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Ingredients that can be used in both food and TCM*

*TCM: Traditional Chinese Medicine

丁香	Cloves
八角茴香	Star Anise
刀豆	beans
小茴香	fennel
小蓟	thistle
山药	Chinese yam
山楂	hawthorn
马齿苋	Purslane
乌梢蛇	Zaocys
乌梅	ebony
木瓜	Pawpaw
火麻仁	Hemp Seeds
代代花	seville orange flower
玉竹	radix polygonati officinalis
甘草	licorice
白芷	radix angelicae
白果	semen ginkgo
白扁豆	semen dolichoris
白扁豆花	semen dolichoris flower
龙眼肉 (桂圆)	Arillus longanae
决明子	semen cassiae torae
百合	lily
肉豆蔻	nutmeg
肉桂	Cinnamon
余甘子	oil orange
佛手	fructus citri sarcodactyli
杏仁 (甜、苦)	almond
沙棘	sea buckthorn
牡蛎	oyster
芡实	semen euryales
花椒	fructus xanthoxyli
赤小豆	kachang Jijau
阿胶	medicinal glue

鸡内金	ventriculi galli mucosa
麦芽	wheat germ
昆布	herba laminariae
枣（大枣、酸枣、黑枣）	Chinese date
罗汉果	fructus momordicae
郁李仁	semen pruni
金银花	honeysuckle
青果	fructus canarii
鱼腥草	herba houttuyniae
姜（生姜、干姜）	ginger
枳子	Japanese raisintree fruit
枸杞子	Fructus lycii
梔子	gardenia
砂仁	semen amomi
胖大海	Scaphium scaphigerum
茯苓	tuckahoe
香櫞	citron
香薷	herba elsholtziae
桃仁	semen persicae
桑叶	folia mori
桑椹	mulberry
桔红	exocarpium citri rubrum
桔梗	Platycodon glaucus Nak
益智仁	semen amomi amari
荷叶	lotus leaf
莱菔子	semen raphani
莲子	semen nelumbinis
高良姜	rhizoma galangae
淡竹叶	herba lophatheri
淡豆豉	semen sojae praeparatum
菊花	chrysanthemum
菊苣	chicory
黄芥子	Semen Sinapis Albae
黄精	rhizoma polygonati
紫苏	herba pirillae
紫苏籽	herba pirillae seed
葛根	radices puerarire
黑芝麻	semen sesami
黑胡椒	black pepper
槐米	flos sophorae immaturus
槐花	flos sophorae
蒲公英	dandelion
蜂蜜	honey
榧子	semen torreyae

酸枣仁	semen zizyphi spinosae
鲜白茅根	rhizoma imperatae
鲜芦根	rhizoma phragmitis
蝮蛇	viper
橘皮	Orange skin
薄荷	mint
薏苡仁	semen coicis
薤白	Bulbus allii macrostemi
覆盆子	raspberry
藿香	Ageratum

Ingredients that can be used in health food (dietary supplements)

人参	Ginseng
人参叶	Folium ginseng
人参果	Ginseng fruit
三七	Panax pseudo-ginseng
土茯苓	Rhizoma Smilacis Glabrae
大蓟	Japanese Thistle Herb
女贞子	Glossy Privet Fruit
山茱萸	Common Macrocarpium Fruit
川牛膝	Radix Cyathula
川贝母	Bulbus Fritillariae Cirrhosae
川芎	Szechwan Lovage Rhizome
马鹿胎	Wild Deer Fetus
马鹿茸	Wild Deer Antler
马鹿骨	Wild Deer Bone
丹参	Salvia Miltorrhiza
五加皮	Acanthopanax Root-bark
五味子	Schisandra chinesis
升麻	Cimicifuga foetida L.
天门冬	Asparagus cochinchinensis
天麻	Rhizoma Gastrodiae
太子参	Princens
巴戟天	Morinda officinalis
木香	radices saussureae
木贼	Equisetum hiemale
牛蒡子	Arctium lappa L.
牛蒡根	radix bardanae
车前子	plantain seed
车前草	plantain
北沙参	coastal glehnia root
平贝母	Bulbus Fritillariae Ussuriensis

玄参	Figwort Root
生地黄	dried rehmannia root
生何首乌	Tuber Fleece Flower
白及	Bletilla
白术	Rhizoma Atractylodis Macrocephalae
白芍	root of herbaceous peony
白豆蔻	Cardamom Seed
石决明	Concha Haliotidis
石斛（需提供可使用证明）	the stem of noble dendrobium (safety disclaimer necessary)
地骨皮	cortex lycii radices
当归	angelica
竹茹	caulis bambusae in taeniam
红花	safflower
红景天	Gold Theragran
西洋参	American ginseng
吴茱萸	Root of Medicinal Evodia
怀牛膝	Achyranthes
杜仲	Eucommia
杜仲叶	Eucommia leaf
沙苑子	Astragalus complanatus
牡丹皮	Cortex Moutan
芦荟	aloe
苍术	rhizoma atractylodis
补骨脂	fructus psoraleae
诃子	Terminalia chebula Retz.
赤芍	radices paeoniae rubra
远志	polygala root
麦门冬	radices ophiopogonis
龟甲	tortoise shell
佩兰	herba eupatorii
侧柏叶	Cacumen biotae
制大黄	Prepared rhubarb
制何首乌	Prepared fleece-flower root
刺五加	Aesculus wilsonii Rehd
刺玫果	Dahurian Rose Fruit
泽兰	herba lycopi
泽泻	rhizoma alismatis
玫瑰花	roses
玫瑰茄	roselle calyx
知母	Rhizoma Anemarrhenae
罗布麻	bluish dogbane
苦丁茶	Broadleaf Holly Leaf
金荞麦	Wild Buckwheat Rhizome
金樱子	Cherokee Rose Fruit
青皮	GreenTangerine Peel

厚朴	cortex magnoliae officinalis
厚朴花	flos magnoliae officinalis
姜黄	curcuma
枳壳	fructus aurantii
枳实	fructus aurantii immaturus
柏子仁	semen boitae
珍珠	Pearl
绞股蓝	Gynostemma pentaphylla
胡芦巴	fenugreek
茜草	India Madder Root
荜茇	Long pepper
韭菜子	semen allii tuberosi
首乌藤	caulis polygoni multiflori
香附	rhizoma cyperi
骨碎补	rhizoma drynariae
党参	Codonopsis pilosula
桑白皮	the root bark of white mulberry
桑枝	mulberry twig
浙贝母	Bulbus Fritillariae Thunbergii
益母草	motherwort
积雪草	Asiatic Pennywort Herb
淫羊藿	herba epimedii
菟丝子	Semen Cuscutae
野菊花	wild chrysanthemum
银杏叶	ginkgo leaf
黄芪	Astragalus
湖北贝母	Hupeh fritillary bulb
番泻叶	folium sennae
蛤蚧	gecko
越橘	bilberry
槐实	Pagodatree Pod
蒲黄	cattail pollen
蒺藜	caltrop
蜂胶	bee glue
酸角	Tamarind Pulp
墨旱莲	Herba Ecliptae
熟大黄	cooked rhubarb
熟地黄	prepared rehmannia root
鳖甲	turtle shell

Ingredients Forbidden to be used in food and dietary supplements

八角莲	Dysosma
八里麻	Rhomotoxine
千金子	Caper Euphorbia Seed
土青木香	Slender Dutchmanspipe Root
山莨菪	Anisodamine
川乌	Radix Aconiti Aconite Root
广防己	Radix aristolochiae fangchi
马桑叶	Leaf of Chinese Coriaria
马钱子	Semen Strychni
六角莲	Dysosma pleiantha
天仙子	Semen Hyoscyami
巴豆	croton seed
水银	mercury
长春花	Vinca rosea
甘遂	Euphorbia kansui
生天南星	Raw rhizoma Arisaematis
生半夏	pinellia tuberifera tenore
生白附子	Raw rhizoma typhonii
生狼毒	Root of Fischer Euphorbia
白降丹	hydrargyrum chloratum compositum
石蒜	Lycoris radiata Herb
关木通	Caulis Aristolochiae Manshuriensis
农吉痢	Crotalaria sessiliflora L.
夹竹桃	Sweetscented Oleander Leaf
朱砂	vermilion
米壳（罂粟壳）	poppy shell (poppy capsule)
红升丹	hydrargyrum oxydatum crudum
红豆杉	yew
红茴香	fennel
红粉	Hydrargyri Oxydum Rubrum
羊角拗	Divaricate Strophanthus Seed
羊躑躅	Rhododendron molle
丽江山慈姑	Lijiang Iphigenia indica
京大戟	Peking Euphorbia Root
昆明山海棠	tripterygium hypoglaucum hutch
河豚	globefish
闹羊花	Flos Rhododendri Mollis
青娘虫	cantharis sinica
鱼藤	derris
洋地黄	digitalis
洋金花	flos daturae
牵牛子	Semen Pharbitidis
砒石（白砒、红砒、砒霜）	Arsenolite (white arsenic, Arsenicum Sublimatum, arsenic)

草乌	Radix Aconiti Kusnezoffii Preparata
香加皮（杠柳皮）	Chinese Silkvine Root-bark
骆驼蓬	harmel
鬼臼	podophyllotoxin
莽草	illicium anisatum L.
铁棒槌	Aconitum szechenyianum
铃兰	a lily of the valley
雪上一枝蒿	shortstalk monkshood root
黄花夹竹桃	yellow oleander seed
斑蝥	cantharis
硫磺	sulfur
雄黄	arsenic disulfide
雷公藤	Tripterygium Glycosides
颠茄	belladonna
藜芦	rhizoma veratri
蟾酥	venenum bufonis

The U.S. – China Health Products Association is working towards the development of China’s natural health product industry by advocating for a more open and transparent regulatory environment. The association is committed to increasing the trade and availability of its member’s products, which will benefit the health and wellbeing of both industry and consumers alike.

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