

Jurtir og aðrar lífverur sem hafa verið skoðaðar hjá stofnuninni með tilliti til lyfjalaga nr. 93/1994 með síðari breytingum

Matvælastofnun hefur yfirumsjón með reglugerð nr. 624/2004 um fæðubótarefni og skal fyrirspurnum varðandi málaflokkinn beint þangað.

Ef Matvælastofnun eða Heilbrigðiseftirlit telur að vafi leiki á um hvort vara sé lyf sker Lyfjastofnun úr skv. 5. gr. lyfjalaga, sbr. einnig 11. gr. laga nr. 93/1995 um matvæli.

Hér fyrir neðan er listi yfir jurtir og önnur efni úr lífverum sem hafa verið skoðuð af Lyfjastofnun. Athugið að listinn er einungis til leiðbeiningar.

Formlegur úrskurður stofnunarinnar, sbr. framangreint, felur í sér heilðrænt mat á hverri vöru fyrir sig (flokkun). Telji Matvælastofnun / Heilbrigðiseftirlit nauðsynlegt að flokka vöru skal fyrirtæki/einstaklingur senda Lyfjastofnun formlega beiðni þar um ásamt sýnishorni af tilbúinni vöru (merkimiðar nægja) ásamt öðrum gögnum sem óskað er eftir að tekin séu til greina við flokkun. Lyfjastofnun áskilur sér allt að 90 daga til flokkunar. Flokkun kostar kr. 25.000.

A= Lyfjastofnun metur vöru ekki sem lyf út frá þessu innihaldsefni, óháð magni. Ath. að áletranir geta gert vöru að lyfi (sjá áletranalista) ef til stendur að markaðssetja hana.

N = Fyrir vöru, með þessu innihaldsefni, þarf að sækja um markaðsleyfi náttúrulyfs sbr. reglugerð nr. 684/1997 um markaðsleyfi náttúrulyfja.

B= Vara með þessu innihaldsefni gæti fallið undir lyfjalög. Senda þarf vöruna í flokkun hjá Lyfjastofnun.

Til að leita að jurtum eftir öðru en latnesku heiti er hentugt að velja Edit -> Find úr valmynd eða ýta á Ctrl-F og slá inn leitarorð.

Síðast uppfært 17. desember 2010

Jurtir (Latneskt heiti)	Jurtir (Íslenskt heiti / Enskt heiti)	FI.
Abelmoschus tegundir (sjá Hibiscus-tegundir)	Læknaólífur / Chinarose	A
Acacia spp	Akasíu tré / Akasíe-species	A
Acaciae gummi (sjá Gummi arabicum)	Arabískt gúmmí / Arabísk gum	A
Acanthopanax spinosum		A
Achillea millefolium	Vallhumall / Yarrow	A
Achillea moschata	Krydd humall / Musk Milfoil	A
Aconitum spp	Venusvagn, bláhjálmur / Aconitum, Aconite	B
Acorus calamus	/ Sweet flag, Calamus	B
Adonis spp	Adonis tegundir / Adonis species	B
Aesculus hippocastanum	Hestakastanía / Horse chestnut	N
Agaricus Blazei		A
Agastache foeniculum	/ Anis Hyssop	A

Jurtir (Latneskt heiti)	Jurtir (Íslenskt heiti / Enskt heiti)	FI.
Agrimonia eupatoria	/ Agrimony, Cocklebur, Stickwort	A
Agrimonia spp	Agrimony tegundir / Agrimony species	A
Agropyron repens	/ Agropyron, Couch-grass root, Dog grass	A
Alaria esculenta		A
Alchemilla vulgaris (A. Xanthochlora)	Ljónslappi / Alchemilla, Lady´s mantle	A
Aletris farinose	/ Unicorn Root	B
Allii bulbosus (A. sativum)	Hvítlaukur / Garlic	A
Allium ursinum	/ Ramson	A
Aloe spp	Aloe tegundir / Aloe species	A
Aloysia citriodora (A. triphylla)	/ Lemon verbena	A
Alpinia galanga	/ Greater Galanga	A
Alpinia officinarum	Dverggalanga / Lesser Galanga	A
Althaea officinalis	/ Althea, Marshmallow root	A
Amanita muscaria	Berserkjasveppur / Fly agaric, Ibo Tenoutake	B
Amanita spp	Amanita tegundir / Amanita species	B
Amaranthi cruenti semen	Skrauthala fræ / Amaranth seed	A
Amaranthus caudatus	/ Amaranth	A
Amomum subulatum	/ Large Cardamom	A
Amorphallus konjac	/ Glucomannan, Konjac root	A
Amygdalae semen dulce	Möndlur / Almond	A
Anamirta cocculus	/ Levant berry	B
Andrographis paniculata		A
Anethum graveolens	Sólsejja, Dill / Dill	A
Angelica archangelica radix	Ætihvannarót / Angelica root	A
Angosturae cortex	Angosturae börkur	A
Anisi fructus	Anís (aldin) / Anis (fruit)	A
Anisi stellati fructus	Stjörnuanis (aldin) / Star Anis (fruit)	A
Antennaria dioica	/ Catsfoot	A
Anthemis nobilis (sjá Chamaemelum nobile)	Rómversk kamilla / Roman Chamomile	A
Anthriscus cerefolium	Garðakjörlauf /	A
Anthyllis vulneraria	Gullkollur / Kidney Vetch	A
Aphanizomenon flos-aquae	Blágrænir þörungar / Klamath blue-green alga	A
Apium graveolens	Blaðsellerí / Celery	A
Aralia racemosa	/ American Spikenard	A
Aralia spp	Aralia tegundir / Aralia species	A
Arctium spp	Arctium tegundir / Burdock species	A
Areca catechu	Betel hneta / Betel nut, Areca nut	B
Arenaria rubra (sjá Spergularia rubra)	/ Sandwort	A
Argyrea nervosa	fræ / Morning glory, Baby Hawaiian Woodrose (seed)	B
Aristolochia spp	Aristolochia tegundir / species	B
Aroniae melanocarpae fructus	aldin / Black chokeberry (fruit)	A
Artemisia absinthium	Malurt (vermút) / Wormwood	B
Artemisia annua		B
Artemisia dracunculus (sjá Dracunculi herba) (krydd)	Estragon / Estragon	A

Jurtir (Latneskt heiti)	Jurtir (Íslenskt heiti / Enskt heiti)	Fl.
<i>Artemisia vulgaris</i>	Búrót / Mugwort	B
<i>Asa foetida</i>	Djöflatað / Asafoetida, Stinking gum	A
<i>Asclepias tuberosa</i>	/ Pleurisy root	B
<i>Ascophyllum spp</i>	pari / Kelp	A
<i>Aspalathus linearis</i>	Rauðrunni / Rooibush	A
<i>Asparagus racemosus</i>		A
<i>Asperula odorata</i> (sjá <i>Galium odoratum</i>)	/ Sweet woodrull	A
<i>Asphalatus contaminatus</i>		A
<i>Astragalus glycyphyllos</i>		A
<i>Astragalus membranaceus</i>		B
<i>Atractylodes japonica</i>		A
<i>Atropa belladonna</i>		B
<i>Avena sativa</i>	Oats	A
<i>Bacopa monniera</i>		A
<i>Banisteriopsis caapi</i>		B
<i>Baptisia tintoria</i>		B
<i>Barosma betulina</i>	/ Buchu	A
<i>Bauhinia spp</i>	Bauhinia tegundir / species	A
<i>Bellis perennis</i>	Freyjubrá, Fagurfífill / Daisy	A
<i>Berberidis fructus</i>	Berberidis aldin / fruit	A
<i>Berberis vulgaris sine fructibus</i> (nema ber)	Ryðbroddur / Barberry	B
<i>Beta vulgaris</i>	Beetroot	A
<i>Betonica officinalis</i> (sjá <i>Stachys officinalis</i>)	/ Betonie, Wood Betony	A
<i>Borago officinalis</i>	Borage seed oil	A
<i>Boswellia serrata</i>		A
<i>Brassica campestris</i> (B. <i>Nigra</i> , B. <i>napus</i>)	Repjufræ / Rape seed	A
<i>Brassica oleracea acephala / capitata</i>	Kale leaf / Cabbage	A
<i>Bryonia alba</i>		B
<i>Bucco folium</i>	Bucco blöð / leaf	A
<i>Bupleurum falcatum</i>	/ Buplerum	A
<i>Bursae pastoris herba / Capsella Bursa Pastoris</i>	Hjartarfi / Shepherd´s purse	B
<i>Calendula officinalis</i>	Morgunfrú / Marigold	A
<i>Callitris quadrivalvis</i>		A
<i>Calluna vulgaris</i>	Beitilyng / Heather	A
<i>Camellia sinensis</i>		A
<i>Cananga odorata</i>	/ Cananga, Ylang-Ylang	A
<i>Canarium fructus</i>	Canarium aldin / Pili nut, Java almond	A
<i>Cannabis sativa</i>	Marijúana / Marijuana	B
<i>Cannabis spp</i>	Kannabis tegundir / Cannabis species	B
<i>Capsicum annuum</i> (krydd)	Kayenne pipar / Cayenne	A
<i>Carduus</i> (sjá <i>Cnicus benedictus</i>)	/ Blessed thistle, Holy thistle	A
<i>Carduus marianus</i> (sjá <i>Silybum marianum</i>)	Mjólkurpistill / Milk thistle	A
<i>Carthamus lanatus / tinctorius</i>	Litunarpistill / Safflower	A
<i>Carum carvi</i>	Kúmen / Caraway	A
<i>Caryophyllatae radix</i>	Negulrót / Clove (root)	A
<i>Caryophyllus aromatica</i> (krydd)	Negull / Clove	A

Jurtir (Latneskt heiti)	Jurtir (Íslenskt heiti / Enskt heiti)	FI.
Cassia angustifolia	Senna / Senna	B
Cassia spp	Cassia tegundir / species	B
Castanea sativa	Kastaniuhneta / European Chestnut	A
Catha edulis	Khat / Khat, Out, Kat, Chaat	B
Catharanthus spp	Catharanthus tegundir / species	B
Centaurea cyanus	Garðakornblóm / Cornflower	A
Centaurium tegundir	/ Centaury	A
Centella asiatica	/ Gotu Kola, Hydrocotyle, Indian pennywort	B
Cephaelis ipecacuanha	/ Ipecac, Ipecacuanha	B
Ceratonía siliqua		A
Ceratoniae fructus	Karób, Jóhannesarbrauð (aldin) / Carob (fruit)	A
Ceratoniae semen	Kaób fræ / Carob seed	A
Cerefolii gennanici herba	Garðkerfill /	A
Cetraria islandica (sjá Lichen islandicus)	Fjallagrös / Iceland moss	A
Chamaemelum nobile (sjá Anthemis nobilis)	Rómversk kamilla / Roman Chamomile	A
Chamaenerion angustifolium (sjá Epilobium angustifolium)		A
Chelidonium majus	/ Celandine	B
Chenopodii quinoae semen	Quinoa fræ / seed	A
Chenopodium album	/ Lamb's quarters	A
Chenopodium quinoa	Hélunjöli / Quinoa	A
Chimaphila umbellata	/ Love-in-winter	A
Chlorella spp	Grænþörungur / Chlorella species	A
Chondrus crispus	Fjörugrös / Irish moss	A
Chrysanthemum parthenium (sjá Tanacetum parthenium)	Glitbrá / Feverfew	A
Chrysanthemum vulgare (sjá Tanacetum vulgare)		B
Cichorium intybus	Kaffifill, Síkoría / Chicory	A
Cimicifuga racemosa	Slöngujurt / Black cohosh	N
Cinchona officinalis	Kínabörkur / Cinchonae bark	B
Cinnamomum burmannii	Kanill	A
Cinnamomum zeylanicum	Kanill / Ceylon Cinnamon	A
Cirsium spp	Cirsium tegundir / species	A
Citrus reticulata	Mandarínutré / Tangerine, mandarin orange	A
Clematis virginiana	Bergsóley / Clematis	B
Cnicus benedictus (sjá Carduus)	/ Blessed thistle, Holy thistle	A
Cochlearia armoracia	Piparrót / Horse Radish	A
Codonopsis pilosulae		B
Coffea arabica (sjá Jasminum arabicum)	Kaffirunni / Coffee plant	A
Coix lachryma-jobi	/ Job's tears	A
Coleus forskohlii		B
Commiphora molmol, C. myrrha	/ Myrrh, African myrrh, Gum myrrh	A
Condurango cortex	Condurango börkur / bark	B
Conium maculatum	/ Hemlock	B
Convallaria majalis	Dalalilja /	B

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Convolvulus tegundir	/ Elephant creeper	B
Cordyceps sinensis	Cordyceps / Cordyceps, Dong chong zia cao	B
Coriandrum sativum (krydd)	Kóriander / Coriander	A
Corylus avellana	Hesliviður / Hazel	A
Crataegus spp	Snæþýrnir / Hawthorn	B
Crocus sativus	Saffron / Saffron	A
Cucurbita maxima og pepo	Grasker, kúrbitur / Pumpkin, zucchini	A
Cuminum cyminum (krydd)	Kúmín / Cumin	A
Curculigo orchioides		A
Curcuma amada	/ Mango ginger, Indian ginger	A
Curcuma longa (krydd)	/ Turmeric	A
Curcuma zedoaria	/ Zedoary	A
Cusparia officinalis		A
Cyanopsis tetragonolobus	Guar gúmmí / Guar gum	A
Cyanotis vage rót		B
Cyclocaraya paliurus	/ Blue Coin Willow	A
Cydonia oblonga	Roðarunni (öll jurtin) / Quince	A
Cymbopogon flexuosus / citratus	Sítrónuilmgresi / Lemongrass	A
Cymbopogon nardus (C. winterianun)	/ Citronella Oil	A
Cynara scolymus	Ætilpistill / Artichoke	A
Cynodon dactylon	Klógresi / Bermuda-grass	A
Cynosbati fructus	Rósaldin / Rose-hip	A
Cyperus rotundus		B
Cytisus scoparius	/ Gyvel	B
Damianae folium	Damiana blöð / leaf	A
Digitalis purpurea	Fingurbjargarblóm /	B
Dioscorea bulbifera	Sætuhnúður / Yam, Air potato	A
Dioscorea spp	Dioscorea tegundir / species	A
Dipsacus japonicus		A
Dipsacus laciniatus	/ Teasel root	A
Dolichos biflorus		A
Dolichos pruriens (sjá Mucuna pruriens)		A
Dracunculi herba (sjá Artemisia dracunculus) (krydd)	Estragon / Estragon	A
Drosera ramtacea		A
Drosera rotundifolia	Sóldögg / Sundew	A
Dunaliella bardawil		A
Dunaliella salina		A
Echinaceae angustifolia	Sólhattur / Echinacea, Kansas snakeroot	A
Echinaceae purpurea	Sólhattur / Echinacea, Purple coneflower	A
Eisenia Bicyclis		A
Elettaria cardamomum (krydd)	Kardemommur / Cardamom	A
Eleutherococcus senticosus	Siberiu ginseng / Eleuthero, Siberian ainsena	A
Elytrigia repens (sjá Agropyron repens)		A
Embella spp	Embella tegundir / species	B

Jurtir (Latneskt heiti)	Jurtir (Íslenskt heiti / Enskt heiti)	Fl.
<i>Emblca officinalis</i>		A
<i>Ephedra vulgaris</i>	Efedrín / Ephedra, Ma huang	B
<i>Epilobium angustifolium</i>	Sigurskúfur / Fireweed	A
<i>Epimedium grandiflorum</i> (E. sagittatum)	/ Horny goat weed	B
<i>Equisetum arvense</i>	Elfting / Horsetail	A
<i>Equisetum hyemale</i>	/ Shave grass	A
<i>Erica tetralix</i>		A
<i>Eriobothrya japonica</i> (nema fræ)	Dúnepli / Loquat	A
<i>Eriodictyon californicum</i>	/ Yerba santa	A
<i>Erythroxylum catuaba</i>	Catuaba börkur / Catuaba bark	B
<i>Euclayptus globulus</i>	/ Eucalyptus	A
<i>Eucommia ulmoides</i>	/ Cortex Eucommiae	B
<i>Eugenia caryophyllata</i> (krydd)	Negull / Clove	A
<i>Eupatorium perfoliatum</i>	/ Boneset, Thoroughwort	B
<i>Eupatorium purpureum</i>	/ Joe Pye, Gravel root	B
<i>Euphoria longana fructus</i>	Euphoria longana aldin / Longan	A
<i>Euphrasia spp</i>	Augnfró / Eyebright	A
<i>Eurycoma longifolia</i>	/ Tongkat ali	B
<i>Evodia rutaecarpa</i>	/ Evodia	B
<i>Fagopyrum esculentum</i>	Bókhveiti / Buckwheat	A
<i>Ferula assa-foetida</i>		A
<i>Ficus carica</i>		A
<i>Filipendula</i>	Mjaðjurt / Meadowsweet	A
<i>Foeniculum vulgare</i> (krydd)	Fennel / Fennikel	A
<i>Foenigraeci semen</i>	Bukkehorn fræ / Fenugreek seed	A
<i>Forsythia suspensa</i>	/ Weeping Forsyntha	A
<i>Fragaria vesca</i>	Villt jarðarber / Wild strawberry	A
<i>Fritillaria</i>	/ Thunberg fritillary	B
<i>Fucus spp</i>	Þang / Wracks	A
<i>Fumaria officinalis</i>	/ Fumitory	B
<i>Galangae rhizoma</i>	Galanga rætur / Galanga root	A
<i>Galega officinalis</i>	Goat 's rue/ French liliac/ Professor weed	B
<i>Galeopsis spp</i>		A
<i>Galium aparine</i>	/ Cleavers	A
<i>Galium odoratum</i> (sjá <i>Asperula odorata</i>)	/ Sweet woodruff	A
<i>Galium spp</i>	/ Clivers	A
<i>Galium verum</i>	Maðra / Lady's Bedstraw	A
<i>Ganoderma lucidum</i>	/ Reishi mushroom	A
<i>Garcinia cambogia</i>		A
<i>Garcinia hanburyi fructus</i>	/ Gamboge fruit	A
<i>Gentiana lutea</i>	Mariuvöndur / Gentian	A
<i>Gentiana spp</i>		A
<i>Gentianae radix</i>	Gentian rót / Gentiana root	A
<i>Geranium spp</i>		A
<i>Geum urbanum</i>	Biskupshattur / Avens	A

Jurtir (Latneskt heiti)	Jurtir (Íslenskt heiti / Enskt heiti)	Fl.
Glycine max	Sojabaunaolía / soy bean oil	A
Glycyrrhiza glabra (sjá Liquiritiae radix)	Lakkrísrot / Liquorice root	A
Glycyrrhiza uralensis	/ Gan Cao	A
Graminis rhizoma (sjá Triticici repentis radix)	Húsapuntur (rætur) / Couchgrass (root)	A
Griffonia simplicifolia (fræ)		B
Grindelia robusta		A
Guaiacum officinale og sanctum		A
Guajaci lignum		A
Guarea rusbyi	/ Cocillana bark	B
Gummi arabicum (sjá Acaciae gummi)	Arabískt gúmmí / Arabisk gum	A
Gymnema sylvestre		A
Gynadropsis pentaphylla		A
Gynostemma pentaphyllum	/ Southern ginseng, Jiaogulan, Miracle grass	A
Hamamelis virginiana	/ Witch Hazel, Hamamelis	A
Haronga madagascariensis	/ Haronga	A
Harpago procumbens	Djöflakló / Devil's claw	N
Hedera helix	Bergflétta / Ivy	B
Helianthus annuus	Sólfill / Sunflower	A
Helianthus tuberosus	/ Jerusalem artichoke	A
Hemidesmus indicus	/ False Sarsaparilla	A
Hennae folium	Henna lauf / Henna leaves	A
Henriaria glabra		B
Herpestis monniera		A
Hibiscus tegundir		A
Hippophae rhamnoides	Hafþyrnir / Sea Buckthorn	A
Hizikia Fusiforme	/ Hiziki	A
Hoodia gordonii		B
Hordeum sativum (H. vulgare)	Bygg / Barley	A
Humulus lupulus	Humlar / Hops	A
Huperzia selago		B
Huperzia serrata		B
Hydrangea arborescens	Hortensía / Hydrangea	B
Hydrastis canadensis	/ Goldenseal	B
Hypericum perforatum	Jónsmessurunni, Jóhannesarjurt / St. John's Wort. Hvøericum	N
Hyssopus officinalis	Ísópur / Hyssop	A
Iecoris aselli oleum	Cod liver oil / Þorskalýsi	A
Illicium verum	Stjörnuanis / Star Anis	A
Inula helenium	/ Elecampane	A
Ipomoea aquatica (I. reptans) (rhizome/radix)	Klukkubröðir (stöngull/rót) / Morning glory	A
Iridis rhizoma	Fjóla (rætur) / Violet (root)	A
Iris germanica	/ Flag Iris	A
Iris pallida		A
Iris versicolor	Sverðlilja / Blue flag	A
Isatis tinctoria	/ Dyer's woad, woad	A

Jurtir (Latneskt heiti)	Jurtir (Íslenskt heiti / Enskt heiti)	Fl.
Ispaghulae testa (sjá Testa ispaghula)	Husk / Psyllium husk	A
Jasminum arabicum (sjá Coffea arabica)	Kaffirunni / Coffee plant	A
Jasminum grandiflorum		A
Jasminum officinale	Common Jasmine, Poet 's Jasmine, True Jasmine eða White Jasmine	A
Juglandis folium	Valhnetulauf / Walnut leaves	A
Juglans regia	Valhnetutré / Walnut tree	A
Juniperi folium (krydd)	Einiberjanálar / Juniper	A
Juniperi fructus (krydd)	Einiber / Juniper	A
Juniperus communis (krydd)	Einiber / Juniper	B
Knautia arvensis	Ekkjublóm / Field Scabious	A
Krameria triandra	/ Rhatany	A
Lactuca sativa folium	Kál / Lettuce	A
Laminaria spp	Þari / Seaweed, Kelp	A
Lamium album	/ White Deadnettle	A
Lappa major (sjá Arctium lappa)		A
Larrea divaricata		B
Larrea mexicana (L. tridentata)	/ Palo ondo, Creosote bush, Chaparral	B
Laser trilobum		A
Laser trilobum (sjá Siler trilobum)		A
Laurus nobilis	Lárviður / Bay	A
Lavandula latifolia		A
Lavandula officinalis	Lofnarblóm / Lavender	A
Lawsonia inermis	Henna runni / Henna bush	A
Lentinula edodes	Shiitake sveppur / Shiitake mushroom	A
Leonurus cardiaca	/ Motherwort	B
Leonurus sibiricus	Siberian Motherwort	B
Lepidium meyenii	Maca rót / Maca root	B
Lepidium sativum	Karsi / Garden Cress	A
Leuzea carthamoides (sjá Rhaponticum carthamoides)	/ Maralroot	A
Levisticum officinale	/ Lovage	A
Lichen islandicus (sjá Cetraria islandica)	Fjallagrös / Iceland moss	A
Ligusticum porteri	/ Osha	B
Lilium tigrinum		A
Linaria vulgaris	/ Flax dodder	A
Linum usitatissimum	Hörfræ / Linseed / Flaxseed	A
Lippia citriodora (sjá Verbena citriodora, V. triphylla)	/ Lemon verbena	A
Liquiritiae radix (sjá Glycyrrhiza glabra)	Lakkrísrot / Licorice root	A
Liriosma ovata (sjá Ptychopetalum olacoides)	/ Muira puama	A
Lithospermum officinalis	/ Gromwell	A
Lithothamnium spp		A
Lobelia inflata		B
Lobelia spp		B
Loeselia coccinea		A
Lonicera caprifolium	/ Kaprifol	B

Jurtir (Latneskt heiti)	Jurtir (Íslenskt heiti / Enskt heiti)	FI.
Lonicera japonica	/ Nindo	B
Lotus arabicus	/ Lotus	A
Luffa operculata		B
Lupuli fructus	Humall (aldin) / Hop (fruit)	A
Lycium barbarum	Úlfaber / Wolfberry, Goji berry	A
Lycopersicon spp	Tomato extract (Red/Green) / GTE	A
Lycopodium selago	Jafni / Club moss	B
Lycopodium spp		B
Lythrum salicaria	/ Purple Loosestrife	A
Lytta vesicatoria	Spanish fly	B
Macis		A
Magnoliae flos (blóm)		A
Mahonia aquifolium	/ Barberry, Oregon grape	B
Maitake mushroom		A
Majorana hortensis (sjá Origanum majorana)	Kryddmæra / Marjoram, sweet	A
Malpighia glabra (M. Punicifolia)	Indiukirsuber / Acerola, Barbados cherry	A
Mandragora officinarum		B
Manna		A
Marrubium spp		A
Mastix	/ Mastics	A
Mate folium	Mate lauf / Mate (leaves)	A
Matricaria recutita	Þýsk kamilla / German chamomile	A
Medicago sativa	Alfalfa / Alfalfa	A
Melaleuca alternifolia	Te-tré / Tea Tree	A
Melaleuca leucadendron		A
Melaleuca spp		A
Melaleuca viridiflora	/ Niaouli	A
Melia azadirachta	/ Neem leaf	B
Melissa officinalis	Sítrónumelissa / Lemon balm	A
Mentha piperita	Piparmynta / Peppermint	A
Mentha spp		A
Menyanthes trifoliata	Horblaðka / Bogbean	A
Mesuae semen	Mesua fræ / Mesua seed	A
Meum athamanticum	/ Spignel	A
Millefolii herba	Vallhumall / Yarrow	A
Mitragyna speciosa	/ Kratom	B
Momordicae charantiae fructus (aldin)		A
Monarda didyma	Bergamót /	A
Monascus purpureus	/ Red yeast rice	B
Montmorillonite clay	Bentonite	A
Morinda citrifolia	Noni aldin / Noni fruit	A
Morus alba	Mórber / Mulberry	A
Morus nigra	Mórber / Mulberry black	A
Mucuna pruriens	Velvet bean	A
Myrciaria dubia		A

Jurtir (Latneskt heiti)	Jurtir (Íslenskt heiti / Enskt heiti)	FI.
Myrciaria jaboticaba	/ Camu-camu	A
Myrica cerifera	/ Bayberry, Wax Myrtle	A
Myristica fragrans (krydd)	Múskat / Nutmeg	A
Myrrhae gummi	Myrra, útvortis / Myrrh, external use	A
Myrrhis odorata	Kerfill / Sweet Cicely	A
Myrtilli folium	Bláberjablóð / Blueberry leaves	A
Nardostachys grandiflora	Jatamansii rót / root	B
Nasturtium officinale	Brunnperla / Watercress	A
Nasturtium sativum (sjá Lepidium sativum)		A
Nepeta cataria	/ Catnip	A
Nigella sativa	/ Black seed, Black cumin	A
Nucis vomicae semen	/ Nux vomica (seed)	B
Ocimum basilicum (O. sanctum) (krydd)	Basilíka / Basilica	A
Oenothera biennis	Kvöldvorrós / Evening Primrose	A
Oenothera spp		A
Olea europaea	Olive leaf	A
Ononis spinosa	/ Rest harrow	A
Opuntia ficus-indica		A
Opuntia streptacantha	/ Nopal cactus, Prickly Pear	A
Origanum majorana (sjá Majorana hortensis)	Kryddmæra / Marjoram, sweet	A
Origanum vulgare	Oregano / Oregano	A
Orthosiphon spicatus (O. stamineus)	Java te / Java tea	A
Oxalis acetosella	/ Wood Sorrel	A
Oxycoccus quadripetalus	Trönuber / Cranberry	A
Pachyrrizus erosus radix	/ Yam Bean root	A
Paeonia officinalis	Bóndarós / Peon, Peony	A
Paeonia lactiflora	White Peony	A
Palmaria palmata	Þörungur, sól / Algae	A
Panax ginseng	Panax ginseng / Ginseng	A
Papaver somniferum	Ópíumvalmúi /	B
Papaver spp		B
Papaveris semen	/ Poppyseed	A
Parthenocissus quinquefolia (ekki aldin)	Bergflétta / Ivy, American	A
Passiflora incarnata	Passiflóra / Passion flower	N
Pausinystalia yohimbe	/ Yohimbe	B
Peganum harmala	Syrian rue	B
Pelargonium spp		A
Peletia canaliculata		A
Perilla frutescens		B
Petasites hybridus (P. officinalis)	/ Butterbur	A
Petroselinum crispum	Steinselja / Parsley	A
Peumus boldus	/ Boldo, Boldus	B
Pfaffia paniculata	/ Suma, Brazilian ginseng	B
Phaeophyceae	Brúnþörungur / Brown algae	A
Phaseolus vulgaris	Kidney bean	A
Phragmites communis	/ Reed Grass	A

Jurtir (Latneskt heiti)	Jurtir (Íslenskt heiti / Enskt heiti)	Fl.
Phyllanthus emblica	/ Alma	A
Phyllanthus spp		B
Physalis peruviana fructus	Stikilsber / Cape Gooseberry	A
Phytolacca americana (P. decandra)	/ Pokeweed	B
Picrasma excelsa	/ Bitter Ash	A
Picrorhiza kurroa		B
Pimenta dioica		A
Pimenta officinalis		A
Pimentae fructus (krydd)	Allrahanda / Allspice	A
Pimpinella anisum	Anis / Anise	A
Pimpinella saxifraga	Nónblóm / Pimpernel	A
Pimpinella spp		A
Pimpinellae radix	Akurlilju rót / Pimpinelle root	A
Pinellia tuberifera		A
Pinus pinaster extract	Pycnogenol	A
Piper angustifolium	/ Matico	A
Piper methysticum	Kava-kava / Kava-kava	B
Piperis albi fructus (krydd)	Hvítur pipar / White pepper	A
Piperis nigri fructus (krydd)	Svartur pipar / Black pepper	A
Pistacia lentiscus	Viðarkvoða úr Lentiscus / Mastic	A
Plantago lanceolata	/ English/buckhorn plantain, ribgrass, ribwort	A
Plantago major	Mjölbananajurt / Plantain greater	A
Plantago ovata	/ Ispaghula husk, Ispaghula testa	A
Polygala amara	/ Milkwort, bitter	A
Polygala senega	Snákarót / Senega snakeroot	A
Polygonatum spp		B
Polygonum aviculare	/ Knotgrass, common	A
Polygonum spp		A
Polypodium vulgare	/ Polypody	A
Poria cocos		A
Porphyra tenera		A
Potentilla anserina	Tágamura / Silver weed	A
Potentilla erecta		A
Primula spp		A
Prionace glauca / Isurus oxyrinchus	Shark cartilage / hákarlabrjósk	A
Prunus amygdalus var. Dulcis	Möndlur / Almond	A
Prunus armeniaca	Apríkósufræ / Apricot seed	B
Prunus serotina	/ Wild cherry	A
Prunus spinosa	Þyrniplóma / Sloe	A
Psoralea corylifolia		A
Psyllii semen / Isphagula	Psyllium fræ / Psyllium seed	A
Pterocarpus marsupium	/ Kino	A
Ptychopetalum olacoides (sjá Liriosma ovata)	/ Muira puama, Potency wood root	A
Pulmonaria officinalis	/ Lungwort	A
Pygeum africanum		A

Jurtir (Latneskt heiti)	Jurtir (Íslenskt heiti / Enskt heiti)	FI.
Quassia amara	Beiskjuviður / Quassia	A
Quercus	Oat grass	A
Raphanus sativus var. niger	/ Black Radish	B
Ratanhiae radix	/ Ratanhia root	A
Rauvolfia serpentina		B
Rauvolfia spp		B
Reishi		A
Rhamnus frangula	Frangúla / European buckthorn, Frangula	B
Rhamnus purshiana	Cascara / Buckthorn, Cascara sagrada	B
Rhaponticum carthamoides (sjá Leuzea carthamoides) / Maral root		A
Rhei rhizoma (stöngull)		B
Rheum palmatum (rót)	Rabarbara rót / Rhubarb root	B
Rhodiola rosea (Sedum rosea)	Burnirót / Arctic root	A
Rhodymenia palmata	Söl / Dulse	A
Rhus toxicodendron		B
Ribes nigrum	Sólber / Black current	A
Rorippa nasturtiumaquaticum	Brunnerla / Watercress	A
Rosa canina	Rósaldin / Rose-hip	A
Rosa spp	Rósategundir / Rose species	A
Rosemarinus officinalis (krydd)	Rósmarín / Rosemary	A
Rubia cordifolia (R.tinctorum)	Litunarmaðra /	B
Rubus fruticosus	Blacberry	A
Rubus idaeus	Red Raspberry	A
Rumex acetosa	/Sheep sorrel	A
Rumex crispus	/ Yellow Dock	B
Ruscus aceleatus	/ Butcher's broom	A
Ruta graveolens	/ Rue, common rue	B
Salvia divinorum		B
Salvia lavandulaefolia (krydd)	Salvía / Sage	B
Salvia officinalis (að undanskildu kryddi)	Salvía / Sage	B
Salvia officinalis (krydd)	Salvía krydd / Salvie as spice	A
Salviae hispanicae semen (fræ)	/ Chia seed	A
Sambucus spp		A
Sandaraca resina	/ Sandarak	A
Sanguisorba minor	/ Salad Burnet	A
Sanicula europaea	/ Sanikel	A
Sarothamnus	/ Gyvel	B
Sarsaparillae radix		A
Sassafras albidum	/ Sassafras	B
Satureja hortensis	/ Summer Savory	A
Satureja montana	/ Winter Savory	A
Saussurea lappa		B
Saxifraga granulata	Kornasteinbrjótur / Meadow Saxifrage	A
Sceletium tortuosum	/ Kanna	B

Jurtir (Latneskt heiti)	Jurtir (Íslenskt heiti / Enskt heiti)	FI.
Schini terebinthifolii fructus	Rósapipar sem krydd (aldin) / Rose pepper as spice (fruit)	A
Schisandra chinensis	Schisandra / Schisandra, hoku-gomishi	A
Scutellaria lateriflora	/ Scullcap	B
Secale cornutum		B
Senecio aureus	Krossfífill / Life root, Squaw weed, Ragwort	B
Sesami semen	Sesamfræ / Sesam seed	A
Sesamum indicum	Sesamjurt / Sesam	A
Shiitake mushroom		A
Sida cordifolia		B
Sideritis montana		A
Sideritis spp		A
Siler trilobum		A
Silybum marianum (sjá Carduus marianus)	Mjólkurpistill / Milk thistle	A
Sinapis alba		A
Sinapis nigra (sjá Brassica nigra)		A
Smilax officinalis	/ Sarsaparilla Root	A
Solanum dulcamara		B
Solidago viraurea	Gullgras / Golden rod	A
Sophora japonica	/ Pagoda tree	A
Sophora secundiflora (fræ)	/ Mountain Laurel, Mescal bean	B
Spergularia rubra (sjá Arenaria rubra)	/ Sandwort	A
Spharentus indicus		A
Spilanthes oleracea		A
Spinacia oleracea	Spinach leaf	A
Spiraea ulmaria	Mjaðjurt / Meadowsweet	A
Spiraeae herba	/ Spirea	A
Spiraea ulmaria (sjá Filipendula ulmaria)		A
Spirulina spp	Spirulina, blágrænuþörungar / Spirulina, dihe. blue-green algae	A
Stachys (sjá Betonica officinalis)	/ Betonie, Wood Betony	A
Stellaria media		A
Stevia rebaudiana	Stevia / Stevia, Sweet leaf of Paraguay	A
Strychnos nux vomica	/ Nux vomica, Quaker button	B
Swertia chirata		A
Symphytum officinale	Komfrey / Comfrey	B
Syzygium aromaticum (krydd)	Negull / Clove	A
Tabebuia ipe, Tecoma ipe	/ Lapacho, Pau D'Arco, Ipe Roxo	B
Tabernanthe iboga	/ Star Jasmine	B
Tagetes erecta		A
Tamarindus indica	/ Tamarind	A
Tanacetum parthenium (sjá Chrysanthemum parthenium)	Glitbrá / Feverfew	A
Tanacetum vulgare	/ Tansy	B
Taraxacum officinale	Túnfífill / Dandelion	A
Terminalia arjuna		A
Terminalia belerica	/ Bibhitaki	A

Jurtir (Latneskt heiti)	Jurtir (Íslenskt heiti / Enskt heiti)	Fl.
<i>Terminalia chelsula</i>	/ Haritaki	A
<i>Testa ispaghula</i> (sjá <i>Ispaghulae testa</i>)	Husk / Psyllium husk	A
<i>Thea sinensis</i> (sjá <i>Camellia sinensis</i>)		A
<i>Thymus citrodorus</i>		A
<i>Thymus serpyllum</i> (krydd)	Timían / Wild Timian	A
<i>Tilia cordata</i>		A
<i>Tiliae flos</i> (blóm)		A
<i>Tinospora cordifolia</i>	/ Guvel	B
<i>Toluifera balsamum</i> , <i>Myroxylon</i> spp	Tólúbalsam / Tolu balsam, opobalsam	A
<i>Tribulus terrestris</i>	/ Caltrop, Puncture vine	B
<i>Trichosanthes cucumerina</i>		A
<i>Trichosanthes japonica</i>		A
<i>Trichosanthes kirilowi</i>		A
<i>Tridentalis europaea</i>	/ Chickweed Wintergreen	A
<i>Trifolium pratense</i>	Rauðsmári / Red Clover	A
<i>Trigonella foenum-graecum</i>	/ Fenugreek	A
<i>Tritici durhi egypti semen</i>	Kamut fræ	A
<i>Tritici germinis oleum</i> (olía, útvortis)	Hveitikímolía, útvortis	A
<i>Tritici repentis radix</i> (sjá <i>Graminis rhizoma</i>)		A
<i>Tritici repentis radix</i> (sjá <i>Graminis rhizoma</i>)	Húsapuntur / Couchgrass	A
<i>Triticum aestivum</i>	Wheat grass	A
<i>Turnera diffusa aphrodisiaca</i>	/ Damiana	A
<i>Tussilago farfara</i>	Hóffífill / Coltsfoot	B
<i>Ulmus rubra</i>	Slippery elm bark	A
<i>Ulmus</i> spp		A
<i>Uncaria tomentosa</i>	Kattarkló / Cat 's claw	B
<i>Undaria pinnatifida</i>	Japönsk þarategund / Wakame	A
<i>Urtica dioica</i>	Brenninetla / Nettle leaf	A
<i>Urtica urens</i>		A
<i>Uvae-ursi folium</i>	/ Uva-Ursi leaves	B
<i>Uvae-ursi fructus</i>	/ Uva-Ursi fruit	A
<i>Vaccinium oxycoccus</i> (<i>V. macrocarpon</i>)	Trönuber / Cranberry	A
<i>Vaccinium vitis-idaea</i>	Týtuber / Cowberry	A
<i>Vaccinium myrtillus</i>	Aðalbláber / Bilberry	A
<i>Valeriana officinalis</i>	Garðabruða / Valerian, Baldrian	N
<i>Vanilla planifolia</i>	Vanilla / Vanilla	A
<i>Verbascum phlomoides</i>	/ Wolly Mullein	A
<i>Verbascum</i> spp		A
<i>Verbascum thapsiforme</i>	/ Mullein	A
<i>Verbena citriodora</i> (<i>V. triphylla</i>) (sjá <i>Lippia triphylla</i>)	/ Lemon verbena	A
<i>Verbena officinalis</i>	/ Vervain	A
<i>Veronica</i> spp		A
<i>Vigna sesquipedalis</i> semen		A
<i>Vinca minor</i>		B
<i>Viola tricolor</i>	Prenningarfjola / Pansy	A

Jurtir (Latneskt heiti)	Jurtir (Íslenskt heiti / Enskt heiti)	Fl.
Viscum album	Mistilteinn / Mistletoe	B
Vitex agnus-castus	/ Chaste tree, Chasteberry , Agnus castus	N
Vitex trifolia		A
Vitis vinifera	/ Grape seed extract; Grape skin extract	A
Vitis-idaeeae folium	Týtuberjalauf / Cowberry, Foxberry (leaf)	A
Withania somnifera	/ Ashwagandha, Indian ginseng, Winter cherrv	B
Yucca spp	/ Yucca	A
Zanthoxylum americanum	/ Prickly ash	B
Zedoariae rhizoma	/ Zedoaria root	A
Zingiber officinale (krydd)	Engifer / Ginger	A
Ziziphus jujuba	/ Jujube	B