

List of plants, of which raw materials or herbal preparations can be used in dietary supplements*

Lista roślin, z których surowce lub ich przetwory mogą być składnikami suplementów diety**

In recent years, the market of dietary supplements has been developing rapidly. The market analysts suggest that this trend will be continuing in 2013–2014 as well. The increase in sales of nutritional supplements is caused by aging of the population and growing interest in self-medication, especially in herbal medicine. Dietary supplements are no longer only complementary products supplementing vitamin and mineral deficiencies. The addition of medicinal plants to their composition causes the displacement of the OTC from the market. A great number of raw materials is used both in medicinal products and food, including dietary supplements. Some products, classified as “borderline”, can be found both on food and medicine markets.

In most countries of the European Union attempts are made to control the market through the creation of so-called positive or negative lists. Most negative lists, such as the list of “Herbal drugs with serious risk” created by the Commission of the European Communities, include materials containing toxic herbs. Some lists include several herbal raw materials which can be used as ingredients of food, pharmaceuticals and cosmetics, such as the list of the Healthcare products Regulatory Agency (MHRA) in Great Britain. On its Ministry of Medicines and Health website, Czech government posted a list of materials authorized for use in food and their suggested dosage. In response to the problems of the Polish market of dietary supplements Polish Herbal Committee, Medical University of Lublin and the Institute of Natural Fibres and Medicinal Plants began to create the Polish list of herbal raw materials, which can be used as food ingredients, including dietary supplements. The result of this work is presented hereafter.

dr Waldemar Buchwald, Editor-in-Chief

* The list was elaborated by the experts of the Polish Herbal Committee and the Department of Pharmacognosy, Medical University of Lublin.

** Lista opracowana przez zespół ekspertów Polskiego Komitetu Zielarskiego oraz Katedry i Zakładu Farmakognozji Uniwersytetu Medycznego w Lublinie.

No.	Botanical name of plant	Polish name of plant	English common name of plant	Part of plant	Restrictions	Remarks
1.	<i>Achillea millefolium</i> L.	krwawnik pospolity	Yarrow, Milfoil	Leaf		
2.	<i>Aconitum napellus</i> L.	tatarak zwyczajny	Sweet flag, Sweet rush, Calamus	Rhizome		potentially dangerous due to alkaloids content, restricted use because of asarone
3.	<i>Actinidia chinensis</i> Planch.	aktynidia chińska, kiwi	Chinese gooseberry, Kiwifruit	Fruit		
4.	<i>Aegle marmelos</i> (L.) Corr.	klejowiec jadalny	Bael, Bengal quince	Fruit		
5.	<i>Aegopodium podagraria</i> L.	podagrycznik pospolity	Goutweed, Ground-elder	Leaf		
6.	<i>Agropyron repens</i> (L.) Beauv.	perz właściwy	Quack grass, Couch grass, Couch	Rhizome		
7.	<i>Alcea rosea</i> L.	prawosław wysoki, prawosław różowy	Hollyhock, Common hollyhock	Fruit		
8.	<i>Allium ascalonicum</i> L.	czosnek szalotka, cebula szalotka	Shallot	Bulb, leaf		
9.	<i>Allium cepa</i> L.	czosnek cebula, cebula	Onion bulb, Onion, Common onion	Bulb, leaf		
10.	<i>Allium porrum</i> L.	czosnek por, por	Leek	Whole plant		
11.	<i>Allium sativum</i> L.	czosnek pospolity	Garlic	Bulb		
12.	<i>Allium ursinum</i> L.	czosnek niedźwiedzi	Ramsons, Wild garlic	Herb		
13.	<i>Aloe vera</i> Webb.	aloes zwyczajny	Aloe, Aloe barbadensis, Barbados aloe	Leaf		restricted use due to aloin content
14.	<i>Alpinia galanga</i> (L.) Willd.	alpinia galgant, kardamon dziki	Galingale, Great galangal	Rhizome		
15.	<i>Althaea officinalis</i> L.	prawosław lekarski	Marsh mallow	Leaves, root, flower		

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16.	<i>Amaranthus diabius</i> Mart. ex Thellung	szarłat czarnoowocowy	Red spinach, Chinese spinach	Leaf		
17.	<i>Amygdalus communis</i> L.	migdałowiec, migdał	Almond	Fruit		
18.	<i>Anacardium occidentale</i> L.	nanecz zachodni	Cashew	Fruit, seeds		
19.	<i>Ananas comosus</i> (L.) Merr.	ananas jadalny	Pineapple	Fruit		
20.	<i>Anethum graveolens</i> L.	koper ogrodowy	Dill	Green plant, fruit		
21.	<i>Apium graveolens</i> L.	selery zwyczajne, seler	Celery	Whole plant		
22.	<i>Arachis hypogaea</i> L.	orzacha podziemna, fistaszki	Peanut, Groundnut	Seeds		
23.	<i>Archangelica officinalis</i> Hoffm.	arcydzięgiel litwor	Garden angelica	Petiole		
24.	<i>Arctostaphylos uva-ursi</i> (L.) Spreng.	mącznica lekarska	Bearberry	Fruit		
25.	<i>Armoracia rusticana</i> Gaertn., Mey. & Scherb.	chrzan pospolity	Horseradish	Whole plant		
26.	<i>Aronia melanocarpa</i> Elliott	aronia czarnoowocowa	Aronia, Black chokeberry	Fruit		
27.	<i>Artemisia abrotanum</i> L.	bylica boże drzewko	Southernwood	Herb	restricted use due to coumarin and scopoletin content	
28.	<i>Artemisia absinthium</i> L.	bylica piołun	Wormwood	Leaf	restricted use due to thujone and thujole content	
29.	<i>Artemisia dracunculifolia</i> L.	bylica estragon	Tarragon	Leaf	restricted use due to estragole content	
30.	<i>Arundinaria japonica</i> Siebold & Zucc. ex Steud.	bambus, pseudosasa japońska	Bamboo	Young shoots		
31.	<i>Aspalathus linearis</i> (Burman f.) R. Dahlgren	aspalath prosty, czerwono krzew	Rooibos, Red bush	Leaf		
32.	<i>Asparagus officinalis</i> L.	szparag lekarski, szparag	Asparagus	Rhizome		

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33.	<i>Avena sativa</i> L.	owies zwyczajny	Oat	Seeds, sprouts		
34.	<i>Backhousia citriodora</i> F. Muell.	mirta cytrynowa	Lemon myrtle, Lemon verbena	Leaf		
35.	<i>Bacopa monnieri</i> L. Pennell	bakopa drobniolistna	Water hyssop	Herb, root		
36.	<i>Ballota nigra</i> L.	mierzchnica czarna	Black horehound	Herb		
37.	<i>Bellis perennis</i> L.	stokrotka pospolita	Common daisy, Daisy	Flower		
38.	<i>Berberis vulgaris</i> L.	berberys pospolity	Barberry, Common barberry	Fruit	restricted use due to berberine content	
39.	<i>Beta vulgaris</i> L. var. <i>cicla</i> L.	burak liściowy, boćwina	Leaf beet, Swiss chard	Whole plant		
40.	<i>Beta vulgaris</i> L. var. <i>conditiva</i> Alef.	burak korzeniowy, burak ćwikłowy	Red beet, Beetroot	Whole plant		
41.	<i>Betula pendula</i> Roth / <i>B. verrucosa</i> Ehrh./ <i>B. alba</i> L.	brzoza brodawkowata	Common birch, Silver birch	Juice		
42.	<i>Betula pubescens</i> Ehrh.	brzoza omszona	Downy birch, Hairy birch	Juice		
43.	<i>Borago officinalis</i> L.	ogórecznik lekarski	Borage, Starflower	Seeds		the use of oil obtained from seeds
44.	<i>Brassica napus</i> L.	kapusta rzepak, rzepak	Rapeseed rape, Oilseed rape,	Seeds, leaf		the use of oil obtained from seeds
45.	<i>Brassica oleracea</i> L. var. <i>capitata</i> L.	kapusta warzywna głowiasta (własciwa)	Cabbage	Leaf		
46.	<i>Brassica oleracea</i> L. convar. <i>botrytis</i> Alef.	kapusta kalafior, kalafior	Cauliflower	Flower bud		

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47.	<i>Brassica oleracea</i> L. var. <i>gemmifera</i> DC.	kapusta bruksejska, bruksejska	Brussell's sprouts	Leaf		
48.	<i>Brassica oleracea</i> L. var. <i>italica</i> Plenck	kapusta szparagowa, brokuł	Broccoli	Flower bud, sprouts		
49.	<i>Brassica oleracea</i> L. var. <i>sabellica</i> L.	kapusta jarmuż, jarmuż	Fringed cabbage, Laciniated-feather kale	Leaf		
50.	<i>Calendula officinalis</i> L.	nagietek lekarski	Marigold	Flower		
51.	<i>Calluna vulgaris</i> (L.) Hull	wrzos pospolity	Heather, Ling	Flower		
52.	<i>Camellia sinensis</i> (L.) O. Kuntze	herbata	Tea	Leaf		
53.	<i>Capparis spinosa</i> L.	kapar ciernisty	Caper, Caper bush	Flower bud, fruit		
54.	<i>Capsella bursa-pastoris</i> (L.) Medik.	tasznik pospolity	Shepherd's purse	Seeds, leaf		
55.	<i>Capsicum annuum</i> L.	pieprzowiec roczny, papryka	Red pepper, Pod pepper	Fruit	limited use due to capsaicin content	
56.	<i>Carica papaya</i> L.	melonowiec właściwy	Papaya	Fruit		
57.	<i>Carum carvi</i> L.	kminek zwyczajny	Caraway	Fruit		
58.	<i>Castanea sativa</i> Mill.	kasztan jadalny	Sweet chestnut	Seeds		
59.	<i>Centaurea cyanus</i> L.	chaber bławatek	Comflower	Flower		
60.	<i>Centella asiatica</i> (L.) Urban.	wąkrota azjatycka	Gotu kola, Asiatic pennywort	Leaf		
61.	<i>Cerasus avium</i> Moench.	wiśnia ptasia, czereśnia	Wild cherry, Sweet cherry, Bird cherry	Fruit, seeds,	limited use of seeds due to amygdalin content	
62.	<i>Cerasus vulgaris</i> Mill.	wiśnia pospolita	Sour cherry, Tart cherry, Wild cherry	Fruit, seeds, leaf	limited use of seeds due to amygdalin content	
63.	<i>Ceratonia siliqua</i> L.	szarańczyn strąkowy, chleb świętojański	Carob, St John's Bread	Seeds, fruit		

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64.	<i>Cetraria islandica</i> (L.) Ach.	porost islandzki, płucnica islandzka	Iceland moss	Thallus		
65.	<i>Chaenomeles japonica</i> Lindl.	pigowiec japoński	Japanese quince	Fruit		
66.	<i>Cichorium intybus</i> L.	cykorcia podróżnik	Chicory	Leaf, root		
67.	<i>Cinnamomum zeylanicum</i> Blume	cynamonowiec cejloński	Cinnamon, True cinnamon, Ceylon cinnamon	Bark		
68.	<i>Cinnamomum aromaticum</i> Nees, <i>Cinnamomum cassia</i> Nees ex Blume	cynamonowiec chiński, cassia wonny	Chinese cinnamon, cassia bark tree	Bark		
69.	<i>Citrullus vulgaris</i> Schrad.	arbuz pospolity, kawon	Watermelon	Fruit		
70.	<i>Citrus aurantifolia</i> Engl.	pomarańcza limeta	Lime	Fruit		
71.	<i>Citrus aurantium</i> L. <i>subsp. amara</i>	pomarańcza gorzka	Bitter orange, Seville orange	Fruit	limited use, especially peel, due to synephrine content	
72.	<i>Citrus aurantium</i> L. <i>subsp. sinensis</i> Engler / <i>Citrus sinensis</i> (L.) Osbeck	pomarańcza słodka	Sweet orange	Fruit		
73.	<i>Citrus hystrix</i> Engl.	pomarańcza szczecińska, papada	Kaffir lime, Leech lime, Makrut	Leaf, fruit		
74.	<i>Citrus limon</i> Bumm.	cytryna zwyczajna	Lemon	Fruit		
75.	<i>Citrus paradisi</i> Macf.	grejfrut	Grapefruit, Forbidden fruit	Fruit		
76.	<i>Citrus reticulata</i> Blanco	mandarynka	Mandarin orange	Fruit		
77.	<i>Cocos nucifera</i> L.	kokos właściwy	Coconut	Fruit, seeds, young leaves		
78.	<i>Cola acuminata</i> (P. Beauv.) Schott et Endl.	kola zaostzona	Abata cola	Seeds	restricted use due to caffeine content	
79.	<i>Cola nitida</i> (Vent.) Schott et Endl.	kola błyszcząca	Cola	Seeds	restricted use due to caffeine content	

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80.	<i>Coriandrum sativum</i> L.	kolendra siewna	Coriander	Fruit, leaf		
81.	<i>Corylus avellana</i> L.	leszczyna pospolita	Hazelnut	Nut		
82.	<i>Crataegus monogyna</i> Jacq.	głóg jednoszyjkowy	Singleseed hawthorn	Fruit		
83.	<i>Crataegus oxyacantha</i> L.	głóg dwuszyjkowy	Common hawthorn	Fruit		
84.	<i>Crithimum maritimum</i> L.	kowniatek morski, koper morski	Sea fennel, Rock samphire	Herb		
85.	<i>Crocus sativus</i> L.	szafran uprawny	Saffron	Stigma		
86.	<i>Cucumis sativus</i> L.	ogórek	Cucumber	Fruit		
87.	<i>Cucumis melo</i> L.	melon	Melon	Fruit, seeds		
88.	<i>Cucurbita pepo</i> L.	dynia zwyczajna	Pumpkin	Fruit, seeds		
89.	<i>Cuminum cyminum</i> L.	kmień rzymski	Cumin	Fruit		
90.	<i>Curcuma longa</i> L.	ostrzyż długi, kurkuma	Turmeric	Rhizome		
91.	<i>Curcuma xanthorrhiza</i> Roxb.	ostrzyż malezyjski	Temu lawak, Javanes turmeric	Rhizome		
92.	<i>Cyclopia genistoides</i> (L.) R. Br.	miodokrzew	Honeybush	Herb		
93.	<i>Cyclopia intermedia</i> E. Mey	miodokrzew	Honeybush	Herb		
94.	<i>Cyclopia sessiliflora</i> Eckl. & Zeyh.	miodokrzew	Honeybush	Herb		
95.	<i>Cyclopia subternata</i> Vogel	miodokrzew	Honeybush	Herb		
96.	<i>Cydonia oblonga</i> L.	pigwa pospolita	Quince	Fruit		
97.	<i>Cymbopogon citratus</i> (DC.) Stapf	palczatka cytrynowa	Lemon grass	Leaf		
98.	<i>Cynara cardunculus</i> L.	kard	Cardoon	Petiole		
99.	<i>Cynara scolymus</i> L.	karczoch	Artichoke	Flower buds		
100.	<i>Daucus carota</i> L.	marzechw zwyczajna	Carrot	Root		
101.	<i>Diospyros kaki</i> L.	hurma wschodnia, kaki	Persimmon	Fruit		

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102.	<i>Elettaria cardamomum</i> (L.) Maton	kardamon malabarSKI	Cardamom	Fruit		
103.	<i>Eleiherococcus senticosus</i> Maxim.	eleuterokok kolczySty	Siberian ginseng	Root		
104.	<i>Embllica officinalis</i> Gaertn.	amla	Amla, Indian gooseberry	Fruit		
105.	<i>Equisetum arvense</i> L.	skrzyp polny	Horsetail	Herb	risk of adulteration with other <i>Equisetum</i> species	
106.	<i>Eucalyptus globulus</i> L.	eukaliptus gaikowy	Blue gum, Tasmanian blue eucalyptus	Leaf		
107.	<i>Eugenia caryophyllata</i> Thunb.	goździkowiec korzenny	Clove	Flower bud		
108.	<i>Fagopyrum esculentum</i> Moench.	gryka zwyczajna	Common buckwheat	Seeds		
109.	<i>Fagopyrum tataricum</i> (L.) Gaertn.	gryka tatarska	Tartary buckwheat	Seeds		
110.	<i>Ficus carica</i> L.	figowiec pospolity	Common fig	Fruit		
111.	<i>Foeniculum vulgare</i> Mill.	fenkuł włoski, koper włoski	Fennel, Common fennel	Herb, fruit, stem base		
112.	<i>Fragaria ananassa</i> Duchesne	poziomka truskawka, truskawka	Strawberry	Fruit, leaf		
113.	<i>Fragaria vesca</i> L.	poziomka pospolita	Wild strawberry	Fruit, leaf		
114.	<i>Fucus vesiculosus</i> L.	morszczyń pęcherzykowy	Bladderwrack, Sea wrack	Thallus	danger of contamination by pesticides and heavy metals, limited use due to iodine content	
115.	<i>Galium odoratum</i> (L.) Scop.	przytulia wonna	Sweet Woodruff	Herb	limited use due to coumarines content	
116.	<i>Garcinia cambogia</i> Desr.	mangostan kambodżański	Brindleberry	Fruit		
117.	<i>Garcinia mangostana</i> L.	mangostan właściwy	Mangosteen	Fruit		
118.	<i>Gentiana lutea</i> L.	gorczyka żółta	Yellow gentian	Rhizoma		

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119.	<i>Glycine max</i> (L.) Merr.	soja owłosiona	Soybean,	Seeds	limited use due to flavonoids (genistein and daidzein) content	
120.	<i>Glycyrrhiza glabra</i> L.	lukrecja gładka	Liquorice, Licorice	Root	limited use due to glycyrrhizic acids content	
121.	<i>Helianthus annuus</i> L.	slonecznik zwyczajny	Sunflower	Seeds		
122.	<i>Helianthus tuberosus</i> L.	slonecznik bulwiasty, topinambur	Jerusalem artichoke	Tuber		
123.	<i>Heraclium sphondylium</i> L.	barszcz zwyczajny	Masterwort	Herb, leaf		
124.	<i>Hibiscus sabdariffa</i> L.	ketmia szczawiowa	Roselle, Hibiscus, Rose mallow	Flower		
125.	<i>Hippophae rhamnoides</i> L.	rokitnik zwyczajny	Sea buckthorn	Fruit		
126.	<i>Hordeum</i> spp.	jęczmień	Barley	Seeds, sprouts		
127.	<i>Humulus lupulus</i> L.	chmiel zwyczajny	Hop	Strobiles		
128.	<i>Hyssopus officinalis</i> L.	hyzop lekarski	Hyssop	Leaf, herb	limited use due to hyssop oil content	
129.	<i>Ilex paraguariensis</i> St. Hill.	ostrokrzew paragwajski, mate	Mate, Yerba maté	Leaf	limited use due to caffeine content	
130.	<i>Illicium verum</i> Hook.	anyż gwiazdkowaty, badian właściwy	Star anise	Fruit		
131.	<i>Ipomoea batatas</i> (L.) Lam.	wilec ziemniaczany, batat	Sweet potato	Root tubers		
132.	<i>Jasminum officinale</i> L.	jaśmin lekarski	Common jasmine, Jasmine	Flower		
133.	<i>Juglans cinerea</i> L.	orzech szary	Butternut, White walnut	Seeds	use of ripe seeds only	
134.	<i>Juglans nigra</i> L.	orzech czarny	Eastern black walnut, Black walnut	Seeds	use of ripe seeds only	

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135.	<i>Juglans regia</i> L.	orzech włoski	Walnut	Seeds	use of ripe seeds only	
136.	<i>Juniperus communis</i> L.	jałowiec pospolity	Juniper, Common juniper	Seeds	use of ripe seeds only	
137.	<i>Lactuca sativa</i> L.	sałata siewna	Lettuce	Leaf		
138.	<i>Lamium album</i> L.	jasnota biała	White dead nettle	Leaf		
139.	<i>Laurus nobilis</i> L.	wawrzyn szlachetny, laur	Bay, Laurel, Sweet bay	Leaf		
140.	<i>Lavandula angustifolia</i> Mill. / <i>Lavandula officinalis</i> Chaix.	lawenda wąskolistna, l. lekarska	Lavender; English lavender	Flower		
141.	<i>Lens culinaris</i> Medik.	soczewica jadalna	Lentil	Seeds		
142.	<i>Lepidium meyenii</i> Walp.	pieprzyca maca	Maca	Root		
143.	<i>Lepidium sativum</i> L.	pieprzyca siewna (rzeżucha)	Garden cress	Aerial parts		
144.	<i>Levisticum officinale</i> Koch	lubczyk ogrodowy	Lovage	Leaf, root		
145.	<i>Linum usitatissimum</i> L.	len zwyczajny	Linseed, flaxseed	Seeds		
146.	<i>Lippia triphylla</i> Britt.	lippia trójlistna	Lippia	Herb		
147.	<i>Lycopersicon esculentum</i> Mill.	psianka pomidor; pomidor	Tomato	Fruit		
148.	<i>Macadamia spp.</i>	Makadamia	Macadamia	Seeds		
149.	<i>Mahonia aquifolium</i> Nutt.	mahonia ostrolistna	Oregon grape	Fruit		
150.	<i>Malpighia glabra</i> L./ <i>Malpighia punicifolia</i> L.	malpighia granatolistna, acerola, wiśnia z Barbados	Acerola, Barbados cherry	Fruit		
151.	<i>Malus domestica</i> Borkh.	jabłko domowa	Apple	Fruit		
152.	<i>Malva silvestris</i> L.	ślaz dziki	Common mallow, Blue mallow	Flower		
153.	<i>Mangifera indica</i> L.	mango indyjskie	Mango, Indian mango	Fruit		

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	<i>Matricaria chamomilla</i> L./ <i>Matricaria recutita</i> L./ <i>Chamomilla recutita</i> (L.) Rausch.	rumianek pospolity	Chamomile	Flower heads		
154.	<i>Medicago sativa</i> L.	lucerna siewna	Alfalfa, Lucerne	Herb, sprouts		
155.	<i>Melissa officinalis</i> L.	melisa lekarska	Lemon balm	Herb		
156.	<i>Mentha aquatica</i> L.	mięta nadwodna	Watermint	Leaf	limited use due to pulegone content	
157.	<i>Mentha arvensis</i> L.	mięta polna	Commint, Field mint	Leaf	limited use due to pulegone content	
158.	<i>Mentha piperita</i> L.	mięta pieprzowa	Peppermint	Leaf	limited use due to pulegone content	
159.	<i>Mentha spicata</i> L. em. Huds.	mięta zielona	Garden mint, Lamb mint, Spearmint,	Leaf	limited use due to pulegone content	
160.	<i>Mentha spicata</i> var. <i>crispa</i> L.	mięta kędzierzawa	Curled mint, Curly Mint	Leaf	limited use due to pulegone content	
161.	<i>Momordica charantia</i> L.	przepękla ogórkowata	Kerla, Bitter melon	Fruit		
162.	<i>Morus alba</i> L.	morwa biała	White mulberry	Fruit, leaf		
163.	<i>Morus nigra</i> L.	morwa czarna	Black mulberry	Fruit, leaf		
164.	<i>Morus rubra</i> L.	morwa czerwona	Red mulberry	Fruit		
165.	<i>Musa paradisiaca</i> L.	banan zwyczajny	Banana	Fruit		
166.	<i>Myristica fragrans</i> Houtt.	muszkatolowiec korzenny	Nutmeg, Mace	Seeds	limited use due to saffrole content	
167.	<i>Myrrhis odorata</i> (L.) Scop.	marchewnik anyżowy	Sweet cicely	Root, fruit		
168.	<i>Myrtus communis</i> L.	mirt zwyczajny	Myrtle	Fruit		
169.	<i>Nasturtium officinale</i> W. T. Aiton	rukiew wodna	Water cress	Leaf, young stems		

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171.	<i>Nelumbo nucifera</i> Gaertn.	lotos orzechodajny	Lotus, Sacred lotus, Padma	Rhizome, leaf, fruit		
172.	<i>Nigella sativa</i> L.	czarnuszka siewna	Black cumin	Seeds	limited use due to saponin (melantoin) content	
173.	<i>Ocimum basilicum</i> L.	bazylija wonna	Sweet basil, Basil	Herb		
174.	<i>Oenothera biennis</i> L.	wiesiołek dwuletni	Evening primrose	Seeds		
175.	<i>Olea europaea</i> L.	oliwka europejska	Olive	Leaf, fruit		
176.	<i>Opuntia ficus-indica</i> (L.) Mill.	opuncja figowa	Cactus pear, Prickly pear	Fruit		
177.	<i>Origanum majorana</i> L.	majeranek ogrodowy	Majoram	Herb		
178.	<i>Origanum vulgare</i> L.	lebiodka pospolita	Wild marjoram, oregano	Herb		
179.	<i>Oryza sativa</i> L.	ryż siewny	Asian rice, Rice	Herb, seeds		
180.	<i>Oxycoccus macrocarpos</i> Pursh	żurawina wielkoowocowa	American cranberry	Fruit		
181.	<i>Oxycoccus palustris</i> Pers.	żurawina błotna	European cranberry	Fruit		
182.	<i>Panax ginseng</i> C.A. Mey.	żeń-szeń, wszechłek	Ginseng, Asiatic ginseng	Root	limited use due to ginsenoside content	
183.	<i>Panax quinquefolius</i> L.	żeń-szeń amerykański	American ginseng	Root		
184.	<i>Panicum miliaceum</i> L.	proso zwyczajne	Proso millet, Common millet	Seeds, sprouts		
185.	<i>Papaver somniferum</i> L.	mak lekarski	Poppy	Seeds		only morphine free varieties
186.	<i>Passiflora edulis</i> Sims	męczennica jadalna	Passion flower	Fruit		
187.	<i>Pastinaca sativa</i> L.	pasternak zwyczajny	Parsnip	Root		
188.	<i>Paullinia cupana</i> H.B.K.	guarana, paulinia guarana	Guarana	Seeds		

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189.	<i>Persea americana</i> Mill.	awokado amerykańskie, smaczliwka właściwa	Avocado	Fruit		
190.	<i>Petroselinum sativum</i> Hoffm.	pietruszka zwyczajna	Common parsley	Whole plant		
191.	<i>Phaseolus vulgaris</i> L.	fasola zwykła	common bean	Seeds, pericarp		
192.	<i>Phoenix dactylifera</i> L.	daktylowiec właściwy	Date palm	Fruit		
193.	<i>Pimpinella anisum</i> L.	biedrzyniec anyż	Anise, Aniseed,	Fruit		
194.	<i>Piper cubeba</i> L.	pieprz kubeba	Cubeb pepper, Java pepper	Fruit	limited use due to saffrole and asarone content	
195.	<i>Piper longum</i> L.	pieprz długi	Indian long pepper	Fruit	limited use due to piperidine alkaloid content	
196.	<i>Piper nigrum</i> L.	pieprz czarny	Black pepper	Fruit	limited use due to piperidine alkaloid content	
197.	<i>Pistacia lentiscus</i> L.	pistacja kleista, mastyks	Mastic tree, Lentisk	Juice		
198.	<i>Pistacia vera</i> L.	pistacja właściwa	Pistachio, common pistache	Seeds		
199.	<i>Pisum sativum</i> L.	groch zwyczajny	Pea	Seeds		
200.	<i>Plantago lanceolata</i> L.	babka lancetowata	Ribwort plantain, English plantain	Leaf		
201.	<i>Plantago ovata</i> Forssk.	babka jajowata	Ispaghula, Blond psyllium	Seeds		
202.	<i>Plantago psyllium</i> L.	babka plesznik	Sand plantain, Dark psyllium	Seeds		
203.	<i>Polygonum aviculare</i> L.	rdest psasi, rdest różnolistny	Common knotgrass, Birdweed	Herb		
204.	<i>Prunus armeniaca</i> L.	morela zwyczajna	Apricot	Fruit, seeds	limited use of seeds due to amygdalin content	

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205.	<i>Prunus domestica</i> L.	śliwa domowa	Plum	Fruit, seeds	limited use of seeds due to amygdalin content	
206.	<i>Prunus persica</i> Batsch. var. <i>nucipersica</i>	Nektaryna	Nectarine	Fruit		
207.	<i>Prunus persica</i> Batsch	brzoskwinia właściwa	Peach	Fruit, seeds	limited use of seeds due to amygdalin content	
208.	<i>Prunus spinosa</i> L.	śliwa tarnina	Blackthorn, Sloe tree	Fruit		
209.	<i>Punica granatum</i> L.	granat właściwy	Pomegranate	Fruit		
210.	<i>Pyrus domestica</i> DC.	grusza domowa	Pear	Fruit		
211.	<i>Raphanus sativus</i> L. subvar. <i>radicula</i> Pers.	Rzodkiewka	Radish	Root, sprouts		
212.	<i>Raphanus sativus</i> L. var. <i>niger</i> Keitner	rzodkiew czarna	Black radish	Root		
213.	<i>Rheum rhaponticum</i> L.	rzewień ogrodowy, rabarbar	Rhubarb	Petiole	limited use due to oxalic acid in case of consumers with a tendency to forming kidney stones (calcium oxalate)	
214.	<i>Rhodiola rosea</i> L.	różeniec górski	Roseroot, golden root	Root		
215.	<i>Ribes grossularia</i> L.	porzeczka agrest, agrest	Gooseberry	Fruit		
216.	<i>Ribes nigrum</i> L.	porzeczka czarna	Blackcurrant	Fruit, seeds		
217.	<i>Ribes rubrum</i> L.	porzeczka czerwona	Redcurrant	Fruit		
218.	<i>Rosa canina</i> L.	róża dzika	Dog rose, Hip rose	Rose hips (pseudofruits)		
219.	<i>Rosmarinus officinalis</i> L.	rozmaryn lekarski	Rosemary	Leaf		
220.	<i>Rubus fruticosus</i> L. non Ambig.	jeżyna krzewiasta	Blackberry	Fruit, leaf		
221.	<i>Rubus idaeus</i> L.	malina właściwa	Raspberry	Fruit, leaf		

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222.	<i>Rumex acetosa</i> L.	szczaw zwyczajny	Common sorrel	Leaf	limited use due to oxalic acid in case of consumers with a tendency to forming kidney stones (calcium oxalate)	
223.	<i>Saccharum officinarum</i> L.	trzcina cukrowa	Sugar cane	Stem		
224.	<i>Salvia hispanica</i> L.	szalwia hiszpańska	Chia	Seeds	limited use due to thujones content	
225.	<i>Salvia officinalis</i> L.	szalwia lekarska	Sage, Red sage	Leaf, herb	limited use due to thujones content	
226.	<i>Sambucus nigra</i> L.	dziki bez czarny	Elder	Fruit, flower	limited use due to sambu-nigrin glucoside content	(deactivation at higher temperatures)
227.	<i>Satureja hortensis</i> L.	cząber ogrodowy	Savory, Summer savory	Herb		
228.	<i>Satureja montana</i>	cząber górski	French savory, winter savory	Herb		
229.	<i>Schisandra chinensis</i> (Turcz.) Baill.	cytryniec chiński	Schisandra, five flavor berry	Fruit		
230.	<i>Secale cereale</i> L.	żyto zwyczajne	Rye	Fruit, sprouts		
231.	<i>Serenoa repens</i> J.K. Small	palma sabalowa	Cabbage palmetto	Fruit		
232.	<i>Sesamum indicum</i> L.	sezam indyjski	Sesamum, Sesame	Seeds		
233.	<i>Silybum marianum</i> (L.) Gaertn.	ostropest plamisty	Milk thistle, Blessed thistle	Fruit		use of milk thistle fruit's oil
234.	<i>Sinapis nigra</i> L.	gorczyca czarna	Black mustard	Seeds		
235.	<i>Sinapis alba</i> L.	gorczyca biała	White mustard	Seeds		
236.	<i>Solanum tuberosum</i> L.	psianka ziemniak, ziemniak	Potato	Tuber		

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237.	<i>Sophora japonica</i> L.	perekłowiec japoński	Japanese Pagoda Tree	Fruit	limited use due to rutin content	
238.	<i>Sorbus aucuparia</i> L.	jarzabk pospolity	Mountain ash berry, Rowan tree	Fruit		
239.	<i>Sorghum bicolor</i> (L.) Moench.	sorgo zwyczajne	Sorghum	Seeds		
240.	<i>Spinacia oleracea</i> L.	szpinak zwyczajny	Common spinach	Leaf		
241.	<i>Tagetes erecta</i> L.	aksamitka wzniesiona	Mexican marigold, Aztec marigold	Flower petals		
242.	<i>Tagetes minuta</i> L.	aksamitka drobna	Southern Cone Marigold, Stinking Roger	Leaf		
243.	<i>Tamarindus indica</i> L.	tamaryndowiec indyjski	Tamarind	Fruit		
244.	<i>Taraxacum officinale</i> Web.	mniszek pospolity	Dandelion	Herb, root		
245.	<i>Terminalia chebula</i> Retz.	migdałecznik chebulowiec	Myrobalan, Chebulic myrobalan	Fruit		
246.	<i>Theobroma cacao</i> L.	kakaowiec właściwy	Cacao tree, Cocoa tree	Seeds		
247.	<i>Thymus pulegioides</i> L.	macierzanka zwyczajna	Broad-leaved thyme, Large wild thyme, Lemon thyme	Herb		
248.	<i>Thymus serpyllum</i> L.	macierzanka piaskowa	Wild thyme	Herb		
249.	<i>Thymus vulgaris</i> L.	tymianek pospolity	Common thyme, Gar- den thyme, Thyme	Herb		
250.	<i>Tilia cordata</i> Mill.	lipa drobnolistna	Small-leaved Lime, Small-leaved Linden	Inflorescence		
251.	<i>Tilia platyphyllos</i> Scop.	lipa szerokolistna	Large-leaved linden, Large-leaved lime	Inflorescence		
252.	<i>Tribulus terrestris</i> L.	buzdyganek ziemny	Caltrop, Puncture vine	Herb		

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253.	<i>Trifolium pratense</i> L.	konieczyna łąkowa	Red clover	Flower		
254.	<i>Trigonella foenum-graecum</i> L.	kozieradka pospolita	Fenugreek	Seeds		
255.	<i>Triticum aestivum</i> L.	pszenica zwyczajna	Common wheat, Bread wheat	Seeds, sprouts		
256.	<i>Tropaeolum majus</i> L.	nasturcja większa	Garden nasturtium, Indian cress monks cress	Flower, leaf		
257.	<i>Urtica dioica</i> L.	pokrzywa zwyczajna	Stinging nettle	Herb		
258.	<i>Vaccinium myrtillus</i> L.	borówka czarna	Bilberry, Whortleberry	Fruit, leaf		
259.	<i>Vaccinium vitis-idea</i> L.	borówka brusznica	Lingberry, Cowberry	Fruit, leaf		
260.	<i>Vanilla planifolia</i> Andr.	wanilia płaskolistna	Vanilla	Fruit		
261.	<i>Verbascum thapsiforme</i> Schrad.	dziewanna wielkokwiatowa	Wool mullein	Flower		
262.	<i>Verbascum thapsus</i> L.	dziewanna drobnokwiatowa	Common mullein	Flower		
263.	<i>Verbena officinalis</i> L.	werbena zwyczajna	Vervain	Herb		
264.	<i>Veronica officinalis</i> L.	przetacznik lekarski	Heath Speedwell, Common Speedwell, Common Gypsyweed	Herb		
265.	<i>Vicia faba</i> L.	bób pospolity	Broad bean, Fava bean, Faba bean	Seeds		
266.	<i>Viola odorata</i> L.	fiolatek wonny	Sweet violet	Flower, leaf		
267.	<i>Viola tricolor</i> L.	fiolatek trójbarwny	Heartsease, Tricolor violet	Herb		
268.	<i>Vitis vinifera</i> L.	winorośl właściwa	Grape, Grapevine	Fruit, seeds, leaf		
269.	<i>Zea mays</i> L.	kukurydza zwyczajna	Corn maize	Seeds		
270.	<i>Zingiber officinale</i> Rosc.	imbir lekarski	Ginger	Rhizome		