed vegetable protein (HVP) chelateSelenium malateSelenium succinateSelenium-enriched
 yeastSelenocysteineSelenomethionineSodium hydrogen seleniteSodium selenateSodium
 seleniteN/AN/ANon-syntheticSyntheticSesamum indicumBeniBeniseedBenneseedBlack sesameBlack sesame
 seedsHu maSesameN/ASesamum indicumSeedDrySetaria italicaItalian milletSuN/ASetaria
 italicaSeedDrySolanum lycopersicumTomatoN/ASolanum lycopersicumFruitDryFreshTomato
 extractN/ASolanum lycopersicumFruit fleshDryFreshSolanum tuberosumPotatoN/ASolanum
 tuberosumRootTuberDryFreshSpinacia oleraceaBo caiSpinachN/ASpinacia oleraceaLeafDryFreshSyzygium
 aromaticumCloveN/ASyzygium aromaticumFlower budDryTagetes erectaAfrican marigoldAztec marigoldBig
 marigoldSaffron marigoldN/ATagetes erectaFlowerDryTamarindus indicaIndian
 tamarindKilytreeTamarinTamarindN/ATamarindus indicaFruitDryTocotrienol
 concentrateTocotrienolsTocotrienol concentrateTocotrienolsN/ABixa orellanaSeedNon-syntheticElaeis
 guineensisFruitOryza sativaSeed branTrametes versicolorKawaratakeTurkey TailYunzhiN/ATrametes
 versicolorCultured myceliumFruiting bodyMyceliumDryTremella fuciformisSilver earWhite
 mushroomN/ATremella fuciformisCultured myceliumFruiting bodyMyceliumDryTrigonella
 foenum-graecumCommon fenugreekFenugreekGreek-cloverGreek hayHu lu baN/ATrigonella
 foenum-graecumSeedDryTriticum aestivumBread wheatWheatXiao maiN/ATriticum
 aestivumSeedDrySproutDryFreshWheatgrassTriticum aestivumHerb topLeafDryFreshWheat germ oilTriticum
 aestivumSeed germFreshTropaeolum majusGarden nasturtiumIndian cressN/ATropaeolum majusHerb
 topLeafDryFreshUbiquinolUbiquinolUbiquinolN/AN/ASyntheticVaccinium corymbosumAmerican
 blueberryBlueberryHighbush blueberrySwamp blueberryN/AVaccinium corymbosumFruitDryFreshVaccinium
 angustifoliumBlueberryLate sweet blueberryLowbush blueberryLow sweet blueberrySweethurtsUpland lowbush
 blueberryN/AVaccinium angustifoliumFruitDryFreshVaccinium pallidumBlueberryHillside lowbush
 blueberryN/AVaccinium pallidumFruitDryFreshVaccinium macrocarponAmerican cranberryCranberryLarge
 American cranberryLarge cranberryN/AVaccinium macrocarponFruitFreshCranberry juice powderDried
 Cranberry JuiceDried Vaccinium macrocarpon (cranberry) fruit juiceN/AVaccinium
 macrocarponFruitDryVaccinium myrsinitesShiny blueberryN/AVacciniummyrsinitesFruitDryFreshVaccinium
 myrtillusBilberryEuropean blueberryHuckleberryWhortleberryN/AVaccinium myrtillusFruitDryVaccinium
 vitis-idaeaAlpine cranberryCowberryFoxberryLingberryLingenLingenberryLingonLingonberryRock
 cranberryN/AVaccinium vitis-idaeaFruitDryFreshVicia fabaFava beanN/AVicia fabaFruitDryFreshVigna
 radiatavar.radiataLu douMung BeanN/AVigna radiatavar.radiataSeedDryVigna
 unguiculatasubsp.cylindricaCatjangCatjang cowpeaSow-peaN/AVigna
 unguiculatasubsp.cylindricaSeedDryFreshVitamin CVitamin CAscorbic acidAscorbic acid
 2-O-glucosideAscorbyl methylsilanol pectinateAscorbyl palmitateCalcium ascorbateCalcium ascorbate,
 dihydrateMagnesium ascorbateMagnesium ascorbyl phosphateManganese (II) ascorbateNiacinamide
 ascorbatePotassium ascorbateSodium ascorbateZinc ascorbateN/AN/ANon-syntheticSyntheticVitamin
 EVitamin Ed-alpha Tocopherold-alpha Tocopheryl acetated-alpha Tocopheryl acid succinatedl-alpha
 Tocopheroldl-alpha Tocopheryl acetatedl-alpha Tocopheryl acid succinateN/AN/ANon-SyntheticSyntheticVitis
 labruscaConcord grapeN/AVitis labruscaFruitDryFreshVitis viniferaCommon grapevineEuropean
 grapeGrapeGrapevineN/AVitis viniferaFruitFruit skinSeedDryFreshRed wine extractRed wine polyphenol
 extractN/AVitis viniferaFruitDryFreshWolfiporia extensaFu lingHoelenIndian breadPoriaSclerotium of
 tuckahoeN/AWolfiporia extensaCultured fruiting bodyCultured myceliumStromaDryZea maysCornMaizePurple
 cornYu shu shuN/AZea maysSeedDryZeaxanthin estersZeaxanthin estersN/ATagetes erectaHerb flowering
 oleoresinNon-syntheticZingiber officinaleGingerJiangN/AZingiber officinaleRhizomeDryZiziphus jujubaChinese
 dateJujubeZaoN/AZiziphus jujubaFruitDryFreshFruit blendFruit blendN/AAnanas
 comosusvar.comosusAristotella chilensisAronia melanocarpaCarica papayaCitrullus lanatusvar.lanatusCitrus
 aurantiifoliaCitrus aurantiumCitrus limonCitrus paradisiCitrus reticulataCitrus sinensisCocos nuciferaCucumis
 meloCucurbita pepoEuterpe oleraceaFragaria vescaFragaria x ananassaLitchi chinensisMalpighia glabraMalus
 domesticaMangifera indicaMorinda citrifoliaMusa acuminataMusa x paradisiacaMyrciaria dubiaPassiflora
 edulisPhyllanthus emblicaPrunus armeniacaPrunus aviumPrunus cerasusPrunus domesticaPrunus
 persicaPrunus salicinaPsidium guajavaPunica granatumPyrus communisRibes nigrumRubus idaeusRubus

occidentalisRubus plicatusSambucus nigrasubsp.nigraVaccinium angustifoliumVaccinium
cespitosumVaccinium corymbosumVaccinium macrocarponVaccinium membranaceumVaccinium
myrtillusVaccinium ovalifoliumVaccinium uliginosumVaccinium vitis-idaeaVitis labruscaVitis viniferaFruitDryFruit
and vegetable blendFruit and vegetable blendN/AAllium ampeloprasumAllium cepaAllium porrumAllium
sativumAnanas comosusvar.comosusApium graveolensAristotelia chilensisAronia melanocarpaBarbarea
vernaBergera koenigiiBeta vulgarisBixa orellanaBrassica napusBrassica oleraceavar.botrytisBrassica
oleraceavar.capitataBrassica oleraceavar.gemmiferaBrassica oleraceavar.italicaBrassica
oleraceavar.viridisCapsicum annuumCarica papayaCitrullus lanatusvar.lanatusCitrus aurantiifoliaCitrus
aurantiumCitrus limonCitrus paradisiCitrus reticulataCitrus sinensisCocos nuciferaCucumis meloCucurbita
pepoDaucus carotaEuterpe oleraceaFragaria vescaFragaria x ananassalpomea batatasLantana camaraLitchi
chinensisMalpighia glabraMalus domesticaMangifera indicaMedicago sativaMorinda citrifoliaMoringa
oleiferaMusa acuminataMusa x paradisiacaMyrciaria dubiaOcimum tenuiflorumPassiflora edulisPetroselinum
crispumPhyllanthus emblicaPrunus armeniacaPrunus aviumPrunus cerasusPrunus domesticaPrunus
persicaPrunus salicinaPsidium guajavaPunica granatumPyrus communisRaphanus sativusvar.sativusRibes
nigrumRubus idaeusRubus occidentalisRubus plicatusSambucus nigrasubsp.nigraSesbania
grandifloraSolanum lycopersicumSpinacia oleraceaVaccinium angustifoliumVaccinium cespitosumVaccinium
corymbosumVaccinium macrocarponVaccinium membranaceumVaccinium myrtillusVaccinium
ovalifoliumVaccinium uliginosumVaccinium vitis-idaeaVitis labruscaVitis viniferaWrightia tinctoriaZea
maysBulbEdible fruit partEdible vegetable partFruitLeafLeaf stalkRootSproutDrySprout blendSprout
blendN/AAvena sativaBrassica oleraceavar.gemmiferaBrassica oleraceavar.italicaGlycine maxHordeum
vulgareLinum usitatissimumPanicum miliaceumRaphanus sativusSalvia hispanicaTriticum
aestivumSproutDryVegetable blendVegetable blendN/AAllium ampeloprasumAllium cepaAllium porrumAllium
sativumApium graveolensBarbarea vernaBergera koenigiiBeta vulgarisBixa orellanaBrassica napusBrassica
oleraceavar.botrytisBrassica oleraceavar.capitataBrassica oleraceavar.gemmiferaBrassica
oleraceavar.italicaBrassica oleraceavar.viridisCapsicum annuumDaucus carotalpomea batatasLantana
camaraMedicago sativaMoringa oleiferaOcimum tenuiflorumPetroselinum crispumRaphanus
sativusvar.sativusSesbania grandifloraSolanum lycopersicumSpinacia oleraceaWrightia tinctoriaZea
maysBulbEdible vegetable partFruitLeafLeaf stalkRootSproutDry Route of administration Oral

DOSAGE FORM(S)

Date: July 25, 2025 Proper name(s), Common name(s), Source information Table 1. Proper name(s), Common
name(s), Source informationProper name(s)Common name(s)Source informationSource ingredient(s)Source
material(s)Part(s)Preparation(s)(±)-1,2-Dithiolane-3-pentanoic acidDL-alpha-Lipoic acidDL-alpha-Lipoic
acidDL-Thioctic acidDL-alpha-Lipoic acidN/AN/ASynthetic1,2-Dithiolane-3-pentanoic acid, (R)(+)-alpha-Lipoic
acidR-alpha-Lipoic acidR-alpha-Lipoic acidSodium R-(+)-lipoateN/AN/ASynthetic(1E,6E)-1,7-Bis(4-hydroxy-3-
methoxyphenyl)-1,6-heptadiene-3,5-dioneCurcuminN/ACurcuma longaRhizomeNon-syntheticCurcuminN/AN/A
Synthetic2-(3,4-Dihydroxyphenyl)-3,5,7-trihydroxy-4H-1-benzopyran-4-one2-(3,4-Dihydroxyphenyl)-3,5,7-trihyd
roxychromen-4-one3,3',4',5,7-PentahydroxyflavoneQuercetinQuercetin anhydrousCitrus
bioflavonoidsQuercetinQuercetin dihydrateN/AN/ANon-syntheticSynthetic2,5-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-tetr
acontadecaenyl]-5,6-dimethoxy-3-methylCoenzyme
Q10CoQ10UbidecarenoneUbiquinone-10N/AAgrobacterium rhizogenesAgrobacterium tumefaciensAspergillus
clavatusEscherichia coliGluconobacter suboxydansLeucosporidium scottiiParacoccus denitrificansRhodobacter
sphaeroidesRhodospirillum rubrumSaccharomyces cerevisiaeSchizosaccharomyces
pombeWholeBiosynthesisCoenzyme Q10N/AN/ASynthetic(2S)-7-[[[6-O-(6-Deoxy-alpha-L-mannopyranosyl)-bet
a-D-glucopyranosyl]oxy]-2,3-dihydro-5-hydroxy-2-(3-hydroxy-4-methoxyphenyl)-4H-1-benzopyran-4-oneHesper
idinCitrus bioflavonoidsHesperidinN/AN/ANon-syntheticSynthetic3,3',4',5,7-Pentahydroxyflavone-3-rutinoside3-
[[[6-O-(6-Deoxy-alpha-L-mannopyranosyl)-beta-D-glucopyranosyl]oxy]-2-(3,4-dihydroxyphenyl)-5,7-dihydroxy-4
H-1-benzopyran-4-one3-(O-6-Deoxy-alpha-L-mannopyranosyl-(1-6)-beta-D-glucopyranosyloxy)-2-(3,4-dihydrox
yphenyl)-5,7-dihydroxy-4H-chromen-4-oneQuercetin-3 rutinosideRutinRutosideCitrus
bioflavonoidsRutinRutoside
trihydrateN/AN/ANon-syntheticSynthetic(L-3-Carboxy-2-hydroxypropyl)trimethylammonium hydroxide, inner
salt(R)-3-Carboxy-2-hydroxy-N,N,N-trimethyl-1-propanaminium hydroxide, inner
saltL-CarnitineLevocarnitineL-CarnitineLevocarnitineL-CarnitineL-Carnitine fumarateL-Carnitine

tartrateN/AN/Synthetic(3R,3'R,6'R)-beta,epsilon-Carotene-3,3'-diolLuteinN/ATagetes erectaHerb flowering ole
 oresinNon-synthetic(3R,3'R)-beta,beta-Carotene-3,3'-diolall-trans-beta-Carotene-3,3'-diolZeaxanthinN/ATagete
 s erectaHerb flowering oleoresinNon-syntheticZeaxanthinN/AN/Synthetic3,3'-Dihydroxy-4,4'-diketo-beta-carot
 ene3,3'-Dihydroxy-beta,beta-carotene-4,4'-dioneAstaxanthinN/AHaematococcus pluvialisWholeNon-synthetic(a
 ll-E)-2,6,10,15,19,23-Hexamethyl-2,6,10,14,18,22-tetracosahexaeneSqualeneN/AElaeis guineensisOlea
 europaeaFruitNon-syntheticSharkLiverall-trans-LycopeneLycopeneN/ASolanum lycopersicumFruit fleshNon-sy
 ntheticLycopeneN/AN/Synthetic(E)-5-(p-Hydroxystyryl)resorcinol5-[(1E)-2-(4-Hydroxyphenyl)ethenyl]-1,3-ben
 zenedioltrans-3,4',5-Trihydroxystilbenetrans-ResveratrolResveratrolN/AReynoutria
 japonicaRootNon-syntheticN/AVitis viniferaFruitResveratrolN/AN/SyntheticAbelmoschus
 esculentusGumboLady's-fingersOkraN/AAbelmoschus esculentusFruitDryFreshActinidia chinensisGolden
 kiwiN/AActinidia chinensisFruitDryFreshActinidia deliciosaChinese-gooseberryKiwiKiwifruitN/AActinidia
 deliciosaFruitDryFreshAgaricus blazeiHimematsutakeN/AAgaricus blazeiCultured myceliumFruiting
 bodyMyceliumDryAlaria esculentaKutareN/AAlaria esculentaThallusWholeDryAllium
 ampeloprasumGreat-headed garlicWild leekN/AAllium ampeloprasumLeafDryFreshAllium
 cepaOnionShallotN/AAllium cepaBulbDryFreshAllium porrumLeekN/AAllium porrumLeafDryFreshAllium
 sativumGarlicN/AAllium sativumBulbDryFreshAllium schoenoprasumBei congChivesN/AAllium
 schoenoprasumLeafDryFreshAloe veraAloeAloe veraBarbados aloeCuraçao aloeTrue aloeWest Indian
 aloeN/AAloe veraLeaf gelFreshAlpinia galangaGreater galangaGreater
 galangalLanguasSiamese-gingerN/AAlpinia galangaRhizomeDryFreshAmorphophallus
 konjacDevil's-tongueElephant-yamKonjacKonnyakuLeopard-palmMo-yuSnake-palmUmbrella
 arumN/AAmorphophallus konjacRootTuberDryFreshAmorphophallus paeoniifoliusElephant
 yamN/AAmorphophallus paeoniifoliusRootTuberDryFreshAnanas comosusvar.comosusPineappleN/AAnanas
 comosusvar.comosusFruitDryFreshAnethum graveolensDillGarden dillShi luN/AAnethum graveolensHerb
 topDryFreshAphanizomenon flos-aquaeAphanizomenon flos-aquaeN/AAphanizomenon
 flos-aquaeWholeDryApium graveolensCeleryN/AApium graveolensHerb topRootTuberDryFreshArgania
 spinosaArgan seed oilN/AArgania spinosaSeedFreshAristotelia chilensisMaquiN/AAristotelia
 chilensisFruitDryFreshAronia melanocarpaApfelbeereBlack chokeberryN/AAronia
 melanocarpaFruitDryFreshArtemisia dracunculusFrench tarragonRussian tarragonSilky
 wormwoodTarragonN/AArtemisia dracunculusLeafDryArtemisia vulgarisCommon mugwortFelon
 herbMugwortSt. John's plantWild wormwoodN/AArtemisia vulgarisHerb topDryAscophyllum nodosumKnotted
 wrackEgg wrackKnuppertangNorwegian KelpN/AAscophyllum nodosumThallusWholeDryAsparagus
 officinalisAsparagusCommon asparagusGarden asparagusN/AAsparagus officinalisShootDryFreshAuricularia
 auricula-judaeJelly earN/Auricularia auricula-judaeCultured myceliumFruiting bodyMyceliumDryAvena
 sativaCommon oatOatRed oatSide oatTree oatN/AAvena sativaSeedSeed branDryN/AAvena
 sativaSproutDryFreshOatgrassN/AAvena sativaHerb topLeafDryFreshOat OilN/AAvena
 sativaSeedFreshBasella albaCeylon-spinachIndian-spinachLuo
 kuiMalabar-nightshadeMalabar-spinachVine-spinachN/ABasella albaLeafDryFreshBerberis vulgarisCommon
 barberryEuropean barberryJaundice-berryPiprageN/ABerberis vulgarisFruitDryBergera
 koenigiiCurryleafN/ABergera koenigiiLeafDryBeta vulgarisBeetBeetrootField beetFodder beetFoliage
 beetGarden beetMangelMangel-wurzelMangoldRed beetSicilian broad-rib beetSpinach beetSpinach
 chardSugar beetSwiss chardTian caiYellow beetN/ABeta vulgarisLeafRootDryFreshBrassica junceaIndian
 mustardOriental mustardN/ABrassica junceaLeafDryFreshBrassica nigraBlack mustardBrown
 mustardN/ABrassica nigraSeedDryBrassica oleraceavar.botrytisCauliflowerN/ABrassica
 oleraceavar.botrytisHerb topDryFreshBrassica oleraceavar.capitataCabbageRed cabbageWhite
 cabbageN/ABrassica oleraceavar.capitataHerb topDryFreshBrassica oleraceavar.gemmiferaBao zi gan
 lanBrussels sproutsN/ABrassica oleraceavar.gemmiferaSproutDryFreshBrassica oleraceavar.italicaAsparagus
 broccoliBroccoliCalabreseCape broccoliHeading broccoliPurple cauliflowerSprouting broccoliWinter
 broccoliN/ABrassica oleraceavar.italicaHerb topSproutDryFreshBrassica oleraceavar.oleraceaWild
 cabbageN/ABrassica oleraceavar.oleraceaHerb topDryFreshBrassica oleraceavar.viridisCollardsCow
 cabbageFodder kaleKaleSpring-heading cabbageTall kaleTree kaleN/ABrassica
 oleraceavar.viridisLeafDryFreshBrassica rapaRapiniSeven-top turnipTurnipTyfonN/ABrassica
 rapaRootDryFreshCamellia sinensisGreen tea extractN/ACamellia sinensisLeafN/ACannabis sativaDa
 maHempN/ACannabis sativaNon-viable seedDryCapparis spinosaCaperCaperbushN/ACapparis
 spinosaFruitDryFreshCapsicum annuumCayenneCayenne pepperChili pepperPaprikaRed
 PepperN/ACapsicum annuumFruitDryCarica papayaPapayaPawpawN/ACarica papayaFruitDryFreshCeratonia
 siliquaBread-St John'sCarobCeratoniaLocust-beanSt. John's-breadSt John's breadN/ACeratonia
 siliquaFruitDryChamaemelum nobileEnglish chamomileGarden chamomileNoble chamomileRoman
 chamomileRussian chamomileN/ACHamaemelum nobileFlowerDryChenopodium
 quinoaQuinguaQuinoaN/ACHenopodium quinoaSeedDryChlorella vulgarisChlorellaN/ACHlorella vulgarisBroken

cellDryFreshCicer arietinumBengal gramChick-peaGarbanzoGramN/ACicer arietinumSeedDryCichorium
 endiviaEscaroleN/ACichorium endiviaLeafDryFreshCichorium intybusBelgium
 endiveChicoryRadicchioN/ACichorium intybusLeafRootDryFreshCinnamomum aromaticumCassiaCassia
 cinnamonChinese cinnamonChinese cinnamon treeRou guiN/ACinnamomum aromaticumBranch barkStem
 barkTrunk barkDryCinnamomum verumCeylon cinnamonCinnamonTrue cinnamonTvakN/ACinnamomum
 verumBranch barkShoot barkDryCitrullus lanatusvar.lanatusWatermelonN/ACitrullus
 lanatusvar.lanatusFruitDryFreshCitrus aurantiifoliaEgyptian limeIndian limeKey limeLimeMexican limeSour
 limeN/ACitrus aurantiifoliaFruitDryFreshCitrus bioflavonoidsCitrus bioflavonoidsN/ACitrus sinensisCitrus
 limonCitrus reticulataCitrus aurantiifoliaCitrus paradisiFruit peelFruitNon-syntheticCitrus limonLemonLi
 mengLimumNing mengN/ACitrus limonFruitDryFreshCitrus maximaPomeloPummeloShaddockYuZhu
 luanN/ACitrus maximaFruitDryFreshCitrus paradisiGrapefruitYuan youN/ACitrus paradisiFruitDryFreshCitrus
 reticulataJuMandarin orangeTangerineN/ACitrus reticulataFruitDryFreshCitrus sinensisBlood orangeNavel
 orangeRed orangeSweet orangeTian chengValencia orangeN/ACitrus sinensisFruitDryFreshCoccinia
 grandisIvy gourdLittle gourdN/ACoccinia grandisFruitDryFreshCocos nuciferaCoconutCoconut
 palmNariyalN/ACocos nuciferaFruitDryFreshCopraN/ACocos nuciferaFruitDryCoconut waterN/ACocos
 nuciferaLiquid endospermDryFreshCoconut oilN/ACocos nuciferaSeed endospermFreshCordyceps
 militarisChinese caterpillar fungusCordycepsCordyceps fungusCordyceps militarisTrooping
 cordycepsN/ACordyceps militarisCultured fruiting bodyCultured myceliumStromaDryCoriandrum
 sativumChinese parsleyChinese-parsleyCilantroCorianderParsley-ChineseN/ACoriandrum
 sativumLeafDryFreshCucumis melosubsp.melovar.cantalupoCantaloupeNetted melonN/ACucumis
 melosubsp.melovar.cantalupoFruitDryFreshCucumis sativusCucumberN/ACucumis
 sativusFruitDryFreshCucurbita maximaWinter squashN/ACucurbita maximaFruitDryFreshCucurbita
 moschataButternut squashCheese pumpkinN/ACucurbita moschataFruitDryFreshSeedDryCucurbita
 pepoAcorn squashBitter bottle gourdGhia kadduMarrowPumpkinSquashN/ACucurbita
 pepoFruitDryFreshCucurbita pepovar.pepoZucchiniN/ACucurbita pepovar.pepoFruitDryFreshCuminum
 cyminumCuminN/ACuminum cyminumFruitDryCurcuma longaCommon
 turmericCurcumaIndian-saffronJianghuangTurmericYellow gingerN/ACurcuma
 longaRhizomeDryCurcuminoidsCurcuminoidsN/ACurcuma longaRhizomeNon-syntheticCydonia
 oblongaQuinceN/ACydonia oblongaFruitDryFreshCymbopogon citratusFever grassLemongrassWest Indian
 lemongrassN/ACymbopogon citratusHerb topLeafDryFreshCynara cardunculusArtichokeArtichoke
 thistleCardoonCynaraGarden artichokeGlobe artichokeScotch thistleN/ACynara cardunculusLeafDryDaucus
 carotaCarrotN/ADaucus carotaLeafRootDryFreshDioscorea alataGreater yamGuyana arrowrootTen-months
 yamWater yamWhite yamWinged yamYamN/ADioscorea alataRootDryFreshDiospyros virginianaAmerican
 persimmonN/ADiospyros virginianaFruitDryFreshElaeis guineensisAfrican oil palmOil palmN/AElaeis
 guineensisFruitFreshEuterpe oleraceaAcaiAçaiAssai palmCabbage palmN/AEuterpe oleraceaFruit
 fleshDryFagopyrum esculentumBuckwheatCommon buckwheatJapanese buckwheatQiao maiSilverhull
 buckwheatN/AFagopyrum esculentumSeedDryFicus caricaFigFig treeWu hua guoN/AFicus
 caricaFruitDryFreshFoeniculum vulgaresubsp.vulgarevar.dulceRoman fennelSweet fennelN/AFoeniculum
 vulgaresubsp.vulgarevar.dulceBulbDryFreshFragaria virginianaScarlet strawberryVirginia strawberryWild
 strawberryN/AFragaria virginianaFruitDryFreshFragaria x ananassaGarden strawberryStrawberryN/AFragaria x
 ananassaFruitDryFreshFucus vesiculosusBlack tangBladder fucusBladderwrackKelpwareSeawrackN/AFucus
 vesiculosusThallusWholeDryGanoderma applanatumArtist's conkN/AGanoderma applanatumCultured
 myceliumFruiting bodyMyceliumDryGanoderma lucidumGanodermaLing zhiReishiN/AGanoderma
 lucidumCultured myceliumFruiting bodyMyceliumDryGarcinia
 mangostanaKing's-fruitManggisMangostanMangosteenN/AGarcinia mangostanaFruitDryFreshGlycine
 maxDefatted soybean flourDefatted soy flourN/AGlycine maxSeedDrySoybean FlourSoy FlourN/AGlycine
 maxSeedDryBlack soya beanDa douSoySoyaSoyabeanSoybeanN/AGlycine maxSproutDryFreshGrape seed
 extractGrape seed extractN/AVitis viniferaSeedN/AGreen coffee bean extractGreen coffee bean
 extractN/ACoffea arabicaCoffea canephoraSeedN/AGrifola frondosaMaitakeN/AGrifola frondosaCultured
 myceliumFruiting bodyMyceliumDryHaematococcus pluvialisHaematococcus pluvialisN/AHaematococcus
 pluvialisBroken cellDryHelianthus annuusMirasolSunflowerN/AHelianthus annuusSeedDrySunflower
 oilN/AHelianthus annuusSeedFreshHericium erinaceusLion's ManeN/AHericium erinaceusCultured
 myceliumFruiting bodyMyceliumDryHibiscus
 sabdariffaIndian-sorrelJamaica-sorrelRed-sorrelRoselleSorrelN/AHibiscus
 sabdariffaFlowerLeafDryFreshHippophae rhamnoidesSallowthornSea
 buckthornSea-buckthornShajiN/AHippophae rhamnoidesFruitDryFreshHordeum vulgareBarleyDa
 maiN/AHordeum vulgareSeedDrySproutDryFreshBarleygrassN/AHordeum vulgareHerb
 topLeafDryFreshInonotus obliquusChagaN/AInonotus obliquusCultured myceliumFruiting
 bodyMyceliumDryIpomoea batatasSweet potatoN/AIpomoea batatasRootTuberDryFreshIrvingia

gabonensisAfrican wild mangoN/Alrvingia gabonensisSeedDryJuglans regiaWalnutN/AJuglans
regiaSeedDryL-alpha-Acetamido-beta-mercaptopropionic acidN-Acetyl-L-cysteineN-Acetyl-L-cysteineN-Acetyl-
L-cysteineN/AN/ASyntheticL-GlutathioneN-(N-L-gamma-Glutamyl-L-cysteinyl)glycineL-GlutathioneN/ACandida
utilisSaccharomyces cerevisiaeWholeNon-syntheticGlutathioneS-AcetylglutathioneN/AN/ASyntheticLactuca
sativaGarden lettuceLettuceN/ALactuca sativaLeafDryFreshLactuca sativavar.crispaCurled lettuceLeaf
lettuceN/ALactuca sativavar.crispaLeafDryFreshLactuca sativavar.longifoliaCos lettuceRomaine
lettuceN/ALactuca sativavar.longifoliaLeafDryFreshLagenaria sicerariaBottle gourdCalabashCalabash gourdHu
luWhite-flower gourdN/ALagenaria sicerariaFruitDryFreshLaminaria digitataHorsetail
kelpKelpSilketareN/ALaminaria digitataThallusWholeDryLens culinarisGramLentilN/ALens
culinarisSeedDryLentinula edodesShiitakeN/ALentinula edodesCultured myceliumFruiting
bodyMyceliumDryLepidium meyeniiMacaPeruvian-ginsengN/ALepidium meyeniiHypocotylRootDryLepidium
sativumGarden cressN/ALepidium sativumLeafDryFreshLimnospira fusiformisSpirulinaN/ALimnospira
fusiformisWholeDryFreshLimnospira indicaSpirulinaN/ALimnospira indicaWholeDryFreshLimnospira
maximaSpirulinaN/ALimnospira maximaWholeDryFreshLimnospira platensisSpirulinaN/ALimnospira
platensisWholeDryFreshLinum usitatissimumFlaxFlaxseedLinseedN/ALinum usitatissimumSeedDryN/ALinum
usitatissimumSproutDryFreshLonicera caeruleaBlue honeysuckleHaskapN/ALonicera
caeruleaFruitDryFreshLutein estersLutein estersN/ATagetes erectaHerb flowering
oleoresinNon-syntheticLycium barbarumBarbary matrimony-vineBarbary wolfberryChinese
wolfberryGojiMatrimony-vineNing xia gou qiN/ALycium barbarumFruitDryMalpighia emarginataAcerolaWest
Indian-cherryN/AMalpighia emarginataFruitDryFreshMalpighia glabraAcerolaBarbados cherry
treeEscobilloN/AMalpighia glabraFruitDryFreshMalus domesticaAppleN/AMalus domesticaFruitDryFreshMalus
pumilaParadise appleN/AMalus pumilaFruitDryFreshMangifera indicaMangoN/AMangifera
indicaFruitDryFreshMedicago sativaAlfalfaLucerneN/AMedicago sativaHerb topLeafDryMixed tocopherol
concentrateTocopherol concentrate, mixedMixed tocopherol concentrateTocopherolsN/ABrassica
napusBrassica rapaCarthamus tinctorisGlycine maxHelianthus annuusZea maysSeedNon-syntheticCocos
nuciferaSeed endospermOlea europaeaFruit fleshMorinda citrifoliaIndian-mulberryNoniRotten
cheeseFruitN/AMorinda citrifoliaFruitDryFreshMoringa
oleiferaBen-oil-treeBenzolive-treeDrumsticktreeHorseradish-treeMalunggayMoringaWest Indian
benN/AMoringa oleiferaLeafSeedDryMorus albaSangWhite mulberryN/AMorus albaFruitDryFreshMusa x
paradisiacaBananaBanana palmFrench plantainPlantainN/AMusa x paradisiacaFruitDryFreshMyrciaria
dubiaCamu-camuN/AMyrciaria dubiaFruitDryNasturtium
officinaleBronkorsBrownCressMizu-garashiOranda-garashiSummer watercressWatercressN/ANasturtium
officinaleHerb topLeafDryFreshNelumbo nuciferaEast Indian lotusLianLotusN/ANelumbo
nuciferaSeedDryFreshOcimum tenuiflorumHoly basilRama tulsiSacred basilTulsiN/AOcimum
tenuiflorumLeafDryOlea europaeaOlive leafN/AOlea europaeaLeafDryFreshOliveN/AOlea
europaeaFruitDryFreshOlive oilN/AOlea europaeaFruitFreshOphiocordyceps sinensisChinese caterpillar
fungusCordycepsCordyceps sinensisDong chong xia caoN/AOphiocordyceps sinensisStromaDryOpuntia
ficus-indicaBarbary-figIndian-figMission cactusPrickly-pearN/AOpuntia ficus-indicaFruitLeafDryFreshOriganum
vulgareCommon oreganoOreganoN/AOriganum vulgareLeafDryOryza sativaAsian riceBlack RiceDaoLowland
ricePurple RiceRiceUpland riceN/AOryza sativaSeedSeed branCookedCooked and dryPaecilomyces
hepialiCordycepsCultured Chinese caterpillar fungusFa jiao chong cao junN/APaecilomyces hepialiCultured
myceliumDryPalmaria palmataCreathnachDilliskDuilleascDulseN/APalmaria
palmataThallusWholeDryFreshPanicum miliaceumCommon milletMilletMillet panicN/APanicum
miliaceumSeedDrySproutDryFreshPassiflora edulisPurple granadillaN/APassiflora
edulisFruitDryFreshPassiflora quadrangularisGiant granadillaN/APassiflora
quadrangularisFruitDryFreshPastinaca sativaParsnipN/APastinaca sativaRootTuberDryFreshPersea
americanaAvocadoN/APersea americanaFruitDryFreshPetroselinum
crispumParsleyN/APetroselinumcrispumHerb topDryFreshPhaseolus vulgarisKidney beanNavy beanWhite
kidney beanN/APhaseolus vulgarisSeedDryPhoenix dactyliferaDateDate palmN/APhoenix
dactyliferaFruitDryFreshPhyllanthus emblicaAmalakiAmlaEmblicEmblic myrobalanIndian
gooseberryMyrobalanN/APhyllanthus emblicaFruitDryPimenta
dioicaAllspiceClover-pepperJamaica-pepperPimentaPimentoN/APimenta dioicaFruitDryPimpinella
anisumAniseSweet-cuminN/APimpinella anisumFruitDryPinus pinasterCluster pineMaritime
pineTrosdenN/APinus pinasterStem barkDryFreshPisum sativumPeaPisum sativumSeedDryFreshPorphyra
yezoensisNoriN/APorphyra yezoensisThallusWholeDryFreshPropolisBee propolisFeng jiaoPropolisPropolis
balsamPropolis resinPropolis waxN/AApis melliferaSecretionDryPrunus armeniacaApricotSiberian
apricotXingN/APrunus armeniacaFruitDryFreshPrunus aviumBird cherryGeanMazzard cherrySweet
cherryN/APrunus aviumFruitDryFreshPrunus cerasusMorello cherryPie cherrySour cherryTart
cherryN/APrunus cerasusFruitDryFreshPrunus domesticaOu zhou liPrune plumN/APrunus

domesticaFruitDryFreshPrunus dulcisAlmondAlmond-bitterAlmond-sweetBitter almondSweet
almondN/APrunus dulcisSeedDryPrunus persicaMomoPeachTaoN/APrunus persicaFruitDryFreshPrunus
persicavar.nucipersicaNectarineN/APrunus persicavar.nucipersicaFruitDryFreshPrunus serotinaBlack
cherryRum cherryWild cherryN/APrunus serotinaFruitDryFreshPrunus
virginianaBitter-berryChokecherryN/APrunus virginianaFruitDryFreshPsidium guajavaGuavaKoejawelLemon
guavaN/APsidium guajavaFruitDryFreshPunica granatumPomegranateN/APunica granatumFruitSeed
arilDryFreshPyrus communisPearN/APyrus communisFruitDryFreshPyrus pyrifoliaChinese pearNashi
pearN/APyrus pyrifoliaFruitDryFreshRaphanus sativusLuo boRadishN/ARaphanus
sativusLeafRootTuberSproutDryFreshRhodiola roseaHong jing tianKing's-crownRhodiolaRoserootN/ARhodiola
roseaRootRoot and rhizomeDryRibes nigrumBlack currantN/ARibes nigrumFruitDryFreshRibes
uva-crispaEnglish gooseberryEuropean gooseberryGooseberryN/ARibes uva-crispaFruitDryFreshRosa
caninaCommon briarDogbrierDog roseN/ARosa caninaFruitDryFreshRosmarinus
officinalisRosemaryN/ARosmarinus officinalisLeafDryRoyal jellyRoyal jellyN/AApis
melliferaSecretionFreshRubus arcticusArctic raspberryN/ARubus arcticusFruitDryFreshRubus idaeusEuropean
raspberryEuropean red raspberryFu pen ziRaspberryRed raspberryN/ARubus idaeusFruitDryFreshRubus
occidentalisBlackcapBlack raspberryN/ARubus occidentalisFruitDryFreshRubus
plicatusBlackberryBrambleShrubby blackberryN/ARubus plicatusFruitDryFreshSaccharina japonicaHai
daiJapanese kelpMakombuSea tangleN/ASaccharina japonicaThallusWholeDrySalvia hispanicaChiaN/ASalvia
hispanicaSeedDrySproutDryFreshSalvia officinalisCommon sageDalmatian sageGarden sageSageN/ASalvia
officinalisLeafDrySambucus nigrasubsp.nigraBlack elderEuropean elderN/ASambucus
nigrasubsp.nigraFruitDrySambucus nigrasubsp.canadensisAmerican elderCanadian elderSweet
ElderN/ASambucus nigrasubsp.canadensisFruitDrySchizophyllum communeSplit Gill fungusN/ASchizophyllum
communeCultured myceliumFruiting bodyMyceliumDrySeleniumSeleniumMethylselenocysteineSelenious
acidSelenium amino acid chelateSelenium aspartateSelenium citrateSelenium dioxide, monohydrateSelenium
fumarateSelenium glutarateSelenium glycinateSelenium hydrolyzed animal protein (HAP) chelateSelenium
hydrolyzed vegetable protein (HVP) chelateSelenium malateSelenium succinateSelenium-enriched
yeastSelenocysteineSelenomethionineSodium hydrogen seleniteSodium selenateSodium
seleniteN/AN/ANon-syntheticSyntheticSesamum indicumBeniBeniseedBenneseedBlack sesameBlack sesame
seedsHu maSesameN/ASesamum indicumSeedDrySetaria italicaItalian milletSuN/ASetaria
italicaSeedDrySolanum lycopersicumTomatoN/ASolanum lycopersicumFruitDryFreshTomato
extractN/ASolanum lycopersicumFruit fleshDryFreshSolanum tuberosumPotatoN/ASolanum
tuberosumRootTuberDryFreshSpinacia oleraceaBo caiSpinachN/ASpinacia oleraceaLeafDryFreshSyzygium
aromaticumCloveN/ASyzygium aromaticumFlower budDryTagetes erectaAfrican marigoldAztec marigoldBig
marigoldSaffron marigoldN/ATagetes erectaFlowerDryTamarindus indicaIndian
tamarindKilytreeTamarinTamarindN/ATamarindus indicaFruitDryTocotrienol
concentrateTocotrienolsTocotrienol concentrateTocotrienolsN/ABixa orellanaSeedNon-syntheticElaeis
guineensisFruitOryza sativaSeed branTrametes versicolorKawaratakeTurkey TailYunzhiN/ATrametes
versicolorCultured myceliumFruiting bodyMyceliumDryTremella fuciformisSilver earWhite
mushroomN/ATremella fuciformisCultured myceliumFruiting bodyMyceliumDryTrigonella
foenum-graecumCommon fenugreekFenugreekGreek-cloverGreek hayHu lu baN/ATrigonella
foenum-graecumSeedDryTriticum aestivumBread wheatWheatXiao maiN/ATriticum
aestivumSeedDrySproutDryFreshWheatgrassTriticum aestivumHerb topLeafDryFreshWheat germ oilTriticum
aestivumSeed germFreshTropaeolum majusGarden nasturtiumIndian cressN/ATropaeolum majusHerb
topLeafDryFreshUbiquinolUbiquinolUbiquinolN/AN/ASyntheticVaccinium corymbosumAmerican
blueberryBlueberryHighbush blueberrySwamp blueberryN/AVaccinium corymbosumFruitDryFreshVaccinium
angustifoliumBlueberryLate sweet blueberryLowbush blueberryLow sweet blueberrySweethurtsUpland lowbush
blueberryN/AVaccinium angustifoliumFruitDryFreshVaccinium pallidumBlueberryHillside lowbush
blueberryN/AVaccinium pallidumFruitDryFreshVaccinium macrocarponAmerican cranberryCranberryLarge
American cranberryLarge cranberryN/AVaccinium macrocarponFruitFreshCranberry juice powderDried
Cranberry JuiceDried Vaccinium macrocarpon (cranberry) fruit juiceN/AVaccinium
macrocarponFruitDryVaccinium myrsinitesShiny blueberryN/AVacciniummyrsinitesFruitDryFreshVaccinium
myrtillusBilberryEuropean blueberryHuckleberryWhortleberryN/AVaccinium myrtillusFruitDryVaccinium
vitis-idaeaAlpine cranberryCowberryFoxberryLingberryLingenLingenberryLingonLingonberryRock
cranberryN/AVaccinium vitis-idaeaFruitDryFreshVicia fabaFava beanN/AVicia fabaFruitDryFreshVigna
radiatavar.radiataLu douMung BeanN/AVigna radiatavar.radiataSeedDryVigna
unguiculatasubsp.cylindricaCatjangCatjang cowpeaSow-peaN/AVigna
unguiculatasubsp.cylindricaSeedDryFreshVitamin CVitamin CAscorbic acidAscorbic acid
2-O-glucosideAscorbyl methylsilanol pectinateAscorbyl palmitateCalcium ascorbateCalcium ascorbate,
dihydrateMagnesium ascorbateMagnesium ascorbyl phosphateManganese (II) ascorbateNiacinamide

ascorbatePotassium ascorbateSodium ascorbateZinc ascorbateN/AN/ANon-syntheticSyntheticVitamin
 EVitamin Ed-alpha Tocopherold-alpha Tocopheryl acetated-alpha Tocopheryl acid succinatedl-alpha
 Tocopheroldl-alpha Tocopheryl acetatedl-alpha Tocopheryl acid succinateN/AN/ANon-SyntheticSyntheticVitis
 labruscaConcord grapeN/AVitis labruscaFruitDryFreshVitis viniferaCommon grapevineEuropean
 grapeGrapeGrapevineN/AVitis viniferaFruitFruit skinSeedDryFreshRed wine extractRed wine polyphenol
 extractN/AVitis viniferaFruitDryFreshWolfiporia extensaFu lingHoelenIndian breadPoriaSclerotium of
 tuckahoeN/AWolfiporia extensaCultured fruiting bodyCultured myceliumStromaDryZea maysCornMaizePurple
 cornYu shu shuN/AZea maysSeedDryZeaxanthin estersZeaxanthin estersN/ATagetes erectaHerb flowering
 oleoresinNon-syntheticZingiber officinaleGingerJiangN/AZingiber officinaleRhizomeDryZiziphus jujubaChinese
 dateJujubeZaoN/AZiziphus jujubaFruitDryFreshFruit blendFruit blendN/AAnanas
 comosusvar.comosusAristotella chilensisAronia melanocarpaCarica papayaCitrullus lanatusvar.lanatusCitrus
 aurantiifoliaCitrus aurantiumCitrus limonCitrus paradisiCitrus reticulataCitrus sinensisCocos nuciferaCucumis
 meloCucurbita pepoEuterpe oleraceaFragaria vescaFragaria x ananassaLitchi chinensisMalpighia glabraMalus
 domesticaMangifera indicaMorinda citrifoliaMusa acuminataMusa x paradisiacaMyrciaria dubiaPassiflora
 edulisPhyllanthus emblicaPrunus armeniacaPrunus aviumPrunus cerasusPrunus domesticaPrunus
 persicaPrunus salicinaPsidium guajavaPunica granatumPyrus communisRibes nigrumRubus idaeusRubus
 occidentalisRubus plicatusSambucus nigrasubsp.nigraVaccinium angustifoliumVaccinium
 cespitosumVaccinium corymbosumVaccinium macrocarponVaccinium membranaceumVaccinium
 myrtillusVaccinium ovalifoliumVaccinium uliginosumVaccinium vitis-idaeaVitis labruscaVitis viniferaFruitDryFruit
 and vegetable blendFruit and vegetable blendN/AAAllium ampeloprasumAllium cepaAllium porrumAllium
 sativumAnanas comosusvar.comosusApium graveolensAristotelia chilensisAronia melanocarpaBarbarea
 vernaBergera koenigiiBeta vulgarisBixa orellanaBrassica napusBrassica oleraceavar.botrytisBrassica
 oleraceavar.capitataBrassica oleraceavar.gemmiferaBrassica oleraceavar.italicaBrassica
 oleraceavar.viridisCapsicum annuumCarica papayaCitrullus lanatusvar.lanatusCitrus aurantiifoliaCitrus
 aurantiumCitrus limonCitrus paradisiCitrus reticulataCitrus sinensisCocos nuciferaCucumis meloCucurbita
 pepoDaucus carotaEuterpe oleraceaFragaria vescaFragaria x ananassalpomea batatasLantana camaraLitchi
 chinensisMalpighia glabraMalus domesticaMangifera indicaMedicago sativaMorinda citrifoliaMoringa
 oleiferaMusa acuminataMusa x paradisiacaMyrciaria dubiaOcimum tenuiflorumPassiflora edulisPetroselinum
 crispumPhyllanthus emblicaPrunus armeniacaPrunus aviumPrunus cerasusPrunus domesticaPrunus
 persicaPrunus salicinaPsidium guajavaPunica granatumPyrus communisRaphanus sativusvar.sativusRibes
 nigrumRubus idaeusRubus occidentalisRubus plicatusSambucus nigrasubsp.nigraSesbania
 grandifloraSolanum lycopersicumSpinacia oleraceaVaccinium angustifoliumVaccinium cespitosumVaccinium
 corymbosumVaccinium macrocarponVaccinium membranaceumVaccinium myrtillusVaccinium
 ovalifoliumVaccinium uliginosumVaccinium vitis-idaeaVitis labruscaVitis viniferaWrightia tinctoriaZea
 maysBulbEdible fruit partEdible vegetable partFruitLeafLeaf stalkRootSproutDrySprout blendSprout
 blendN/AAvena sativaBrassica oleraceavar.gemmiferaBrassica oleraceavar.italicaGlycine maxHordeum
 vulgareLinum usitatissimumPanicum miliaceumRaphanus sativusSalvia hispanicaTriticum
 aestivumSproutDryVegetable blendVegetable blendN/AAAllium ampeloprasumAllium cepaAllium porrumAllium
 sativumApium graveolensBarbarea vernaBergera koenigiiBeta vulgarisBixa orellanaBrassica napusBrassica
 oleraceavar.botrytisBrassica oleraceavar.capitataBrassica oleraceavar.gemmiferaBrassica
 oleraceavar.italicaBrassica oleraceavar.viridisCapsicum annuumDaucus carotalpomea batatasLantana
 camaraMedicago sativaMoringa oleiferaOcimum tenuiflorumPetroselinum crispumRaphanus
 sativusvar.sativusSesbania grandifloraSolanum lycopersicumSpinacia oleraceaWrightia tinctoriaZea
 maysBulbEdible vegetable partFruitLeafLeaf stalkRootSproutDry 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.

DOSE(S)

Date: July 25, 2025 Proper name(s), Common name(s), Source information Table 1. Proper name(s), Common
 name(s), Source informationProper name(s)Common name(s)Source informationSource ingredient(s)Source
 material(s)Part(s)Preparation(s)(±)-1,2-Dithiolane-3-pentanoic acidDL-alpha-Lipoic acidDL-alpha-Lipoic
 acidDL-Thioctic acidDL-alpha-Lipoic acidN/AN/ASynthetic1,2-Dithiolane-3-pentanoic acid, (R)(+)-alpha-Lipoic
 acidR-alpha-Lipoic acidR-alpha-Lipoic acidSodium R-(+)-lipoateN/AN/ASynthetic(1E,6E)-1,7-Bis(4-hydroxy-3-

methoxyphenyl)-1,6-heptadiene-3,5-dioneCurcuminN/ANCurcuma longaRhizomeNon-syntheticCurcuminN/AN/A
 Synthetic2-(3,4-Dihydroxyphenyl)-3,5,7-trihydroxy-4H-1-benzopyran-4-one2-(3,4-Dihydroxyphenyl)-3,5,7-trihydroxychromen-4-one3,3',4',5,7-PentahydroxyflavoneQuercetinQuercetin anhydrousCitrus
 bioflavonoidsQuercetinQuercetin dihydrateN/AN/ANon-syntheticSynthetic2,5-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-methylCoenzyme
 Q10CoQ10UbidecarenoneUbiquinone-10N/AAgrobacterium rhizogenesAgrobacterium tumefaciensAspergillus
 clavatusEscherichia coliGluconobacter suboxydansLeucosporidium scottiiParacoccus denitrificansRhodobacter
 sphaeroidesRhodospirillum rubrumSaccharomyces cerevisiaeSchizosaccharomyces
 pombeWholeBiosynthesisCoenzyme Q10N/AN/ASynthetic(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-oneHesperidinCitrus bioflavonoidsHesperidinN/AN/ANon-syntheticSynthetic3,3',4',5,7-Pentahydroxyflavone-3-rutinoside3-[[6-O-(6-Deoxy-alpha-L-mannopyranosyl)-beta-D-glucopyranosyl]oxy]-2-(3,4-dihydroxyphenyl)-5,7-dihydroxy-4H-1-benzopyran-4-one3-(O-6-Deoxy-alpha-L-mannopyranosyl-(1-6)-beta-D-glucopyranosyloxy)-2-(3,4-dihydroxyphenyl)-5,7-dihydroxy-4H-chromen-4-oneQuercetin-3-rutinosideRutinRutinosideCitrus bioflavonoidsRutinRutinoside
 trihydrateN/AN/ANon-syntheticSynthetic(L-3-Carboxy-2-hydroxypropyl)trimethylammonium hydroxide, inner salt(R)-3-Carboxy-2-hydroxy-N,N,N-trimethyl-1-propanaminium hydroxide, inner saltL-CarnitineLevocarnitineL-CarnitineLevocarnitineL-CarnitineL-Carnitine fumarateL-Carnitine
 tartrateN/AN/ASynthetic(3R,3'R,6'R)-beta,epsilon-Carotene-3,3'-diolLuteinN/ATagetes erectaHerb flowering oleoresinNon-synthetic(3R,3'R)-beta,beta-Carotene-3,3'-diolall-trans-beta-Carotene-3,3'-diolZeaxanthinN/ATagetes erectaHerb flowering oleoresinNon-syntheticZeaxanthinN/AN/ASynthetic3,3'-Dihydroxy-4,4'-diketo-beta-carotene3,3'-Dihydroxy-beta,beta-carotene-4,4'-dioneAstaxanthinN/AHaematococcus pluvialisWholeNon-synthetic(alpha-E)-2,6,10,15,19,23-Hexamethyl-2,6,10,14,18,22-tetracosahexaeneSqualeneN/AElaeis guineensisOlea europaeaFruitNon-syntheticSharkLiverall-trans-LycopeneLycopeneN/ASolanum lycopersicumFruit fleshNon-syntheticLycopeneN/AN/ASynthetic(E)-5-(p-Hydroxystyryl)resorcinol5-[(1E)-2-(4-Hydroxyphenyl)ethenyl]-1,3-benzenedioltrans-3,4',5-Trihydroxystilbenetrans-ResveratrolResveratrolN/AREynoutria japonicaRootNon-syntheticN/AVitis viniferaFruitResveratrolN/AN/ASyntheticAbelmoschus esculentusGumboLady's-fingersOkraN/AAbelmoschus esculentusFruitDryFreshActinidia chinensisGolden kiwiN/AActinidia chinensisFruitDryFreshActinidia deliciosaChinese-gooseberryKiwiKiwifruitN/AActinidia deliciosaFruitDryFreshAgaricus blazeiHimematsutakeN/AAgaricus blazeiCultured myceliumFruiting bodyMyceliumDryAlaria esculentaKutareN/AAlaria esculentaThallusWholeDryAllium ampeloprasumGreat-headed garlicWild leekN/AAllium ampeloprasumLeafDryFreshAllium cepaOnionShallotN/AAllium cepaBulbDryFreshAllium porrumLeekN/AAllium porrumLeafDryFreshAllium sativumGarlicN/AAllium sativumBulbDryFreshAllium schoenoprasumBei congChivesN/AAllium schoenoprasumLeafDryFreshAloe veraAloe veraBarbados aloeCuraçao aloeTrue aloeWest Indian aloeN/AAloe veraLeaf gelFreshAlpinia galangaGreater galangaGreater galangallLinguasSiamese-gingerN/AAlpinia galangaRhizomeDryFreshAmorphophallus konjacDevil's-tongueElephant-yamKonjacKonnyakuLeopard-palmMo-yuSnake-palmUmbrellarumN/AAmorphophallus konjacRootTuberDryFreshAmorphophallus paeoniifoliusElephant yamN/AAmorphophallus paeoniifoliusRootTuberDryFreshAnanas comosusvar.comosusPineappleN/AAnanas comosusvar.comosusFruitDryFreshAnethum graveolensDillGarden dillShi luN/AAnethum graveolensHerb topDryFreshAphanizomenon flos-aquaeAphanizomenon flos-aquaeN/AAphanizomenon flos-aquaeWholeDryApium graveolensCeleryN/AApium graveolensHerb topRootTuberDryFreshArgania spinosaArgan seed oilN/AArgania spinosaSeedFreshAristotelia chilensisMaquiN/AAristotelia chilensisFruitDryFreshAronia melanocarpaApfelbeereBlack chokeberryN/AAronia melanocarpaFruitDryFreshArtemisia dracunculusFrench tarragonRussian tarragonSilky wormwoodTarragonN/AArtemisia dracunculusLeafDryArtemisia vulgarisCommon mugwortFelon herbMugwortSt. John's plantWild wormwoodN/AArtemisia vulgarisHerb topDryAscophyllum nodosumKnotted wrackEgg wrackKnuppeltangNorwegian KelpN/AAscophyllum nodosumThallusWholeDryAsparagus officinalisAsparagusCommon asparagusGarden asparagusN/AAsparagus officinalisShootDryFreshAuricularia auricula-judaeJelly earN/Auricularia auricula-judaeCultured myceliumFruiting bodyMyceliumDryAvena sativaCommon oatOatRed oatSide oatTree oatN/AAvena sativaSeedSeed branDryN/AAvena sativaSproutDryFreshOatgrassN/AAvena sativaHerb topLeafDryFreshOat OilN/AAvena sativaSeedFreshBasella albaCeylon-spinachIndian-spinachLuo kuiMalabar-nightshadeMalabar-spinachVine-spinachN/ABasella albaLeafDryFreshBerberis vulgarisCommon barberryEuropean barberryJaundice-berryPiprageN/ABerberis vulgarisFruitDryBergera koenigiiCurryleafN/ABergera koenigiiLeafDryBeta vulgarisBeetBeetrootField beetFodder beetFoliage beetGarden beetMangelMangel-wurzelMangoldRed beetSicilian broad-rib beetSpinach beetSpinach

chardSugar beetSwiss chardTian caiYellow beetN/ABeta vulgarisLeafRootDryFreshBrassica junceaIndian
 mustardOriental mustardN/ABrassica junceaLeafDryFreshBrassica nigraBlack mustardBrown
 mustardN/ABrassica nigraSeedDryBrassica oleraceavar.botrytisCauliflowerN/ABrassica
 oleraceavar.botrytisHerb topDryFreshBrassica oleraceavar.capitataCabbageRed cabbageWhite
 cabbageN/ABrassica oleraceavar.capitataHerb topDryFreshBrassica oleraceavar.gemmiferaBao zi gan
 lanBrussels sproutsN/ABrassica oleraceavar.gemmiferaSproutDryFreshBrassica oleraceavar.italicaAsparagus
 broccoliBroccoliCalabreseCape broccoliHeading broccoliPurple cauliflowerSprouting broccoliWinter
 broccoliN/ABrassica oleraceavar.italicaHerb topSproutDryFreshBrassica oleraceavar.oleraceaWild
 cabbageN/ABrassica oleraceavar.oleraceaHerb topDryFreshBrassica oleraceavar.viridisCollardsCow
 cabbageFodder kaleKaleSpring-heading cabbageTall kaleTree kaleN/ABrassica
 oleraceavar.viridisLeafDryFreshBrassica rapaRapiniSeven-top turnipTurnipTyfonN/ABrassica
 rapaRootDryFreshCamellia sinensisGreen tea extractN/ACamellia sinensisLeafN/ACannabis sativaDa
 maHempN/ACannabis sativaNon-viable seedDryCapparis spinosaCaperCaperbushN/ACapparis
 spinosaFruitDryFreshCapsicum annuumCayenneCayenne pepperChili pepperPaprikaRed
 PepperN/ACapsicum annuumFruitDryCarica papayaPapayaPawpawN/ACarica papayaFruitDryFreshCeratonia
 siliquaBread-St John'sCarobCeratoniaLocust-beanSt. John's-breadSt John's breadN/ACeratonia
 siliquaFruitDryChamaemelum nobileEnglish chamomileGarden chamomileNoble chamomileRoman
 chamomileRussian chamomileN/ACHamaemelum nobileFlowerDryChenopodium
 quinoaQuinguaQuinoaN/ACHenopodium quinoaSeedDryChlorella vulgarisChlorellaN/ACHlorella vulgarisBroken
 cellDryFreshCicer arietinumBengal gramChick-peaGarbanzoGramN/ACicer arietinumSeedDryCichorium
 endiviaEscaroleN/ACichorium endiviaLeafDryFreshCichorium intybusBelgium
 endiveChicoryRadicchioN/ACichorium intybusLeafRootDryFreshCinnamomum aromaticumCassiaCassia
 cinnamonChinese cinnamonChinese cinnamon treeRou guiN/ACinnamomum aromaticumBranch barkStem
 barkTrunk barkDryCinnamomum verumCeylon cinnamonCinnamonTrue cinnamonTvakN/ACinnamomum
 verumBranch barkShoot barkDryCitrullus lanatusvar.lanatusWatermelonN/ACitrullus
 lanatusvar.lanatusFruitDryFreshCitrus aurantiifoliaEgyptian limeIndian limeKey limeLimeMexican limeSour
 limeN/ACitrus aurantiifoliaFruitDryFreshCitrus bioflavonoidsCitrus bioflavonoidsN/ACitrus sinensisCitrus
 limonCitrus reticulataCitrus aurantiifoliaCitrus paradisiFruit peelFruitNon-syntheticCitrus limonLemonLi
 mengLimumNing mengN/ACitrus limonFruitDryFreshCitrus maximaPomeloPummeloShaddockYuZhu
 luanN/ACitrus maximaFruitDryFreshCitrus paradisiGrapefruitYuan youN/ACitrus paradisiFruitDryFreshCitrus
 reticulataJuMandarin orangeTangerineN/ACitrus reticulataFruitDryFreshCitrus sinensisBlood orangeNavel
 orangeRed orangeSweet orangeTian chengValencia orangeN/ACitrus sinensisFruitDryFreshCoccinia
 grandisIvy gourdLittle gourdN/ACoccinia grandisFruitDryFreshCocos nuciferaCoconutCoconut
 palmNariyalN/ACocos nuciferaFruitDryFreshCopraN/ACocos nuciferaFruitDryCoconut waterN/ACocos
 nuciferaLiquid endospermDryFreshCoconut oilN/ACocos nuciferaSeed endospermFreshCordyceps
 militarisChinese caterpillar fungusCordycepsCordyceps fungusCordyceps militarisTrooping
 cordycepsN/ACordyceps militarisCultured fruiting bodyCultured myceliumStromaDryCoriandrum
 sativumChinese parsleyChinese-parsleyCilantroCorianderParsley-ChineseN/ACoriandrum
 sativumLeafDryFreshCucumis melosubsp.melovar.cantalupoCantaloupeNetted melonN/ACucumis
 melosubsp.melovar.cantalupoFruitDryFreshCucumis sativusCucumberN/ACucumis
 sativusFruitDryFreshCucurbita maximaWinter squashN/ACucurbita maximaFruitDryFreshCucurbita
 moschataButternut squashCheese pumpkinN/ACucurbita moschataFruitDryFreshSeedDryCucurbita
 pepoAcorn squashBitter bottle gourdGhia kadduMarrowPumpkinSquashN/ACucurbita
 pepoFruitDryFreshCucurbita pepovar.pepoZucchiniN/ACucurbita pepovar.pepoFruitDryFreshCuminum
 cyminumCuminN/ACuminum cyminumFruitDryCurcuma longaCommon
 turmericCurcumaIndian-saffronJianghuangTurmericYellow gingerN/ACurcuma
 longaRhizomeDryCurcuminoidsCurcuminoidsN/ACurcuma longaRhizomeNon-syntheticCydonia
 oblongaQuinceN/ACydonia oblongaFruitDryFreshCymbopogon citratusFever grassLemongrassWest Indian
 lemongrassN/ACymbopogon citratusHerb topLeafDryFreshCynara cardunculusArtichokeArtichoke
 thistleCardoonCynaraGarden artichokeGlobe artichokeScotch thistleN/ACynara cardunculusLeafDryDaucus
 carotaCarrotN/ADaucus carotaLeafRootDryFreshDioscorea alataGreater yamGuyana arrowrootTen-months
 yamWater yamWhite yamWinged yamYamN/ADioscorea alataRootDryFreshDiospyros virginianaAmerican
 persimmonN/ADiospyros virginianaFruitDryFreshElaeis guineensisAfrican oil palmOil palmN/AElaeis
 guineensisFruitFreshEuterpe oleraceaAcaiAçaiAssai palmCabbage palmN/AEuterpe oleraceaFruit
 fleshDryFagopyrum esculentumBuckwheatCommon buckwheatJapanese buckwheatQiao maiSilverhull
 buckwheatN/AFagopyrum esculentumSeedDryFicus caricaFigFig treeWu hua guoN/AFicus
 caricaFruitDryFreshFoeniculum vulgaresubsp.vulgarevar.dulceRoman fennelSweet fennelN/AFoeniculum
 vulgaresubsp.vulgarevar.dulceBulbDryFreshFragaria virginianaScarlet strawberryVirginia strawberryWild
 strawberryN/AFragaria virginianaFruitDryFreshFragaria x ananassaGarden strawberryStrawberryN/AFragaria x

ananassaFruitDryFreshFucus vesiculosusBlack tangBladder fucusBladderwrackKelpwareSeawrackN/AFucus
 vesiculosusThallusWholeDryGanoderma applanatumArtist's conkN/AGanoderma applanatumCultured
 myceliumFruiting bodyMyceliumDryGanoderma lucidumGanodermaLing zhiReishiN/AGanoderma
 lucidumCultured myceliumFruiting bodyMyceliumDryGarcinia
 mangostanaKing's-fruitManggisMangostanMangosteenN/AGarcinia mangostanaFruitDryFreshGlycine
 maxDefatted soybean flourDefatted soy flourN/AGlycine maxSeedDrySoybean FlourSoy FlourN/AGlycine
 maxSeedDryBlack soya beanDa douSoySoyaSoyabeanSoybeanN/AGlycine maxSproutDryFreshGrape seed
 extractGrape seed extractN/AVitis viniferaSeedN/AGreen coffee bean extractGreen coffee bean
 extractN/ACoffea arabicaCoffea canephoraSeedN/AGrifola frondosaMaitakeN/AGrifola frondosaCultured
 myceliumFruiting bodyMyceliumDryHaematococcus pluvialisHaematococcus pluvialisN/AHaematococcus
 pluvialisBroken cellDryHelianthus annuusMirasolSunflowerN/AHelianthus annuusSeedDrySunflower
 oilN/AHelianthus annuusSeedFreshHericium erinaceusLion's ManeN/AHericium erinaceusCultured
 myceliumFruiting bodyMyceliumDryHibiscus
 sabdariffaIndian-sorrelJamaica-sorrelRed-sorrelRoselleSorrelN/AHibiscus
 sabdariffaFlowerLeafDryFreshHippophae rhamnoidesSallowthornSea
 buckthornSea-buckthornShajiN/AHippophae rhamnoidesFruitDryFreshHordeum vulgareBarleyDa
 maiN/AHordeum vulgareSeedDrySproutDryFreshBarleygrassN/AHordeum vulgareHerb
 topLeafDryFreshInonotus obliquusChagaN/AInonotus obliquusCultured myceliumFruiting
 bodyMyceliumDryIpomoea batatasSweet potatoN/AIpomoea batatasRootTuberDryFreshIrvingia
 gabonensisAfrican wild mangoN/AIrvingia gabonensisSeedDryJuglans regiaWalnutN/AJuglans
 regiaSeedDryL-alpha-Acetamido-beta-mercaptopropionic acidN-Acetyl-L-cysteineN-Acetyl-L-cysteineN-Acetyl-
 L-cysteineN/AN/ASyntheticL-GlutathioneN-(N-L-gamma-Glutamyl-L-cysteinyl)glycineL-GlutathioneN/ACandida
 utilisSaccharomyces cerevisiaeWholeNon-syntheticGlutathioneS-AcetylglutathioneN/AN/ASyntheticLactuca
 sativaGarden lettuceLettuceN/ALactuca sativaLeafDryFreshLactuca sativavar.crispaCurled lettuceLeaf
 lettuceN/ALactuca sativavar.crispaLeafDryFreshLactuca sativavar.longifoliaCos lettuceRomaine
 lettuceN/ALactuca sativavar.longifoliaLeafDryFreshLagenaria sicerariaBottle gourdCalabashCalabash gourdHu
 luWhite-flower gourdN/ALagenaria sicerariaFruitDryFreshLaminaria digitataHorsetail
 kelpKelpSilketareN/ALaminaria digitataThallusWholeDryLens culinarisGramLentilN/ALens
 culinarisSeedDryLentinula edodesShiitakeN/ALentinula edodesCultured myceliumFruiting
 bodyMyceliumDryLepidium meyeniiMacaPeruvian-ginsengN/ALepidium meyeniiHypocotylRootDryLepidium
 sativumGarden cressN/ALepidium sativumLeafDryFreshLimnospira fusiformisSpirulinaN/ALimnospira
 fusiformisWholeDryFreshLimnospira indicaSpirulinaN/ALimnospira indicaWholeDryFreshLimnospira
 maximaSpirulinaN/ALimnospira maximaWholeDryFreshLimnospira platensisSpirulinaN/ALimnospira
 platensisWholeDryFreshLinum usitatissimumFlaxFlaxseedLinseedN/ALinum usitatissimumSeedDryN/ALinum
 usitatissimumSproutDryFreshLonicera caeruleaBlue honeysuckleHaskapN/ALonicera
 caeruleaFruitDryFreshLutein estersLutein estersN/ATagetes erectaHerb flowering
 oleoresinNon-syntheticLycium barbarumBarbary matrimony-vineBarbary wolfberryChinese
 wolfberryGojiMatrimony-vineNing xia gou qiN/ALycium barbarumFruitDryMalpighia emarginataAcerolaWest
 Indian-cherryN/AMalpighia emarginataFruitDryFreshMalpighia glabraAcerolaBarbados cherry
 treeEscobilloN/AMalpighia glabraFruitDryFreshMalus domesticaAppleN/AMalus domesticaFruitDryFreshMalus
 pumilaParadise appleN/AMalus pumilaFruitDryFreshMangifera indicaMangoN/AMangifera
 indicaFruitDryFreshMedicago sativaAlfalfaLucerneN/AMedicago sativaHerb topLeafDryMixed tocopherol
 concentrateTocopherol concentrate, mixedMixed tocopherol concentrateTocopherolsN/ABrassica
 napusBrassica rapaCarthamus tinctorisGlycine maxHelianthus annuusZea maysSeedNon-syntheticCocos
 nuciferaSeed endospermOlea europaeaFruit fleshMorinda citrifoliaIndian-mulberryNoniRotten
 cheeseFruitN/AMorinda citrifoliaFruitDryFreshMoringa
 oleiferaBen-oil-treeBenzolive-treeDrumsticktreeHorseradish-treeMalunggayMoringaWest Indian
 benN/AMoringa oleiferaLeafSeedDryMorus albaSangWhite mulberryN/AMorus albaFruitDryFreshMusa x
 paradisiacaBananaBanana palmFrench plantainPlantainN/AMusa x paradisiacaFruitDryFreshMyrciaria
 dubiaCamu-camuN/AMyrciaria dubiaFruitDryNasturtium
 officinaleBronkorsBrownCressMizu-garashiOranda-garashiSummer watercressWatercressN/ANasturtium
 officinaleHerb topLeafDryFreshNelumbo nuciferaEast Indian lotusLianLotusN/ANelumbo
 nuciferaSeedDryFreshOcimum tenuiflorumHoly basilRama tulsiSacred basilTulsiN/AOcimum
 tenuiflorumLeafDryOlea europaeaOlive leafN/AOlea europaeaLeafDryFreshOliveN/AOlea
 europaeaFruitDryFreshOlive oilN/AOlea europaeaFruitFreshOphiocordyceps sinensisChinese caterpillar
 fungusCordycepsCordyceps sinensisDong chong xia caoN/AOphiocordyceps sinensisStromaDryOpuntia
 ficus-indicaBarbary-figIndian-figMission cactusPrickly-pearN/AOpuntia ficus-indicaFruitLeafDryFreshOriganum
 vulgareCommon oreganoOreganoN/AOriganum vulgareLeafDryOryza sativaAsian riceBlack RiceDaoLowland
 ricePurple RiceRiceUpland riceN/AOryza sativaSeedSeed branCookedCooked and dryPaecilomyces

hepialiCordycepsCultured Chinese caterpillar fungusFa jiao chong cao junN/APaecilomyces hepialiCultured
 myceliumDryPalmaria palmataCreathnachDilliskDuilleascDulseN/APalmaria
 palmataThallusWholeDryFreshPanicum miliaceumCommon milletMilletMillet panicN/APanicum
 miliaceumSeedDrySproutDryFreshPassiflora edulisPurple granadillaN/APassiflora
 edulisFruitDryFreshPassiflora quadrangularisGiant granadillaN/APassiflora
 quadrangularisFruitDryFreshPastinaca sativaParsnipN/APastinaca sativaRootTuberDryFreshPersea
 americanaAvocadoN/APersea americanaFruitDryFreshPetroselinum
 crispumParsleyN/APetroselinumcrispumHerb topDryFreshPhaseolus vulgarisKidney beanNavy beanWhite
 kidney beanN/APhaseolus vulgarisSeedDryPhoenix dactyliferaDateDate palmN/APhoenix
 dactyliferaFruitDryFreshPhyllanthus emblicaAmalakiAmlaEmblicEmblic myrobalanIndian
 gooseberryMyrobalanN/APhyllanthus emblicaFruitDryPimenta
 dioicaAllspiceClover-pepperJamaica-pepperPimentaPimentoN/APimenta dioicaFruitDryPimpinella
 anisumAniseSweet-cuminN/APimpinella anisumFruitDryPinus pinasterCluster pineMaritime
 pineTrosdenN/APinus pinasterStem barkDryFreshPisum sativumPeaN/APisum sativumSeedDryFreshPorphyra
 yezoensisNoriN/APorphyra yezoensisThallusWholeDryFreshPropolisBee propolisFeng jiaoPropolisPropolis
 balsamPropolis resinPropolis waxN/AApis melliferaSecretionDryPrunus armeniacaApricotSiberian
 apricotXingN/APrunus armeniacaFruitDryFreshPrunus aviumBird cherryGeanMazzard cherrySweet
 cherryN/APrunus aviumFruitDryFreshPrunus cerasusMorello cherryPie cherrySour cherryTart
 cherryN/APrunus cerasusFruitDryFreshPrunus domesticaOu zhou liPrune plumN/APrunus
 domesticaFruitDryFreshPrunus dulcisAlmondAlmond-bitterAlmond-sweetBitter almondSweet
 almondN/APrunus dulcisSeedDryPrunus persicaMomoPeachTaoN/APrunus persicaFruitDryFreshPrunus
 persicavar.nucipersicaNectarineN/APrunus persicavar.nucipersicaFruitDryFreshPrunus serotinaBlack
 cherryRum cherryWild cherryN/APrunus serotinaFruitDryFreshPrunus
 virginianaBitter-berryChokecherryN/APrunus virginianaFruitDryFreshPsidium guajavaGuavaKoejawelLemon
 guavaN/APsidium guajavaFruitDryFreshPunica granatumPomegranateN/APunica granatumFruitSeed
 arilDryFreshPyrus communisPearN/APyrus communisFruitDryFreshPyrus pyrifoliaChinese pearNashi
 pearN/APyrus pyrifoliaFruitDryFreshRaphanus sativusLuo boRadishN/ARaphanus
 sativusLeafRootTuberSproutDryFreshRhodiola roseaHong jing tianKing's-crownRhodiolaRoserootN/ARhodiola
 roseaRootRoot and rhizomeDryRibes nigrumBlack currantN/ARibes nigrumFruitDryFreshRibes
 uva-crispaEnglish gooseberryEuropean gooseberryGooseberryN/ARibes uva-crispaFruitDryFreshRosa
 caninaCommon briarDogbrierDog roseN/ARosa caninaFruitDryFreshRosmarinus
 officinalisRosemaryN/ARosmarinus officinalisLeafDryRoyal jellyRoyal jellyN/AApis
 melliferaSecretionFreshRubus arcticusArctic raspberryN/ARubus arcticusFruitDryFreshRubus idaeusEuropean
 raspberryEuropean red raspberryFu pen ziRaspberryRed raspberryN/ARubus idaeusFruitDryFreshRubus
 occidentalisBlackcapBlack raspberryN/ARubus occidentalisFruitDryFreshRubus
 plicatusBlackberryBrambleShrubby blackberryN/ARubus plicatusFruitDryFreshSaccharina japonicaHai
 daiJapanese kelpMakombuSea tangleN/ASaccharina japonicaThallusWholeDrySalvia hispanicaChiaN/ASalvia
 hispanicaSeedDrySproutDryFreshSalvia officinalisCommon sageDalmatian sageGarden sageSageN/ASalvia
 officinalisLeafDrySambucus nigrasubsp.nigraBlack elderEuropean elderN/ASambucus
 nigrasubsp.nigraFruitDrySambucus nigrasubsp.canadensisAmerican elderCanadian elderSweet
 ElderN/ASambucus nigrasubsp.canadensisFruitDrySchizophyllum communeSplit Gill fungusN/ASchizophyllum
 communeCultured myceliumFruiting bodyMyceliumDrySeleniumSeleniumMethylselenocysteineSelenious
 acidSelenium amino acid chelateSelenium aspartateSelenium citrateSelenium dioxide, monohydrateSelenium
 fumarateSelenium glutarateSelenium glycinateSelenium hydrolyzed animal protein (HAP) chelateSelenium
 hydrolyzed vegetable protein (HVP) chelateSelenium malateSelenium succinateSelenium-enriched
 yeastSelenocysteineSelenomethionineSodium hydrogen seleniteSodium selenateSodium
 seleniteN/AN/ANon-syntheticSyntheticSesamum indicumBeniBeniseedBenneseedBlack sesameBlack sesame
 seedsHu maSesameN/ASesamum indicumSeedDrySetaria italicaItalian milletSuN/ASetaria
 italicaSeedDrySolanum lycopersicumTomatoN/ASolanum lycopersicumFruitDryFreshTomato
 extractN/ASolanum lycopersicumFruit fleshDryFreshSolanum tuberosumPotatoN/ASolanum
 tuberosumRootTuberDryFreshSpinacia oleraceaBo caiSpinachN/ASpinacia oleraceaLeafDryFreshSyzygium
 aromaticumCloveN/ASyzygium aromaticumFlower budDryTagetes erectaAfrican marigoldAztec marigoldBig
 marigoldSaffron marigoldN/ATagetes erectaFlowerDryTamarindus indicaIndian
 tamarindKilytreeTamarinTamarindN/ATamarindus indicaFruitDryTocotrienol
 concentrateTocotrienolsTocotrienol concentrateTocotrienolsN/ABixa orellanaSeedNon-syntheticElaeis
 guineensisFruitOryza sativaSeed branTrametes versicolorKawaratakeTurkey TailYunzhiN/ATrametes
 versicolorCultured myceliumFruiting bodyMyceliumDryTremella fuciformisSilver earWhite
 mushroomN/ATremella fuciformisCultured myceliumFruiting bodyMyceliumDryTrigonella
 foenum-graecumCommon fenugreekFenugreekGreek-cloverGreek hayHu lu baN/ATrigonella

foenum-graecumSeedDryTriticum aestivumBread wheatWheatXiao maiN/ATriticum
aestivumSeedDrySproutDryFreshWheatgrassTriticum aestivumHerb topLeafDryFreshWheat germ oilTriticum
aestivumSeed germFreshTropaeolum majusGarden nasturtiumIndian cressN/ATropaeolum majusHerb
topLeafDryFreshUbiquinolUbiquinolUbiquinolN/AN/ASyntheticVaccinium corymbosumAmerican
blueberryBlueberryHighbush blueberrySwamp blueberryN/AVaccinium corymbosumFruitDryFreshVaccinium
angustifoliumBlueberryLate sweet blueberryLowbush blueberryLow sweet blueberrySweethurtsUpland lowbush
blueberryN/AVaccinium angustifoliumFruitDryFreshVaccinium pallidumBlueberryHillside lowbush
blueberryN/AVaccinium pallidumFruitDryFreshVaccinium macrocarponAmerican cranberryCranberryLarge
American cranberryLarge cranberryN/AVaccinium macrocarponFruitFreshCranberry juice powderDried
Cranberry JuiceDried Vaccinium macrocarpon (cranberry) fruit juiceN/AVaccinium
macrocarponFruitDryVaccinium myrsinitesShiny blueberryN/AVacciniummyrsinitesFruitDryFreshVaccinium
myrtillusBilberryEuropean blueberryHuckleberryWhortleberryN/AVaccinium myrtillusFruitDryVaccinium
vitis-idaeaAlpine cranberryCowberryFoxberryLingberryLingenLingenberryLingonLingonberryRock
cranberryN/AVaccinium vitis-idaeaFruitDryFreshVicia fabaFava beanN/AVicia fabaFruitDryFreshVigna
radiatavar.radiataLu douMung BeanN/AVigna radiatavar.radiataSeedDryVigna
unguiculatasubsp.cylindricaCatjangCatjang cowpeaSow-peaN/AVigna
unguiculatasubsp.cylindricaSeedDryFreshVitamin CVitamin CAscorbic acidAscorbic acid
2-O-glucosideAscorbyl methylsilanol pectinateAscorbyl palmitateCalcium ascorbateCalcium ascorbate,
dihydrateMagnesium ascorbateMagnesium ascorbyl phosphateManganese (II) ascorbateNiacinamide
ascorbatePotassium ascorbateSodium ascorbateZinc ascorbateN/AN/ANon-syntheticSyntheticVitamin
E Vitamin Ed-alpha Tocopherold-alpha Tocopheryl acetated-alpha Tocopheryl acid succinatedl-alpha
Tocopheroldl-alpha Tocopheryl acetatedl-alpha Tocopheryl acid succinateN/AN/ANon-SyntheticSyntheticVitis
labruscaConcord grapeN/AVitis labruscaFruitDryFreshVitis viniferaCommon grapevineEuropean
grapeGrapeGrapevineN/AVitis viniferaFruitFruit skinSeedDryFreshRed wine extractRed wine polyphenol
extractN/AVitis viniferaFruitDryFreshWolfiporia extensaFu lingHoelenIndian breadPoriaSclerotium of
tuckahoeN/AWolfiporia extensaCultured fruiting bodyCultured myceliumStromaDryZea maysCornMaizePurple
cornYu shu shuN/AZea maysSeedDryZeaxanthin estersZeaxanthin estersN/ATagetes erectaHerb flowering
oleoresinNon-syntheticZingiber officinaleGingerJiangN/AZingiber officinaleRhizomeDryZiziphus jujubaChinese
dateJujubeZaoN/AZiziphus jujubaFruitDryFreshFruit blendFruit blendN/AAnanas
comosusvar.comosusAristotella chilensisAronia melanocarpaCarica papayaCitrullus lanatusvar.lanatusCitrus
aurantiifoliaCitrus aurantiumCitrus limonCitrus paradisiCitrus reticulataCitrus sinensisCocos nuciferaCucumis
meloCucurbita pepoEuterpe oleraceaFragaria vescaFragaria x ananassaLitchi chinensisMalpighia glabraMalus
domesticaMangifera indicaMorinda citrifoliaMusa acuminataMusa x paradisiacaMyrciaria dubiaPassiflora
edulisPhyllanthus emblicaPrunus armeniacaPrunus aviumPrunus cerasusPrunus domesticaPrunus
persicaPrunus salicinaPsidium guajavaPunica granatumPyrus communisRibes nigrumRubus idaeusRubus
occidentalisRubus plicatusSambucus nigrasubsp.nigraVaccinium angustifoliumVaccinium
cespitosumVaccinium corymbosumVaccinium macrocarponVaccinium membranaceumVaccinium
myrtillusVaccinium ovalifoliumVaccinium uliginosumVaccinium vitis-idaeaVitis labruscaVitis viniferaFruitDryFruit
and vegetable blendFruit and vegetable blendN/AAllium ampeloprasumAllium cepaAllium porrumAllium
sativumAnanas comosusvar.comosusApium graveolensAristotelia chilensisAronia melanocarpaBarbarea
vernaBergera koenigiiBeta vulgarisBixa orellanaBrassica napusBrassica oleraceavar.botrytisBrassica
oleraceavar.capitataBrassica oleraceavar.gemmiferaBrassica oleraceavar.italicaBrassica
oleraceavar.viridisCapsicum annuumCarica papayaCitrullus lanatusvar.lanatusCitrus aurantiifoliaCitrus
aurantiumCitrus limonCitrus paradisiCitrus reticulataCitrus sinensisCocos nuciferaCucumis meloCucurbita
pepoDaucus carotaEuterpe oleraceaFragaria vescaFragaria x ananassalpomea batatasLantana camaraLitchi
chinensisMalpighia glabraMalus domesticaMangifera indicaMedicago sativaMorinda citrifoliaMoringa
oleiferaMusa acuminataMusa x paradisiacaMyrciaria dubiaOcimum tenuiflorumPassiflora edulisPetroselinum
crispumPhyllanthus emblicaPrunus armeniacaPrunus aviumPrunus cerasusPrunus domesticaPrunus
persicaPrunus salicinaPsidium guajavaPunica granatumPyrus communisRaphanus sativusvar.sativusRibes
nigrumRubus idaeusRubus occidentalisRubus plicatusSambucus nigrasubsp.nigraSesbania
grandifloraSolanum lycopersicumSpinacia oleraceaVaccinium angustifoliumVaccinium cespitosumVaccinium
corymbosumVaccinium macrocarponVaccinium membranaceumVaccinium myrtillusVaccinium
ovalifoliumVaccinium uliginosumVaccinium vitis-idaeaVitis labruscaVitis viniferaWrightia tinctoriaZea
maysBulbEdible fruit partEdible vegetable partFruitLeafLeaf stalkRootSproutDrySprout blendSprout
blendN/AAvena sativaBrassica oleraceavar.gemmiferaBrassica oleraceavar.italicaGlycine maxHordeum
vulgareLinum usitatissimumPanicum miliaceumRaphanus sativusSalvia hispanicaTriticum
aestivumSproutDryVegetable blendVegetable blendN/AAllium ampeloprasumAllium cepaAllium porrumAllium
sativumApium graveolensBarbarea vernaBergera koenigiiBeta vulgarisBixa orellanaBrassica napusBrassica
oleraceavar.botrytisBrassica oleraceavar.capitataBrassica oleraceavar.gemmiferaBrassica

oleraceavar.italicaBrassica oleraceavar.viridisCapsicum annuumDaucus carotalpomea batatasLantana
camaraMedicago sativaMoringa oleiferaOcimum tenuiflorumPetroselinum crispumRaphanus
sativusvar.sativusSesbania grandifloraSolanum lycopersicumSpinacia oleraceaWrightia tinctoriaZea
maysBulbEdible vegetable partFruitLeafLeaf stalkRootSproutDry Route of administration Oral

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. Ask a health care practitioner/health care provider/health care professional/doctor/physician before use if you are pregnant or breastfeeding. 3. Ask a health care practitioner/health care provider/health care professional/doctor/physician before use if you are taking prescription medications (Shi et al. 2025; NIH 2024; Brinker 2010). Contraindication(s) 4. Do not use if you are pregnant or breastfeeding (Brinker 2010). Table 7. Risk informationMedicinal ingredients/Potency constituentsRisk informationAgaricus blazei(Himematsutake)As per the Mushrooms monographAllium sativum(Garlic)1Aloe vera- leaf gel1Aphanizomenon flos-aquae4Artemisia vulgaris(Mugwort)1Ascophyllum nodosum(Norwegian Kelp)As per the Kelp products monographAstaxanthin2Auricularia auricula-judae(Jelly ear)As per the Mushrooms monographBerberis vulgaris- fruit (Common barberry)4Cannabis sativa- non-viable seed (Hemp)2Capsicum annuum(Cayenne)1Chamaemelum nobile(Roman chamomile)1Chlorella vulgaris(Chlorella)1Cinnamomum aromaticum(Cassia cinnamon)1Cinnamomum verum(Cinnamon)1Citrus bioflavonoids1Citrus paradisi- fruit (Grapefruit)3Coenzyme Q101Cordyceps militaris(Cordyceps)As per the Mushrooms monographCurcuma longa(Turmeric) - unextracted preparations and native extracts up to 35% curcuminoids1Curcuma longa(Turmeric) - concentrated extracts 75% or more curcuminoidsAs per the Concentrated turmeric extract and isolates (curcumin/curcuminoids)CurcuminAs per the Concentrated turmeric extract and isolates (curcumin/curcuminoids)CurcuminoidsAs per the Concentrated turmeric extract and isolates (curcumin/curcuminoids)Cynara cardunculus(Globe artichoke)1DL-alpha-Lipoic acid/R-alpha-Lipoic acidAs per the Alpha-lipoic acid monographEuterpe oleracea(Acai)1Fucus vesiculosus(Kelpware)As per the Kelp products monographGanoderma applanatum(Artist's conk)As per the Mushrooms monographGanoderma lucidum(Reishi)As per the Mushrooms monographGrape seed extract1Green coffee bean extract1Green tea extract1Grifola frondosa(Maitake)As per the Mushrooms monographHaematococcus pluvialis1Hericium erinaceus(Lion's mane)As per the Mushrooms monographHesperidin (> 50 mg/day)2, 3Inonotus obliquus(Chaga)As per the Mushrooms monographIrvingia gabonensis(African wild mango)1Laminaria digitata(Kelp)As per the Kelp products monographL-Carnitine1Lentinula edodes(Shiitake)As per the Mushrooms monographLepidium meyenii(Maca)1L-Glutathione2Limnospira fusiformis(Spirulina)1Limnospira indica(Spirulina)1Limnospira maxima(Spirulina)1Limnospira platensis(Spirulina)1Linum usitatissimum(Flaxseed)1Lycium barbarum- fruit (Goji)2, 3Medicago sativa(Alfalfa)1ManganeseAs per the MVM monographMixed tocopherol concentrate + tocotrienols + vitamin E (> 179 mg AT/day)As per the MVM monographN-Acetyl-L-cysteine1Ocimum tenuiflorum(Holy Basil)1Olea europaea- leaf (Olive leaf)1Ophiocordyceps sinensis(Cordyceps)As per the Mushrooms monographPaecilomyces hepiali(Cordyceps)As per the Mushrooms monographPhyllanthus emblica(Amla)1Propolis1Quercetin1Red wine extract1Resveratrol1Rhodiola rosea(Rhodiola)1Rosmarinus officinalis(Rosemary)1Royal jelly1Rutin1Saccharina japonica(Japanese kelp)As per the Kelp products monographSalvia officinalis(Sage)1Sambucus nigrasubsp.nigra(Black elder)As per the Elder monographSambucus nigrasubsp.canadensis(American elder)As per the Elder monographSchizophyllum commune(Split Gill fungus)As per the Mushrooms monographSeleniumAs per the MVM monographSqualene2Trametes versicolor(Turkey Tail)As per the Mushrooms monographTremella fuciformis(Silver ear)As per the Mushrooms monographTriticum aestivum(Wheatgrass-herb top/leaf)2Trigonella foenum-graecum(Fenugreek)1Ubiquinol1Vaccinium corymbosum(Blueberry)*1Vaccinium angustifolium(Blueberry)*1Vaccinium pallidum(Blueberry)*1Vaccinium macrocarpon(Cranberry)1Vitamin EAs per the MVM monographVitamin K1As per the MVM monographWolfiporia extensa(Poria)As per the Mushrooms monographZincAs per the MVM monograph *The risk statement required at 5 g or more of total dried fruits or 37.5 g or more of total fresh fruit or 5 g or more total dried and fresh fruits, per day as per the single ingredient monograph will be required at 31.58 mL of total fresh juice, 15.79 mL of total concentrated juice and 3.158 g of total dried juice or more based on the moisture content of the fresh fruit. If several species

of blueberries are used, the total values must be taken into consideration.

NON-MEDICINAL INGREDIENTS

Must be chosen from the current NHPID and must meet the limitations outlined in the database. Storage conditions Must be established in accordance with the requirements described in the Natural Health Products Regulations. Consult Table 8 for storage condition statements related to fixed oils. Table 8. Storage conditions Medicinal ingredients Storage conditions Cocos nucifera- oil (Coconut oil) As per the Multiple Ingredient fixed oil products monograph Helianthus annuus -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 Olea europaea -oil (Olive oil) As per the Multiple Ingredient fixed oil products monograph Quercetin 1 Rutin 1 Tagetes erecta (Marigold) As per the Marigold Extract and Isolates monograph Triticum aestivum- 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

STORAGE CONDITION(S)

Must be established in accordance with the requirements described in the Natural Health Products Regulations. Consult Table 8 for storage condition statements related to fixed oils. Table 8. Storage conditions Medicinal ingredients Storage conditions Cocos nucifera- oil (Coconut oil) As per the Multiple Ingredient fixed oil products monograph Helianthus annuus -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 Olea europaea -oil (Olive oil) As per the Multiple Ingredient fixed oil products monograph Quercetin 1 Rutin 1 Tagetes erecta (Marigold) As per the Marigold Extract and Isolates monograph Triticum aestivum- 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) This monograph is for Cannabis sativa seeds from hemp only. Hemp is defined in the Industrial Hemp regulations (IHR) as “a cannabis plant — or any part of that plant — in which the concentration of THC is 0.3% w/w or less in the flowering heads and leaves”. Approved hemp cultivars are set out in the List of Approved Cultivars, published by the Government of Canada on its website, as amended from time to time. Additional cultivars may be permitted such as those on the Association of Official Seed Certifying Agencies (AOSCA) list which also meet the definition of Hemp set out in the IHR. 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, or synthetic duplicates of phytocannabinoids. The determination of the THC concentration must take into account the potential to convert delta-9-tetrahydrocannabinolic acid (THCA) to THC. Example of Product Facts: Consult the Guidance Document, Labelling of Natural Health Products for more details.

REFERENCES

Notes: 1When 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. 2For juices, the juice quantity may be listed on the product label in weight (e.g., mg) rather than in volume (mL) based on its density. 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 from all sources

| Potency constituents | Maximum daily dose | Maximum single dose |
|---|--------------------------|--------------------------|
| Allicin | 12 mgN/A | 27 mgN/A |
| Alliin | 27 mgN/A | 405 mgN/A |
| Anthocyanins | 405 mgN/A | 405 mgN/A |
| Anthocyanosides | 405 mgN/A | 40 mgN/A |
| Astaxanthin | 40 mgN/A | 6,000 mcgN/A |
| Beta-Carotene | 6,000 mcgN/A | 600 mgN/A |
| Bioflavonoids | 600 mgN/A | 150 mgN/A |
| Caffeine | 150 mgN/A | 690 mgN/A |
| Catechins | 690 mgN/A | 500 mgN/A |
| Chlorogenic acids | 500 mgN/A | 600 mgN/A |
| Citrus bioflavonoids | 600 mgN/A | 1,200 mgN/A |
| Curcumin | 1,200 mgN/A | 400 mgN/A |
| Curcuminoids | 1,500 mgN/A | 500 mgN/A |
| Epigallocatechin 3-gallate (EGCG) | 300 mgN/A | 500 mgN/A |
| Hesperidin | 500 mgN/A | 20 mgN/A |
| Lutein | 20 mgN/A | 40 mgN/A |
| Lutein esters | 40 mgN/A | 30 mgN/A |
| Lycopene | 30 mgN/A | As per the MVM monograph |
| Minerals: Selenium, Calcium, Chromium, Copper, Iodine, Magnesium, Manganese, Molybdenum, Phosphorus, Zinc | As per the MVM monograph | As per the MVM monograph |
| Mixed carotenoids | 6,000 mcgN/A | 100 mgN/A |
| Oleuropein | 100 mgN/A | 405 mgN/A |
| Oligomeric proanthocyanidins | 405 mgN/A | 1,000 mgN/A |
| Polyphenols | 1,000 mgN/A | 180 gN/A |
| Polysaccharides | 180 gN/A | 45 gN/A |
| Proanthocyanidins | 405 mgN/A | 405 mgN/A |
| Procyanidins | 405 mgN/A | 1,200 mgN/A |
| Quercetin | 1,200 mgN/A | 600 mgN/A |
| Resveratrol | 1,000 mgN/A | 40.8 mgN/A |
| Rosavins | 40.8 mgN/A | 12 mgN/A |
| Rutin | 1,000 mgN/A | 500 mgN/A |
| Salidroside | 20.4 mgN/A | 6 mgN/A |
| Vitamins: Biotin, Riboflavin, Thiamine, Vitamin A, Vitamin B6, Vitamin B12, Vitamin C, Vitamin D, Vitamin E, Vitamin K1 | As per the MVM monograph | As per the MVM monograph |
| Zeaxanthin | 2.5 mgN/A | 5 mgN/A |
| Zeaxanthin esters | 5 mgN/A | |

Ingredient Combinations
All ingredients included in this monograph may be combined together with the following restrictions
alpha-Lipoic acid: No permitted combinations between DL-alpha-Lipoic acid and R-alpha-Lipoic acid.
beta-Carotene/Vitamin A: 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.
alpha-Tocopherol/Vitamin E: The maximum daily dose expressed in mg AT (mg alpha-tocopherol) for combination of mixed tocopherols, tocotrienols and/or vitamin E must not exceed the maximum daily dose for vitamin E indicated on the NNHPD MVM monograph. The amount in mg for mixed tocopherols and/or mixed tocotrienol is considered as equivalent to mg AT for the purpose of this combination rule and for determining the dose at which Vitamin E risk statements would be required for Class I and II applications (as there is no fixed conversion that can be established at this time). Data on the mg AT content of specific mixed tocopherols and/or mixed tocotrienol preparations may be submitted at Class III for precise calculations if desired.
Vitamins/Minerals: The total daily dose of each vitamin and mineral must not exceed quantities listed in the NNHPD MVM monograph.
Fruit/vegetable blends: The medicinal ingredients 'fruit blend' and/or 'vegetable blend' cannot be combined with the medicinal ingredient 'fruit and vegetable blend'. When fruits and vegetables are blended, the medicinal ingredient 'fruit and vegetable blend' should be selected.
Blueberries: The various species of Blueberries (*Vaccinium angustifolium*; *Vaccinium corymbosum*; *Vaccinium pallidum*), can be combined if the total quantity of dried fruits, fresh fruits, fresh fruit juice, dried fruit juice or concentrated fruit juice does not exceed the values listed in Table 2. Dried and fresh fruits cannot be combined as part of this monograph.
Spirulina: The various species of Spirulina (*Limnospira fusiformis*; *Limnospira indica*; *Limnospira maxima*; *Limnospira platensis*) can be combined if the total quantity does not exceed the values listed in Table 2.
Other combination restrictions: 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 |
|--|--------------------|
| Ascophyllum nodosum, Fucus vesiculosus, Laminaria digitata and/or Saccharina japonica | 1 g |
| Anthocyanins, Anthocyanosides, Oligomeric proanthocyanidins, Proanthocyanidins and/or Procyanidins | 405 mg |
| Bioflavonoids, Citrus bioflavonoids, Hesperidin, Quercetin and/or Rutin | 600 mg |
| Catechins (which includes 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). Rules for L-Carnitine (Restrictions when this monograph is combined with other monographs) When combining L-Carnitine with Acetylcarnitine, the total quantity of these ingredients cannot exceed 4 grams per day and 2 grams per single dose. 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 useMedicinal ingredients/Potency constituentsDirection(s) for useAloe veraleaf gel (powder dosage forms)1CalciumAs per the MVM monographChlorella vulgaris(Chlorella)1Ganoderma lucidum(Reishi)As per the Mushrooms monographGreen tea extract1Irvingia gabonensis(African wild mango)1Linum usitatissimum(Flaxseed)1Lutein estersAs per the Marigold Extract and Isolates monographN-Acetyl-L-cysteine1Olea europeaeleaf (Olive leaf)1Phyllanthus emblica(Amla)1Quercetin1Rhodiola rosea(Rhodiola)1Salvia officinalis(Sage)1Tagetes erecta(Marigold)As per the Marigold Extract and Isolates monographZeaxanthin estersAs per the Marigold Extract and Isolates monographZincAs 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. Ask a health care practitioner/health care provider/health care professional/doctor/physician for use beyond 12 weeks (EFSA 2014; Parisi et al. 2008). Table 6. Duration(s) of useMedicinal ingredients/Potency constituentsDuration(s) of useAstaxanthin (> 4 mg/day)2Cinnamomum aromaticum(Cassia cinnamon)1Grape seed extract1Green tea extract1Haematococcus pluvialis1Lepidium meyenii(Maca)1Propolis1Quercetin1Resveratrol1Rutin1Salvia officinalis(Sage)1

| | Source information | | | |
|--|--|--------------------------------------|--------------------------|-----|
| | Part(s) | Preparation(s) | | |
| tic acid | DL-alpha-Lipoic acid | N/A | N/A | Syn |
| lipoic acid | R-alpha-Lipoic acidSodium R-(+)-lipoate | N/A | N/A | Syn |
| | N/A | Curcuma longa | Rhizome | No |
| | N/A | Synthetic | | |
| hydroxyphenyl)- | 3,5,7-trihydroxyflavoneQuercetin3,5,7-trihydroxyflavone | | N/A | No |
| arenone, 15,18,20,27,31,35,39-decamethyl-2,6,10,14,18,22,26,30,34,38-tetranizoglycerol-5,6-dimethyl-3,4-dihydroxy-1,2,4-triazole | | Aspergillus clavatusEscherichia coli | | Bio |
| | N/A | Synthetic | | |
| yl]-2,3-dihydro-5H-benzofuran-4-one | 5H-benzofuran-4-one | N/A | N/A | No |
| toside | Citrodegibipycnosyl-Rutin12-(3,4-dihydroxyphenyl)-5,7-dihydroxy-4H-1-benzopyran-4-one3-O-6-Deoxy-alpha-L-mannopyranosyl-(1-6)-beta-D-glucopyranose | | | bla |
| 3-Carboxy-2-hydroxy-N,N-dimethyl-L-propanamide | L-CarnitineLevocarnitine | N/A | N/A | Syn |
| | N/A | Tagetes erecta | Herb flowering oleoresin | No |
| | N/A | Tagetes erecta | Herb flowering oleoresin | No |
| | N/A | Synthetic | | |
| 4,4'-dione | N/A | Haematococcus pluvialis | Whole | No |
| | N/A | Elaeis guineensisOlea europaea | Fruit | No |
| | | | | |
| | N/A | Solanum lycopersicum | Fruit flesh | No |
| | N/A | Synthetic | | |

| | | | |
|--|--|--|---|
| enzenedioltrans-N/A',5-Trihydroxystilbenetrans-Resveratrol | Reynoutria japonica | Root | No |
| | Fruit | | |
| | N/A | Synthetic | |
| | N/A | Abelmoschus esculentus | Fruit |
| | N/A | Actinidia chinensis | Fruit |
| uit | N/A | Actinidia deliciosa | Fruit |
| | N/A | Agaricus blazei | Cultured myceliumFruiting bodyMycelium |
| | N/A | Alaria esculenta | ThallusWhole |
| | N/A | Allium ampeloprasum | Leaf |
| | N/A | Allium cepa | Bulb |
| | N/A | Allium porrum | Leaf |
| | N/A | Allium sativum | Bulb |
| | N/A | Allium schoenoprasum | Leaf |
| uraçao aloeTulsi | West Indian aloe | Aloe vera | Leaf gel |
| galLanguasSiamese | Se- ginger | Alpinia galanga | Rhizome |
| onjackKonnyaku | Elepard-palmMo-yuSnake-palmUmbrella arum | Amorphophallus konjac | RootTuber |
| | N/A | Amorphophallus paeoniifolius | RootTuber |
| | N/A | Ananas comosusvar.comosus | Fruit |
| | N/A | Anethum graveolens | Herb top |
| | N/A | Aphanizomenon flos-aquae | Whole |
| | N/A | Apium graveolens | Herb topRootTuber |
| | N/A | Argania spinosa | Seed |
| | N/A | Aristolelia chilensis | Fruit |
| | N/A | Aronia melanocarpa | Fruit |
| gonSilky wormwood | Tarragon | Artemisia dracunculus | Leaf |
| MugwortSt. John's plant | Wild wormwood | Artemisia vulgaris | Herb top |
| petangNorwegian | Kelp | Ascophyllum nodosum | ThallusWhole |
| sGarden asparagus | As | Asparagus officinalis | Shoot |
| | N/A | Auricularia auricula-judae | Cultured myceliumFruiting bodyMycelium |
| oatTree oat | N/A | Avena sativa | SeedSeed bran |
| | Sprout | DryFresh | |
| | Avena sativa | Herb topLeaf | DryFresh |
| | Avena sativa | Seed | Fresh |
| Luo kuiMalabar | NightshadeMalabar-spinachVine-spinach | Basella alba | Leaf |
| arberryJaundice | BerryPiprage | Berberis vulgaris | Fruit |
| | N/A | Bergera koenigii | Leaf |
| t beetFoliage beet | Garden beetMangelMangel-wurzelMangold | Beet beetSicilian broad-rib beetSpinach beet | SproutRootSugar beetSwiss chardTian cai |
| d | N/A | Brassica juncea | Leaf |
| | N/A | Brassica nigra | Seed |

| | | | | | |
|------------------------|-----------------|---|---|--------------|-----|
| | N/A | Brassica oleraceavar.botrytis | Herb top | Dry | |
| abbage | N/A | Brassica oleraceavar.capitata | Herb top | Dry | |
| s | N/A | Brassica oleraceavar.gemmifera | Sprout | Dry | |
| labreseCape brocoli | N/A | Brassica oleraceavar.italica | Herb topSprout | Dry | |
| | N/A | Brassica oleraceavar.oleracea | Herb top | Dry | |
| kaleKaleSpringN/A | Heading cabbage | Tall kaleTree kale | Brassica oleraceavar.viridis | Leaf | Dry |
| Tyfon | N/A | Brassica rapa | Root | Dry | |
| | N/A | Camellia sinensis | Leaf | N/A | |
| | N/A | Cannabis sativa | Non-viable seed | Dry | |
| | N/A | Capparis spinosa | Fruit | Dry | |
| pepperPaprika | N/A | Capsicum annuum | Fruit | Dry | |
| | N/A | Carica papaya | Fruit | Dry | |
| iaLocust-bean | N/A | Ceratonia siliqua | Fruit | Dry | |
| amomileNoble chamomile | N/A | Chamaemelum nobile | Flower | Dry | |
| | N/A | Chenopodium quinoa | Seed | Dry | |
| | N/A | Chlorella vulgaris | Broken cell | Dry | |
| zoGram | N/A | Cicer arietinum | Seed | Dry | |
| | N/A | Cichorium endivia | Leaf | Dry | |
| hio | N/A | Cichorium intybus | LeafRoot | Dry | |
| se cinnamonChina | N/A | Cinnamomum aromaticum | Branch barkStem barkTrunk bark | Dry | |
| ue cinnamonTibet | N/A | Cinnamomum verum | Branch barkShoot bark | Dry | |
| | N/A | Citrullus lanatusvar.lanatus | Fruit | Dry | |
| meLimeMexico | N/A | Citrus aurantiifolia | Fruit | Dry | |
| | N/A | Citrus sinensisCitrus limonCitrus reticulataCitrus papedaCitrus trifoliataCitrus paradisi | Fruit | Non-dry | |
| ng | N/A | Citrus limon | Fruit | Dry | |
| Zhu luan | N/A | Citrus maxima | Fruit | Dry | |
| | N/A | Citrus paradisi | Fruit | Dry | |
| | N/A | Citrus reticulata | Fruit | Dry | |
| d orangeSweet | N/A | Citrus sinensis | Fruit | Dry | |
| | N/A | Coccinia grandis | Fruit | Dry | |
| | N/A | Cocos nucifera | Fruit | Dry | |
| | Cocos nucifera | Fruit | Dry | | |
| | Cocos nucifera | Liquid endosperm | DryFresh | | |
| | Cocos nucifera | Seed endosperm | Fresh | | |
| dycepsCordyceps | N/A | Cordyceps militarisTrooping cordyceps | Cultured fruiting bodyCultured mycelium | Strongly dry | |
| eyCilantroCoriander | N/A | Coriandrum sativum | Leaf | Dry | |
| | N/A | Cucumis melosubsp.melovar.cantalupo | Fruit | Dry | |
| | N/A | Cucumis sativus | Fruit | Dry | |
| | N/A | Cucurbita maxima | Fruit | Dry | |

| | | | | |
|--|-------------------|--|--|----------|
| Pumpkin | N/A | Cucurbita moschata | Fruit | Dry |
| | | | | |
| Red Ghia kaddu Marrow Pumpkin Squash | N/A | Cucurbita pepo | Fruit | Dry |
| | N/A | Cucurbita pepovar.pepo | Fruit | Dry |
| | N/A | Cuminum cyminum | Fruit | Dry |
| Indian-saffron Jiang Huang Turmeric Yellow ginger | N/A | Curcuma longa | Rhizome | Dry |
| | N/A | Curcuma longa | Rhizome | Not used |
| | N/A | Cydonia oblonga | Fruit | Dry |
| Indian lemongrass | N/A | Cymbopogon citratus | Herb topLeaf | Dry |
| Blue globe artichoke Cynara Cardo artichoke Globe artichoke Scotch thistle | N/A | Cynara cardunculus | Leaf | Dry |
| | N/A | Daucus carota | LeafRoot | Dry |
| Water yam White yam Winged yam Yam | N/A | Dioscorea alata | Root | Dry |
| | N/A | Diospyros virginiana | Fruit | Dry |
| | N/A | Elaeis guineensis | Fruit | Fresh |
| Coconut palm | N/A | Euterpe oleracea | Fruit flesh | Dry |
| Japanese buckwheat Qiao mai Silverhull buckwheat | N/A | Fagopyrum esculentum | Seed | Dry |
| | N/A | Ficus carica | Fruit | Dry |
| | N/A | Foeniculum vulgare subsp.vulgare var.dulce | Bulb | Dry |
| Wild strawberry | N/A | Fragaria virginiana | Fruit | Dry |
| | N/A | Fragaria x ananassa | Fruit | Dry |
| Sea wrack Kelpwack Seawrack | N/A | Fucus vesiculosus | ThallusWhole | Dry |
| | N/A | Ganoderma applanatum | Cultured myceliumFruiting bodyMycelium | Dry |
| | N/A | Ganoderma lucidum | Cultured myceliumFruiting bodyMycelium | Dry |
| Mangosteen | N/A | Garcinia mangostana | Fruit | Dry |
| Soy flour | N/A | Glycine max | Seed | Dry |
| | Glycine max | Seed | Dry | |
| | Glycine max | Sprout | DryFresh | |
| | N/A | Vitis vinifera | Seed | N/A |
| | N/A | Coffea arabicaCoffea canephora | Seed | N/A |
| | N/A | Grifola frondosa | Cultured myceliumFruiting bodyMycelium | Dry |
| | N/A | Haematococcus pluvialis | Broken cell | Dry |
| | N/A | Helianthus annuus | Seed | Dry |
| | Helianthus annuus | Seed | Fresh | |
| | N/A | Hericium erinaceus | Cultured myceliumFruiting bodyMycelium | Dry |
| Red sorrel Rosehip Sorrel | N/A | Hibiscus sabdariffa | FlowerLeaf | Dry |
| Sea-buckthorn Shan | N/A | Hippophae rhamnoides | Fruit | Dry |
| | N/A | Hordeum vulgare | Seed | Dry |
| | | | | |
| | Hordeum vulgare | Herb topLeaf | DryFresh | |

| | | | | |
|-----------------|---------------------|---|--|-----|
| | N/A | Inonotus obliquus | Cultured myceliumFruiting bodyMycelium | Dry |
| | N/A | Ipomoea batatas | RootTuber | Dry |
| | N/A | Irvingia gabonensis | Seed | Dry |
| | N/A | Juglans regia | Seed | Dry |
| | N-Acetyl-L-cysteine | N/A | N/A | Syn |
| | N/A | Candida utilisSaccharomyces cerevisiae | Whole | No |
| | N/A | Synthetic | | |
| | N/A | Lactuca sativa | Leaf | Dry |
| | N/A | Lactuca sativavar.crispa | Leaf | Dry |
| | N/A | Lactuca sativavar.longifolia | Leaf | Dry |
| h gourdHu lu | N/A | Lagenaria siceraria | Fruit | Dry |
| | N/A | Laminaria digitata | ThallusWhole | Dry |
| | N/A | Lens culinaris | Seed | Dry |
| | N/A | Lentinula edodes | Cultured myceliumFruiting bodyMycelium | Dry |
| | N/A | Lepidium meyenii | HypocotylRoot | Dry |
| | N/A | Lepidium sativum | Leaf | Dry |
| | N/A | Limnospira fusiformis | Whole | Dry |
| | N/A | Limnospira indica | Whole | Dry |
| | N/A | Limnospira maxima | Whole | Dry |
| | N/A | Limnospira platensis | Whole | Dry |
| | N/A | Linum usitatissimum | Seed | Dry |
| | Sprout | DryFresh | | |
| | N/A | Lonicera caerulea | Fruit | Dry |
| | N/A | Tagetes erecta | Herb flowering oleoresin | No |
| ry wolfberryChi | N/A | Lycium barbarum | Fruit | Dry |
| | N/A | Malpighia emarginata | Fruit | Dry |
| scobillo | N/A | Malpighia glabra | Fruit | Dry |
| | N/A | Malus domestica | Fruit | Dry |
| | N/A | Malus pumila | Fruit | Dry |
| | N/A | Mangifera indica | Fruit | Dry |
| | N/A | Medicago sativa | Herb topLeaf | Dry |
| Tocopherols | N/A | Brassica napusBrassica rapaCarthamus tinctorius | Seed | No |
| | | | | |
| | | | | |
| eesefruit | N/A | Morinda citrifolia | Fruit | Dry |
| msticktreeHorse | N/A | Moringa oleifera | LeafSeed | Dry |
| | N/A | Morus alba | Fruit | Dry |
| lantainPlantain | N/A | Musa x paradisiaca | Fruit | Dry |
| | N/A | Myrciaria dubia | Fruit | Dry |

| | | | | | | | |
|--------------------------|---------------|--------------------|--------------------|---------------------------------|-------------------|-----------|-----|
| ashiOranda-garden | N/A | Summer watercress | Watercress | Nasturtium officinale | Herb top | Leaf | Dry |
| | N/A | | | Nelumbo nucifera | Seed | | Dry |
| asilTulsi | N/A | | | Ocimum tenuiflorum | Leaf | | Dry |
| | N/A | | | Olea europaea | Leaf | | Dry |
| | Olea europaea | | | Fruit | Dry | Fresh | |
| | Olea europaea | | | Fruit | Fresh | | |
| dyicepsCordyceps | N/A | sinensis | Dong chong xia cao | Ophiocordyceps sinensis | Stroma | | Dry |
| actusPrickly-pear | N/A | | | Opuntia ficus-indica | Fruit | Leaf | Dry |
| | N/A | | | Origanum vulgare | Leaf | | Dry |
| and ricePurple rice | N/A | Rice | Upland rice | Oryza sativa | Seed | Seed bran | Co |
| waterpillar fungus | N/A | jiao chong cao jun | | Paecilomyces hepiali | Cultured mycelium | | Dry |
| se | N/A | | | Palmaria palmata | Thallus | Whole | Dry |
| ic | N/A | | | Panicum miliaceum | Seed | | Dry |
| | | | | | | | |
| | N/A | | | Passiflora edulis | Fruit | | Dry |
| | N/A | | | Passiflora quadrangularis | Fruit | | Dry |
| | N/A | | | Pastinaca sativa | Root | Tuber | Dry |
| | N/A | | | Persea americana | Fruit | | Dry |
| | N/A | | | Petroselinum crispum | Herb top | | Dry |
| kidney bean | N/A | | | Phaseolus vulgaris | Seed | | Dry |
| | N/A | | | Phoenix dactylifera | Fruit | | Dry |
| robalanIndian gooseberry | N/A | | Myrobalan | Phyllanthus emblica | Fruit | | Dry |
| pepperPimenta | N/A | | Pimento | Pimenta dioica | Fruit | | Dry |
| | N/A | | | Pimpinella anisum | Fruit | | Dry |
| den | N/A | | | Pinus pinaster | Stem bark | | Dry |
| | N/A | | | Pisum sativum | Seed | | Dry |
| | N/A | | | Porphyra yezoensis | Thallus | Whole | Dry |
| Propolis balsam | N/A | Propolis resin | Propolis wax | Apis mellifera | Secretion | | Dry |
| | N/A | | | Prunus armeniaca | Fruit | | Dry |
| rySweet cherry | N/A | | | Prunus avium | Fruit | | Dry |
| cherryTart cherry | N/A | | | Prunus cerasus | Fruit | | Dry |
| | N/A | | | Prunus domestica | Fruit | | Dry |
| sweetBitter almond | N/A | | Sweet almond | Prunus dulcis | Seed | | Dry |
| | N/A | | | Prunus persica | Fruit | | Dry |
| | N/A | | | Prunus persica var. nucipersica | Fruit | | Dry |
| cherry | N/A | | | Prunus serotina | Fruit | | Dry |
| | N/A | | | Prunus virginiana | Fruit | | Dry |
| | N/A | | | Psidium guajava | Fruit | | Dry |
| | N/A | | | Punica granatum | Fruit | Seed aril | Dry |

| | | | | | |
|-----------------|--|--|--|--|-----|
| | N/A | Pyrus communis | Fruit | Dry | |
| | N/A | Pyrus pyrifolia | Fruit | Dry | |
| | N/A | Raphanus sativus | LeafRootTuberSprout | Dry | |
| RhodiolaRose | rhodiola root N/A | Rhodiola rosea | RootRoot and rhizome | Dry | |
| | N/A | Ribes nigrum | Fruit | Dry | |
| GooseberryGoose | Gooseberry | Ribes uva-crispa | Fruit | Dry | |
| Rose | N/A | Rosa canina | Fruit | Dry | |
| | N/A | Rosmarinus officinalis | Leaf | Dry | |
| | N/A | Apis mellifera | Secretion | Fresh | |
| | N/A | Rubus arcticus | Fruit | Dry | |
| Red raspberry | Full ripe red raspberry | Rubus idaeus | Fruit | Dry | |
| | N/A | Rubus occidentalis | Fruit | Dry | |
| Blackberry | N/A | Rubus plicatus | Fruit | Dry | |
| Sauvignon | Sea tangle | Saccharina japonica | ThallusWhole | Dry | |
| | N/A | Salvia hispanica | Seed | Dry | |
| | | | | | |
| Garden sage | Sage | Salvia officinalis | Leaf | Dry | |
| | N/A | Sambucus nigrasubsp.nigra | Fruit | Dry | |
| Sweet Elder | N/A | Sambucus nigrasubsp.canadensis | Fruit | Dry | |
| | N/A | Schizophyllum commune | Cultured myceliumFruiting bodyMycelium | Dry | |
| | MethylselenocysteineSelenious acidSelenium N/A | Amino acid chelateSelenium aspartateSelenium N/A | citrateSelenium dioxide, monohydrateSelenium N/A | Not | |
| Black sesame | Black sesame seedsHu ma | Sesame | Sesamum indicum | Seed | Dry |
| | N/A | | Setaria italica | Seed | Dry |
| | N/A | | Solanum lycopersicum | Fruit | Dry |
| | Solanum lycopersicum | | Fruit flesh | DryFresh | |
| | N/A | | Solanum tuberosum | RootTuber | Dry |
| | N/A | | Spinacia oleracea | Leaf | Dry |
| | N/A | | Syzygium aromaticum | Flower bud | Dry |
| Big marigold | Common marigold | | Tagetes erecta | Flower | Dry |
| Tamarind | N/A | | Tamarindus indica | Fruit | Dry |
| Genols | N/A | | Bixa orellana | Seed | Not |
| | | | | | |
| | | | | | |
| | N/A | | Trametes versicolor | Cultured myceliumFruiting bodyMycelium | Dry |
| | N/A | | Tremella fuciformis | Cultured myceliumFruiting bodyMycelium | Dry |
| Greek-clover | Greek hayHu lu ba | | Trigonella foenum-graecum | Seed | Dry |
| | N/A | | Triticum aestivum | Seed | Dry |
| | | | | | |
| | Herb topLeaf | | DryFresh | | |

| | | | | |
|--------------------------|-----------------------------|-------------------------------------|------------------------|-------------------------------------|
| | Seed germ | Fresh | | |
| s | N/A | Tropaeolum majus | Herb topLeaf | Dry |
| | Ubiquinol | N/A | N/A | Synthetic |
| Highbush blueberry | N/A | Vaccinium corymbosum | Fruit | Dry |
| Lowbush blueberry | N/A | Vaccinium myrtillus | Fruit | Dry |
| raspberry | N/A | Vaccinium pallidum | Fruit | Dry |
| Large American cranberry | N/A | Vaccinium macrocarpon | Fruit | Fresh |
| (cranberry) fruit juice | Vaccinium macrocarpon | Fruit | Dry | |
| | N/A | Vaccinium myrsinites | Fruit | Dry |
| Blackberry | N/A | Vaccinium myrtillus | Fruit | Dry |
| raspberry | N/A | Vaccinium vitis-idaea | Fruit | Dry |
| | N/A | Vicia faba | Fruit | Dry |
| | N/A | Vigna radiata | Seed | Dry |
| pea | N/A | Vigna unguiculata subsp. cylindrica | Seed | Dry |
| | Ascorbic acid | Ascorbyl methylsilanol pectinate | N/A | N/A |
| | Ascorbic acid 2-O-glucoside | Ascorbyl palmitate | Calcium ascorbate | Calcium ascorbate, dihydroascorbate |
| | d-alpha Tocopherol | d-alpha Tocopheryl acid succinate | d-alpha Tocopherol | d-alpha Tocopheryl acetate |
| | d-alpha Tocopheryl acetate | d-alpha Tocopheryl acid succinate | d-alpha Tocopherol | d-alpha Tocopheryl acetate |
| | N/A | Vitis labrusca | Fruit | Dry |
| grape | N/A | Vitis vinifera | Fruit | Fruit skinSeed |
| | Vitis vinifera | Fruit | Dry | Fresh |
| Shiitake | Sclerotium of mushroom | Wolfiporia extensa | Cultured fruiting body | Cultured mycelium |
| shu | N/A | Zea mays | Seed | Dry |
| | N/A | Tagetes erecta | Herb flowering | oleoresin |
| | N/A | Zingiber officinale | Rhizome | Dry |
| | N/A | Ziziphus jujuba | Fruit | Dry |
| | N/A | Ananas comosus | Fruit | Aronia melanocarpa |
| | N/A | Allium ampeloprasum | Allium cepa | Allium porrum |
| | N/A | Avena sativa | Brassica oleracea | Glycine max |
| | N/A | Allium ampeloprasum | Allium cepa | Allium porrum |

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| | | | |
| Decoction, Infusion, Mycelium/fruiting body | Mycelium | N/A | Standardized Aqueous |
| um and up to 40% polysaccharides | Polysaccharides | | |
| tidal, Thallus, and/or whole algae | Decoction, (Infusion) | N/A | |
| artificial, None | Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) | | |
| | | | |
| artificial, None | Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) | Allicin, Dihydrochalcones, QuercetinVitamin C | |
| | | | |
| tidal, Thallus, leaves | Fluid extract, Decoction, (Infusion) | N/A | |
| | | | |
| artificial, None | Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) | Allicin, Dihydrochalcones, QuercetinSelenium | |
| | | | |
| | | | |
| artificial, None | Standardized and Standardized Extracts (Dry extract, Tincture, | QuercetinVitamin C | |
| | | | |
| low 200 g of freeze-dried | Powdered, Extract | N/A | |
| artificial, None | Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) | | |
| | | | |
| tidal, Thallus, and/or whole | Fluid extract, Decoction, (Infusion) | N/A | |
| | | | |
| tidal, Thallus, and/or whole | Fluid extract, Decoction, (Infusion) | N/A | |
| | | | |
| artificial, None | Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) | | |
| | | | |
| | | | |
| | | | |
| freeze-dried standardized | | | |
| tidal, Thallus, and/or whole | Fluid extract, Decoction, (Infusion) | N/A | |
| | | | |
| tidal, Thallus, and/or whole | Fluid extract, Decoction, (Infusion) | N/A | |
| tidal, Thallus, and/or whole | Fluid extract, Decoction, (Infusion) | N/A | |
| | | | |
| | | | |
| | | | |

| | | | |
|---|-----|-----------------------------------|--|
| freeze-dried standardized | | | |
| Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) | | | |
| | | | |
| artificially Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) | N/A | Copper, Manganese, Selenium, Zinc | |
| | | | |
| artificially Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) | N/A | Salt, Decoction, Infusion) | |
| artificially Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) | N/A | N/A | |
| | | | |
| | | | |
| | | | |
| artificially Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) | N/A | N/A | |
| | | | |
| | | | |
| | | | |
| artificially Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) | N/A | Copper, Decoction, Infusion) | |
| | | | |
| | | | |
| freeze-dried standardized | | | |
| artificially Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) | N/A | Copper, Decoction, Infusion) | |
| | | | |
| | | | |
| freeze-dried standardized | | | |
| ion) | N/A | | |
| | | | |
| artificially Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) | N/A | N/A | |
| | | | |
| | | | |
| | | | |
| artificially Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) | N/A | Copper, Decoction, Infusion) | |
| | | | |
| | | | |
| freeze-dried standardized | | | |
| artificially Non-Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) | N/A | Copper, Decoction, Infusion) | |

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|---|---|--|---|
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| | | | |
| | | | |
| freeze-dried standardized | | | |
| extract, Decoction, 600 mg total catechins, N/A | including a maximum of 300 mg EGCG; and 100 mg of Epigallocatechin 3-gallate (EGCG) | | |
| of dried non-viable seeds | N/A | N/A | |
| tion, Tincture, Fluid extract, Decoction, N/A | (Infusion) | N/A | |
| | | | |
| g of dried, Non-Standardized and Standardized | N/A | Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) | CaroteneVitamin CZeaxanthin |
| artificial, Non-Standardized and Standardized | N/A | Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) | CaroteneVitamin CZeaxanthin |
| | | | |
| | | | |
| | | | |
| freeze-dried standardized | | | |
| dried, Non-Standardized and Standardized | N/A | Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) | CaroteneVitamin CZeaxanthin |
| dried, Non-Standardized and Standardized | N/A | Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) | CaroteneVitamin CZeaxanthin |
| of dried seeds, powdered, Cooked and powdered | N/A | standardized, Cooked and Non-Standardized | Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) |
| artificial, Non-Standardized and Standardized | N/A | Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) | CaroteneVitamin CZeaxanthin |
| of dried, Non-Standardized | N/A | Tincture, Fluid extract, Decoction, Infusion | N/A |
| artificial, Non-Standardized and Standardized | N/A | Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) | CaroteneVitamin CZeaxanthin |
| | | | |
| dried, Non-Standardized and Standardized | N/A | Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) | CaroteneVitamin CZeaxanthin |
| | | | |
| CaroteneVitamin C | | | |
| | | | |
| dried, Non-Standardized and Standardized | N/A | Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) | CaroteneVitamin CZeaxanthin |
| dried branch bark and/or trunk bark | N/A | | |
| tion, Tincture, Fluid extract, Decoction, N/A | (Infusion) | N/A | |
| artificial, Non-Standardized and Standardized | N/A | Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) | CaroteneVitamin CZeaxanthin |
| | | | |
| | | | |
| | | | |
| freeze-dried standardized | | | |
| artificial, Non-Standardized and Standardized | N/A | Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) | CaroteneVitamin CZeaxanthin |
| | | | |
| | | | |
| freeze-dried standardized | | | |
| g | N/A | N/A | |

| | | | |
|---|--|-----|--|
| n/stroma and up to 40% polysaccharides | Polysaccharides | | |
| artificial, None | Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) | | |
| | | | |
| artificial, None | Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) | | |
| | | | |
| | | | |
| freeze-dried standardized | | | |
| artificial, None | Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) | | |
| | | | |
| | | | |
| freeze-dried standardized | | | |
| tincture, Tincture, Fluid extract, Decoction, Infusion) | N/A | | |
| | | | |
| | | | |
| | | | |
| tincture, Tincture, Fluid extract, Decoction, Infusion) | N/A | | |
| | | | |
| | | | |
| | | | |
| ion) | | | |
| artificial, None | Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) | | |
| | | | |
| | | | |
| freeze-dried standardized | | | |
| tincture, Tincture, Fluid extract, Decoction, Infusion) | N/A | | |
| | | | |
| | | | |
| | | | |
| artificial, None | Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) | | |
| artificial, None | Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) | | |
| ty crude equivalent: 9 g of dried rhizomes | CurcuminCurcuminoidsVitamin C | | |
| | | | |
| mg | 400 mg | N/A | |

| | | | |
|---|-----------------------------------|-----------------------------------|-----------------------------------|
| mg | 500 mg | N/A | |
| artificially Not Standardized and Standardized | Not Standardized and Standardized | Not Standardized and Standardized | Not Standardized and Standardized |
| | | | |
| | | | |
| freeze-dried standardized | | | |
| tea, Tincture, Fluid extract, Decoction, Infusion) | | N/A | |
| | | | |
| artificially Not Standardized and Standardized | Not Standardized and Standardized | Not Standardized and Standardized | Not Standardized and Standardized |
| artificially Not Standardized and Standardized | Not Standardized and Standardized | Not Standardized and Standardized | Not Standardized and Standardized |
| | | | |
| ion) | N/A | | |
| | | | |
| artificially Not Standardized and Standardized | Not Standardized and Standardized | Not Standardized and Standardized | Not Standardized and Standardized |
| | | | |
| artificially Not Standardized and Standardized | Not Standardized and Standardized | Not Standardized and Standardized | Not Standardized and Standardized |
| | | | |
| mg | N/A | N/A | |
| mg | N/A | N/A | |
| of fruit oil | N/A | N/A | |
| of Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) | | N/A | |
| artificially Not Standardized and Standardized | Not Standardized and Standardized | Not Standardized and Standardized | Not Standardized and Standardized |
| artificially Not Standardized and Standardized | Not Standardized and Standardized | Not Standardized and Standardized | Not Standardized and Standardized |
| | | | |
| | | | |
| freeze-dried standardized | | | |
| tea, Tincture, Fluid extract, Decoction, Infusion) | | N/A | |
| | | | |
| | | | |
| | | | |
| tea, Tincture, Fluid extract, Decoction, Infusion) | | N/A | |
| | | | |
| | | | |
| | | | |
| artificially Not Standardized and Standardized | Not Standardized and Standardized | Not Standardized and Standardized | Not Standardized and Standardized |
| | | | |

| | | | |
|--|---|---|--|
| | | | |
| | | | |
| freeze-dried standardized | | | |
| dried fruits | N/A | N/A | |
| dried fruits and vegetables | N/A | N/A | |
| added, Not a Standardized Extract | Alcoholic Extracts (Dry extract, Tincture, Fluid extract), Standardized Polyphenols | Standardized Polyphenols | Alcoholic Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) |
| 6 (Dry extract, Tincture, Fluid extract, Mycelium per day | Mycelium per day | N/A | |
| lium per day and up to 40% polysaccharides | Polysaccharides | | |
| ium per day | N/A | | |
| ium per day and up to 40% polysaccharides | Polysaccharides | | |
| ctri (Dry extract, Tincture, Fluid extract, Mycelium and up to 40% polysaccharides | Polysaccharides | N/A | |
| or mycelium | N/A | | |
| or mycelium and up to 40% polysaccharides | Polysaccharides | | |
| artificial, Not a Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) | N/A | Decoction, Infusion | |
| | | | |
| | | | |
| freeze-dried standardized | | | |
| defatted soy flour | N/A | N/A | |
| | | | |
| ion) | | | |
| | | | |
| ng of extract standardized to 70-85% oligomeric proanthocyanidins (OPC) | N/A | Oligomeric proanthocyanidins | |
| ng of extract standardized to 45-50% chlorogenic acids and up to 4% of caffeine | N/A | Chlorogenic acidsCaffeine | |
| ctri (Dry extract, Tincture, Fluid extract, Mycelium | Mycelium | N/A | |
| um and up to 40% polysaccharides | Polysaccharides | | |
| um | N/A | | |
| um and up to 40% polysaccharides | Polysaccharides | | |
| yalidated, Supplied as a lipid extract, Not a Standardized | Standardized | Not to exceed 1 g of dried broken cells | lutein |
| ndried, Not a Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) | N/A | Decoction, Infusion | SeleniumThiamineVitamin E |
| | N/A | | |
| 6 (Dry extract, Tincture, Fluid extract, Mycelium | Mycelium | N/A | |
| lium and up to 40% polysaccharides | Polysaccharides | | |
| ium | N/A | | |
| ium and up to 40% polysaccharides | Polysaccharides | | |
| ng | N/A | N/A | |
| to be Tincture, Fluid extract, Decoction, Infusion) | N/A | N/A | |
| | | | |

| | | | |
|--|--|---|---|
| artificial, Non-Standardized and Standardized | Normalized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) | Extract, Decoction, Infusion | Polyphenols, Proanthocyanidins, Quercetin |
| | | | |
| | | | |
| freeze-dried standardized | | | |
| artificial, Non-Standardized and Standardized | Normalized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) | | |
| ion) | N/A | | |
| | | | |
| | | | |
| ds (Dry extract, Tincture, Fluid extract, Decoction, Infusion) | N/A | N/A | |
| ilium and up to 40% polysaccharides | Polysaccharides | | |
| ilium | N/A | | |
| ilium and up to 40% polysaccharides | Polysaccharides | | |
| toots, Tincture, Fluid extract, Decoction, Infusion) | N/A | N/A | |
| | | | |
| g root, Tincture, Fluid extract, Decoction, Infusion) | N/A | N/A | |
| artificial, Non-Standardized and Standardized | Normalized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) | | |
| artificial, Non-Standardized and Standardized | Normalized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) | | |
| | | | |
| toots, Tincture, Fluid extract, Decoction, Infusion) | N/A | N/A | |
| | | | |
| toots, Tincture, Fluid extract, Decoction, Infusion) | N/A | N/A | |
| | | | |
| artificial, Non-Standardized and Standardized | Normalized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) | | |
| | | | |
| | | | |
| freeze-dried standardized | | | |
| artificial, Non-Standardized and Standardized | Normalized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) | Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) | Fluid extract, Decoction, Infusion |
| whole seeds powdered, Cooked and powdered | Normalized standard, Cooked and Non-Standardized Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) | | |
| ctri (Dry extract, Tincture, Fluid extract, Decoction, Infusion) | N/A | N/A | |
| ilium and up to 40% polysaccharides | Polysaccharides | | |
| ilium | N/A | | |
| ilium and up to 40% polysaccharides | Polysaccharides | | |
| toots, Tincture, Fluid extract, Decoction, Infusion) | N/A | N/A | |
| artificial, Non-Standardized and Standardized | Normalized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) | | |
| | | | |
| artificial, Non-Standardized and Standardized | Normalized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) | Extract, Decoction, Infusion | Vitamin B6 |

| | | | |
|--|-----------------------|---------------|--|
| of dried seeds | 22.5 g of dried seeds | beta-Carotene | |
| ion) | N/A | | |
| | | | |
| to be Tincture, Fluid extract, Decoction, Infusion) | N/A | N/A | |
| | | | |
| | | | |
| | | | |
| g | N/A | N/A | |
| g | N/A | N/A | |
| dried, Not Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) | | | |
| | | | |
| | | | |
| freeze-dried standardized | | | |
| g | N/A | N/A | |
| | 2 g | N/A | |
| g | N/A | N/A | |
| artificial, Not Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) | | | |
| | | | |
| | | | |
| freeze-dried standardized | | | |
| artificial, Not Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) | | | |
| | | | |
| | | | |
| freeze-dried standardized | | | |
| artificial, Not Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) | | | |
| | | | |
| | | | |
| freeze-dried standardized | | | |
| artificial, Not Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) | | | |
| | | | |
| | | | |
| freeze-dried standardized | | | |
| to be Tincture, Fluid extract, Decoction, Infusion) | N/A | N/A | |
| | | | |
| | | | |
| | | | |
| artificial, Not Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) | | | |

| | | | |
|---|-------------------------------|--|----------------------------|
| | | | |
| artificial, No | Standardized and Standardized | Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) | ProanthocyanidinsVitamin C |
| | | | |
| | | | |
| | | | |
| freeze-dried standardized | | | |
| of act, Tincture, Fluid extract, Decoction, Infusion) | N/A | N/A | |
| | | | |
| of dried, powdered, Cooked and powdered | N/A | Standardized and Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) | ProanthocyanidinsVitamin C |
| artificial, No | Standardized and Standardized | Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) | ProanthocyanidinsVitamin C |
| | | | |
| artificial, No | Standardized and Standardized | Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) | ProanthocyanidinsVitamin C |
| of act, Tincture, Fluid extract, Decoction, Infusion) | N/A | N/A | |
| artificial, No | Standardized and Standardized | Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) | ProanthocyanidinsVitamin C |
| ing of extract standardized to 65-75% procyanidins | N/A | Procyanidins | |
| artificial, No | Standardized and Standardized | Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) | ProanthocyanidinsVitamin C |
| | | | |
| | | | |
| | | | |
| freeze-dried standardized | | | |
| of act, Tincture, Fluid extract, Decoction, Infusion) | N/A | N/A | |
| | | | |
| of act, Tincture, Fluid extract, Decoction, Infusion) | N/A | N/A | |
| artificial, No | Standardized and Standardized | Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) | ProanthocyanidinsVitamin C |
| | | | |
| | | | |
| | | | |
| freeze-dried standardized | | | |
| of act, Tincture, Fluid extract, Decoction, Infusion) | N/A | N/A | |
| | | | |
| | | | |
| | | | |
| artificial, No | Standardized and Standardized | Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) | ProanthocyanidinsVitamin C |
| | | | |
| | | | |
| | | | |
| freeze-dried standardized | | | |

| | | | |
|---|---|--|-------------------------------|
| | | | |
| freeze-dried standardized | | | |
| to 60% Tincture, Fluid extract, Decoction, N/A (Infusion) | | N/A | |
| | | | |
| | | | |
| | | | |
| mg | 600 mg | N/A | |
| to 60% Tincture, Fluid extract, Decoction, N/A (Infusion) | | N/A | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| g of dry extract, and 0.8-3% salidroside, and/or 1-6% rosavins | 200 mg of dry extract | RosavinsSalidroside | |
| g of dry extract and 1 g of dried roots and rhizomes | N/A | | |
| | N/A | | |
| | N/A | N/A | |
| artificially Not Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) | artificially Not Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) | artificially Not Standardized and Standardized Extracts (Dry extract, Decoction, Infusion) | PolyphenolsQuercetinVitamin C |
| | | | |
| | | | |
| | | | |
| freeze-dried standardized | | | |
| artificially Not Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) | artificially Not Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) | artificially Not Standardized and Standardized Extracts (Dry extract, Decoction, Infusion) | |
| | | | |
| | | | |
| | | | |
| freeze-dried standardized | | | |
| artificially Not Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) | artificially Not Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) | artificially Not Standardized and Standardized Extracts (Dry extract, Decoction, Infusion) | PolyphenolsVitamin CEaxanthin |
| | | | |
| of dried leaves, Fluid extract, Decoction, N/A (Infusion) | | N/A | |
| fresh, Tincture, Fluid extract, Decoction, N/A (Infusion) | | N/A | |
| to 60% Tincture, Fluid extract, Decoction, N/A (Infusion) | | N/A | |
| | | | |
| | | | |

| | | | |
|--|---|---|---|
| | | | |
| | | | |
| artificially Not Standardized and Standardized | Not Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) | Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) | Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) |
| | | | |
| | | | |
| | | | |
| freeze-dried standardized | | | |
| to 60% Tincture, Fluid extract, Decoction, Infusion) | N/A | N/A | |
| | | | |
| | | | |
| | | | |
| to 60% Tincture, Fluid extract, Decoction, Infusion) | N/A | N/A | |
| | | | |
| mg | 500 mg | N/A | |
| artificially Not Standardized and Standardized | Not Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) | Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) | Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) |
| artificially Not Standardized and Standardized | Not Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) | Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) | Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) |
| ion) | N/A | | |
| | | | |
| of dried leaves | N/A | N/A | |
| | | | |
| artificially Not Standardized and Standardized | Not Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) | Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) | Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) |
| artificially Not Standardized and Standardized | Not Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) | Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) | Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) |
| 66 (Dry extract, Tincture, Fluid extract, Decoction, Infusion) | Mycelium | N/A | |
| ium and up to 40% polysaccharides | Polysaccharides | | |
| ium | N/A | | |
| ium and up to 40% polysaccharides | Polysaccharides | | |
| mcg | N/A | N/A | |
| of dried Tincture, Fluid extract, Decoction, Infusion) | N/A | N/A | |
| of dried Tincture, Fluid extract, Decoction, Infusion) | N/A | N/A | |
| to 30 mg of lycopene | N/A | Lycopene | |
| Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) | Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) | Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) | Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) |
| | | | |
| | | | |
| | | | |
| freeze-dried standardized | | | |
| to 60% Tincture, Fluid extract, Decoction, Infusion) | N/A | N/A | |
| | | | |

| | | | |
|---|---|------------------------------|---|
| | N/A | | |
| ardized, Not Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) | N/A | Extract, Decoction, Infusion | idesbeta-CarotenePolyphenolsQuercetinV |
| ardized, Not Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) | N/A | N/A | |
| | | | |
| | | | |
| | | | |
| ardized, Not Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) | N/A | Extract, Decoction, Infusion | |
| | | | |
| | | | |
| | | | |
| reeze-dried standardized | | | |
| | N/A | N/A | |
| ardized, Not Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) | N/A | Extract, Decoction, Infusion | |
| | | | |
| | | | |
| | | | |
| reeze-dried standardized | | | |
| ardized, Not Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) | N/A | N/A | |
| ardized, Not Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) | N/A | N/A | |
| | | | |
| ars: 1,800 mg 9 years and older: 2,000 mg | N/A | N/A | |
| na Tocopherol 8 years: 800 mg AT 9 years and older: 1,000 mg AT | N/A | N/A | |
| | | | |
| ardized, Not Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) | N/A | N/A | |
| | | | |
| | | | |
| | | | |
| extract | N/A | N/A | |
| | Polyphenols | | |
| ardized, Not Standardized and Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) | N/A | Extract, Decoction, Infusion | nePolyphenolsProanthocyanidinsResveratrol |
| | | | |
| cyaninsBioflavonoidsPolyphenolsProanthocyanidinsResveratrol | | | |
| | | | |
| vonoidsOligomeric proanthocyanidins | PolyphenolsProanthocyanidinsProcyanidinsVitamin E | | |

| | | | |
|--|---|---|--|
| | | | |
| | Anthocyanins beta-Carotene Polyphenols Proanthocyanidins Resveratrol Vitamin C | | |
| | | | |
| freeze-dried standardized | | | |
| 6 (Dry extract, Tincture, Fluid extract, Decoction, Infusion) | N/A | N/A | |
| m and up to 40% polysaccharides | Polysaccharides | | |
| m | N/A | | |
| m and up to 40% polysaccharides | Polysaccharides | | |
| g | N/A | N/A | |
| | N/A | N/A | |
| freeze-dried powdered, Cooked and powdered, Standardized and Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) | N/A | Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) | |
| freeze-dried powdered, Cooked and powdered, Standardized and Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) | N/A | Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) | |
| | | | |
| | | | |
| | | | |
| freeze-dried standardized | | | |

| 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 |
| Curcumin | 1,200 mg | 400 mg |
| Curcuminoids | 1,500 mg | 500 mg |
| 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 | | |

| | | |
|---|--------------------------|--------|
| 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 B6, Vitamin B12, Vitamin C, Vitamin D, Vitamin E, Vitamin K1 | As per the MVM monograph | N/A |
| Zeaxanthin | 2.5 mg | N/A |
| Zeaxanthin esters | 5 mg | N/A |

| Medicinal ingredients/Potency constituents | Maximum daily dose |
|--|------------------------|
| Ascophyllum nodosum, Fucus vesiculosus, Laminaria digitata and/or Saccharina japonica | 405 mg |
| Anthocyanins, Anthocyanosides, Oligomeric proanthocyanidins, Proanthocyanidins and/or Procyanidins | 600 mg |
| Bioflavonoids, Citrus bioflavonoids, Hesperidin | Quercetin and/or Rutin |
| Catechins (which includes EGCG) | 690 mg |
| Mixed carotenoids + beta-Carotene | 6,000 mcg |
| Oils: Coconut oil, Olive oil, Sunflower oil, Wheat germ oil | 45 g |
| Lutein + Lutein esters* | 20 mg |
| Zeaxanthin + Zeaxanthin esters* | 2.5 mg |

| Medicinal ingredients/Potency constituents | Direction(s) for use |
|--|--|
| Aloe vera leaf gel (powder dosage forms) | 1 |
| Calcium | As per the MVM monograph |
| Chlorella vulgaris(Chlorella) | 1 |
| Ganoderma lucidum(Reishi) | As per the Mushrooms monograph |
| Green tea extract | 1 |
| Irvingia gabonensis(African wild mango) | 1 |
| Linum usitatissimum(Flaxseed) | 1 |
| Lutein esters | As per the Marigold Extract and Isolates monograph |
| N-Acetyl-L-cysteine | 1 |
| Olea europeae leaf (Olive leaf) | 1 |

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|---------------------------|--|
| Phyllanthus emblica(Amla) | 1 |
| Quercetin | 1 |
| Rhodiola rosea(Rhodiola) | 1 |
| Salvia officinalis(Sage) | 1 |
| Tagetes erecta(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 |

| Medicinal ingredients/Potency constituents | Dose(s) of use |
|--|----------------|
| Astaxanthin (> 4 mg/day) | 2 |
| Cinnamomum aromaticum(Cassia cinnamon) | 1 |
| Grape seed extract | 1 |
| Green tea extract | 1 |
| Haematococcus pluvialis | 1 |
| Lepidium meyenii(Maca) | 1 |
| Propolis | 1 |
| Quercetin | 1 |
| Resveratrol | 1 |
| Rutin | 1 |
| Salvia officinalis(Sage) | 1 |

| Medicinal ingredients/Potency constituents | Risk information |
|--|------------------------------------|
| Agaricus blazei(Himematsutake) | As per the Mushrooms monograph |
| Allium sativum(Garlic) | 1 |
| Aloe vera- leaf gel | 1 |
| Aphanizomenon flos-aquae | 4 |
| Artemisia vulgaris(Mugwort) | 1 |
| Ascophyllum nodosum(Norwegian Kelp) | As per the Kelp products monograph |
| Astaxanthin | 2 |
| Auricularia auricula-judae(Jelly ear) | As per the Mushrooms monograph |
| Berberis vulgaris- fruit (Common barberry) | 4 |
| Cannabis sativa- non-viable seed (Hemp) | 2 |
| Capsicum annuum(Cayenne) | 1 |
| Chamaemelum nobile(Roman chamomile) | 1 |
| Chlorella vulgaris(Chlorella) | 1 |
| Cinnamomum aromaticum(Cassia cinnamon) | 1 |
| Cinnamomum verum(Cinnamon) | 1 |

| | |
|---|---|
| Citrus bioflavonoids | 1 |
| Citrus paradisi- fruit (Grapefruit) | 3 |
| Coenzyme Q10 | 1 |
| Cordyceps militaris(Cordyceps) | As per the Mushrooms monograph |
| Curcuma longa(Turmeric) - unextracted preparations and native extracts up to 35% curcuminoids | |
| Curcuma longa(Turmeric) - concentrated extract up to 75% concentrated turmeric | As per the Concentrated turmeric extract and isolates (curcumin/curcuminoids) |
| Curcumin | As per the Concentrated turmeric extract and isolates (curcumin/curcuminoids) |
| Curcuminoids | As per the Concentrated turmeric extract and isolates (curcumin/curcuminoids) |
| Cynara cardunculus(Globe artichoke) | 1 |
| DL-alpha-Lipoic acid/R-alpha-Lipoic acid | As per the Alpha-lipoic acid monograph |
| Euterpe oleracea(Acai) | 1 |
| Fucus vesiculosus(Kelpware) | As per the Kelp products monograph |
| Ganoderma applanatum(Artist's conk) | As per the Mushrooms monograph |
| Ganoderma lucidum(Reishi) | As per the Mushrooms monograph |
| Grape seed extract | 1 |
| Green coffee bean extract | 1 |
| Green tea extract | 1 |
| Grifola frondosa(Maitake) | As per the Mushrooms monograph |
| Haematococcus pluvialis | 1 |
| Hericium erinaceus(Lion's mane) | As per the Mushrooms monograph |
| Hesperidin (> 50 mg/day) | 2, 3 |
| Inonotus obliquus(Chaga) | As per the Mushrooms monograph |
| Irvingia gabonensis(African wild mango) | 1 |
| Laminaria digitata(Kelp) | As per the Kelp products monograph |
| L-Carnitine | 1 |
| Lentinula edodes(Shiitake) | As per the Mushrooms monograph |
| Lepidium meyenii(Maca) | 1 |
| L-Glutathione | 2 |
| Limnospira fusiformis(Spirulina) | 1 |
| Limnospira indica(Spirulina) | 1 |
| Limnospira maxima(Spirulina) | 1 |
| Limnospira platensis(Spirulina) | 1 |
| Linum usitatissimum(Flaxseed) | 1 |
| Lycium barbarum- fruit (Goji) | 2, 3 |
| Medicago sativa(Alfalfa) | 1 |
| Manganese | As per the MVM monograph |
| Mixed tocopherol concentrate + tocotrienols + vitamin E (4-179 mg/day) | As per the MVM monograph |
| N-Acetyl-L-cysteine | 1 |
| Ocimum tenuiflorum(Holy Basil) | 1 |

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|--|------------------------------------|
| Olea europaea- leaf (Olive leaf) | 1 |
| Ophiocordyceps sinensis(Cordyceps) | As per the Mushrooms monograph |
| Paecilomyces hepiali(Cordyceps) | As per the Mushrooms monograph |
| Phyllanthus emblica(Amla) | 1 |
| Propolis | 1 |
| Quercetin | 1 |
| Red wine extract | 1 |
| Resveratrol | 1 |
| Rhodiola rosea(Rhodiola) | 1 |
| Rosmarinus officinalis(Rosemary) | 1 |
| Royal jelly | 1 |
| Rutin | 1 |
| Saccharina japonica(Japanese kelp) | As per the Kelp products monograph |
| Salvia officinalis(Sage) | 1 |
| Sambucus nigrasubsp.nigra(Black elder) | As per the Elder monograph |
| Sambucus nigrasubsp.canadensis(American Elder) | As per the Elder monograph |
| Schizophyllum commune(Split Gill fungus) | As per the Mushrooms monograph |
| Selenium | As per the MVM monograph |
| Squalene | 2 |
| Trametes versicolor(Turkey Tail) | As per the Mushrooms monograph |
| Tremella fuciformis(Silver ear) | As per the Mushrooms monograph |
| Triticum aestivum(Wheatgrass-herb top/leaf) | 2 |
| Trigonella foenum-graecum(Fenugreek) | 1 |
| Ubiquinol | 1 |
| Vaccinium corymbosum(Blueberry)* | 1 |
| Vaccinium angustifolium(Blueberry)* | 1 |
| Vaccinium pallidum(Blueberry)* | 1 |
| Vaccinium macrocarpon(Cranberry) | 1 |
| Vitamin E | As per the MVM monograph |
| Vitamin K1 | As per the MVM monograph |
| Wolfiporia extensa(Poria) | As per the Mushrooms monograph |
| Zinc | As per the MVM monograph |

| Medicinal ingredients | Storage conditions |
|--|---|
| Cocos nucifera- oil (Coconut oil) | As per the Multiple Ingredient fixed oil products monograph |
| Helianthus annuus -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 |

| | |
|--|---|
| Olea europaea -oil (Olive oil) | As per the Multiple Ingredient fixed oil products monograph |
| Quercetin | 1 |
| Rutin | 1 |
| Tagetes erecta(Marigold) | As per the Marigold Extract and Isolates monograph |
| Triticum aestivum- 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 |