

Government of the People's Republic of Bangladesh
Bangladesh Food Safety Authority
Ministry of Food
DRAFT NOTIFICATION
Dated

S.R.O. No.-In exercise of the powers conferred by section 13 of the Food Safety Act 2013 (Act No. 43 of 2013), to be read with section 13(2C), 31 and 87 the Bangladesh Food Safety Authority, with the prior approval of the Government hereby enacted the following Regulation, as follows:-

1. Title and commencement

- a. These regulations shall be called as The Food Safety (Health Food/ Dietary Supplements, Food for Special Dietary Use, Food for Special Medical Purpose, Prebiotic and Probiotic Food), Regulations, 2023;
- b. These regulations shall come into force after 6 months from the date of their publication in the Official Gazette.

2. Definition

- a) **“Act”** means the Food Safety Act, 2013
- b) **“Approval”** means a permission to manufacture, import or export any article of food, food ingredients and food additives intended directly or indirectly for human consumption, that has not been specified under any other regulations made under the act and any regulations there under.
- c) **“Authority”** means Bangladesh Food Safety Authority established under section 5 of Food Safety Act, 2013.
- d) **“Food for Special Dietary Use”** shall have the meaning assigned to it in section 31 of the Act.
- e) **“Food for Special Medical Purposes”** means food intended for -
 - (i) particular dietary use which is specially processed or formulated;
 - (ii) the dietary management of a person and used only under advice of physician or nutritionist;
 - (iii) the exclusive or partial feeding of a person with a limited, impaired or disturbed capacity to take, digest, absorb, metabolize or excrete ordinary foodstuffs or certain nutrients contained therein or metabolites; or
 - (iv) other medically determined nutrient requirements, whose dietary management cannot be achieved only by modification of the normal diet, by food for specific nutritional use or a combination of them;
- f) **“Health Food/ Dietary Supplement”** is described as a dietary substance(s) for use by human beings to supplement the diet by increasing the total dietary intake or maintain good health and well-being, which are not intended to treat or cure any disease or disorder and may contain one or more of any of the following ingredients:

- (i) plant or botanicals or their parts in the form of powder, concentrate, metabolites constituents or extracts in water, ethyl alcohol or hydro-alcoholic or any allowed solvents for food extracts, single or in combination;
 - (ii) minerals, vitamins, proteins, metals or their compounds, amino acids, fatty acids, enzymes, probiotics, bioactive ingredients;
 - (iii) substances from animal origin and including ingredients as above in (i) & (ii);
 - g) **“Non-specified food/ ingredients”** means any food or food ingredients including additives, processing aids and enzymes for which standards have not been specified under the act and any other regulation thereunder.
 - h) **“Prebiotic Food”** means food that contains added prebiotic ingredients which are nonviable food components that confer health benefits to the consumer by modulation of gut microbiota.
 - i) **“Probiotic Food”** means food with live micro-organisms beneficial to human health, which when ingested in adequate numbers as a single strain or as a combination of cultures, confer one or more specified or demonstrated health benefits in human beings.
 - j) **“Premixes”** means a combination of two or more ingredients/ nutrients specified in Schedule (I) in a specific proportion with or without additives, packed and meant for use in formulating a product falling under any category of these regulations. In absence of any specific guideline for premixes, globally established limits e.g. WHO, CODEX, EU etc. shall be referred.
 - k) **“Schedule”** means schedules to these regulations to be allowed across categories.
3. **General Requirements for all categories-** (1) Categories covered under these regulations shall comply with the following general requirements, unless otherwise provided for in subsequent sections.
- (a) Foods falling under these regulations are specially processed or formulated for specific nutritional or dietary purpose and shall be clearly distinguishable from foods intended for normal consumption by their special composition. Mere food forms such as vegetables, cereals, legumes, spices, fruits, other plants and botanicals specified in these regulations if offered in normal or naturally occurring forms shall not constitute a Health / Food/Dietary supplement or Food for special dietary use or Food for special medical purpose.
 - (b) Products claiming cure, prevention or mitigation of any specific disease, disorder or condition shall also not fall under these regulations. However, products intended for maintenance of health and well- being shall be allowed.
 - (c) The products covered under these regulations may be in the form of powders, granules, tablets, capsules, liquids, jelly etc and any other formats unless otherwise restricted. In case the delivery format is in conventional form (like bar, biscuit, candy,

etc.), information on the label shall not represent the product as conventional and clear differentiation in this regard is to be made on the label.

- (d) These foods are intended for population above the age of 2 years, unless otherwise specified and shall fulfil the characteristics as laid down in these Regulations. The products covered under these regulations intended for children of 2 to 5 years of age, shall only be given under advice by a recognized physician or dietician or nutritionist.
- (e) The products may contain approved ingredients as applicable to different categories of foods as specified through **Schedule I, Schedule II, Schedule III, and Schedule IV** by the Authority from time to time and for the said purpose FBO may use additives as applicable to categories specified in **Schedule V** and Food Safety (Food Additives) Regulations, 2017. For using new / novel ingredients FBO shall follow the approval process as specified by the authority.
- (f) The purity criteria for the ingredients used in the categories of articles of food covered under these regulations shall be as determined and notified in the official gazette by the Authority from time to time. In case such standards are not specified, the purity criteria generally accepted by recognised international standard body shall be applicable.
- (g) Food business operator may use the natural, nature identical or synthetic additives in accordance with the Food Safety (Food Additives) Regulations, 2017 and as specified through **Schedule V**. For using any additives that are not specified for the categories mentioned under these regulations, approval shall be obtained as per the non-specified food and food ingredients as specified by the authority.
- (h) Ingredients including plant or botanicals or their extracts which is not provided in these regulations but have documented incident free history of safe use (at least thirty years in the country of origin or fifteen years in Bangladesh) may be allowed, with prior approval by the authority.
- (i) The articles of food in these regulations shall comply with the requirements as specified by the Authority from time to time. In the absence of such a notification, FBOs shall comply with requirements specified in the Codex Alimentarius Commission/ Compendium/ Pharmacopoeia of any established international organization as applicable.
- (j) The quantity of nutrients added to the articles of food shall not exceed the recommended daily allowance (RDA) as specified by Government and in case such standards are not specified, the standards laid down by international food standards body, namely, Codex Alimentarius Commission, shall apply.
- (k) The articles of food with standard nutrient or nutritionally complete formulation shall consist of a composition delivering the desired level of energy, protein, vitamins and minerals, and other essential nutrients required for respective age group, gender and physiological stage in accordance with guidelines made by Government. In the absence of such guideline, internationally recognised guidelines shall be applicable.

- (l) Addition of appropriate overages to ensure adequate availability of vitamins and minerals in the products shall be permitted based on scientific rationale. The tolerance limit for variation in case of articles of food covered in these regulations during analysis of samples of finished products, shall not be more than (10) ten per cent from the declared value of the nutrients or nutritional ingredients on the label.
- (m) The formulation of articles of food shall be based on the principles of sound medicine or nutrition and supported by validated scientific data, wherever required.
- (n) The products falling under these regulations shall not contain hormones or steroids or a narcotic drug or a psychotropic substance as defined in the Narcotic Control Act 2018 and any rules/ regulations made thereunder.
- (o) The products falling under these regulations shall not include a drug as defined in Clause 3(d) under The Drugs Control Ordinance, 1982
- (p) (i) The labelling of the products falling under these regulations shall be in accordance with the Food Safety (Labelling of packaged food) Regulations, 2017.
- (ii) In addition to the above, the labels shall also comply with any requirements under these regulations mentioned specifically against the applicable category. Label shall carry the following information on the label:
- a. The words **“HEALTH/ FOOD/ DIETARY SUPPLEMENT/FOOD FOR SPECIAL DIETARY USE/ FOOD FOR SPECIAL MEDICAL PURPOSE /PREBIOTIC FOOD/ PROBIOTIC FOOD”** as applicable to the concerned category, in capital and bold letters on Front of Pack (FoP);
 - b. A prominent statement indicating the target consumer group and/or age group, if the product has been formulated for a specific age group;
 - c. The statement **“NOT FOR MEDICAL USE”** in capital and bold letters prominently written on label, unless exempted for specific categories under these regulations;
 - d. Recommended usage level;
 - e. Duration of usage, where applicable;
 - f. Not to exceed the recommended daily usage prominently written, where applicable.
 - g. An advisory warning in cases where a danger may exist with excess consumption, as applicable
 - h. Warning on any other precautions to be taken while consuming, known side effects if any, contraindications and published product or drug interactions, as applicable;
 - i. Statement or warning stating, ‘product is not to be used as a substitute for a varied diet’ except for FSDU and FSMP category;
 - j. A warning statement product is required to be stored out of reach of children;
 - k. A declaration on the amount of the nutrients or substances with a nutritional or physiological effect present in the product;
 - l. The label, accompanying leaflet or other labelling and advertisement of each type of article of food, referred to in these regulations shall provide sufficient information on the nature and purpose of the article of food and detailed instructions and precautions for its use, and the format of information given shall be appropriate for the intended use of the consumer, where applicable;

- m. In addition to the above, the labels shall also comply with any other requirements mentioned specifically against the applicable category under these regulations.
- (q) An article of food which has not been particularly modified in any way but is suitable for use in a particular dietary regimen because of its natural composition shall not be designated as 'health food/food supplement' or 'special dietary' or 'special dietetic' or by any other equivalent term and such food may bear a statement on the label that 'this food is by its nature X' ('X' refers to the essential distinguishing characteristic as demonstrated by the generally accepted scientific data), provided that the statement does not mislead the consumer.
- (r) Unless otherwise specified, categories under these regulations shall comply with updated BFSA and international regulations regarding contaminations, packaging, food hygiene and others applicable regulations, if any.
- (s) No person shall manufacture, pack, sell, offer for sale, market or otherwise distribute or import any food products referred to in these regulations unless they comply with the requirements laid down in these regulations.
- (t) Any person intended to import, export, manufacture, formulate, pack or repack, sell or offer for sale and hold in stock for sale of any brand of health foods (Health Food/Food Supplements, Food for Special Dietary Use/Structured Food/Modified Food and Food for Special Medical Purpose, Prebiotic food, Probiotic Food) shall apply to the authority for the registration, in such manner as prescribed by the authority.
- (u) (i) FBO may make nutritional or health claims or disease risk reduction (DRR) claims as per Food Safety (Advertising & Claims) Regulations, 2023.
- (ii) In addition to this, globally approved DRR claims and other additional nutrients/health claims may also be permitted. For making additional disease risk reduction (DRR) claims, prior approval from the authority shall be obtained.
- (iii) The products falling under these regulations by means of labelling, presentation and advertisement shall not claim to treat, cure, mitigate or prevent any specific disease, disorder or condition or refer to such properties, unless specifically permitted by Authority.
- (iv) FBO can make claims related to structure, function or general well-being of the body supported by the generally accepted scientific data (including authorised traditional text). FBO shall submit the relevant scientific data as and when required by the Authority.
- (v) Authority may also advise the FBO to alter or modify or stop claims which are not supported by scientific evidence.

4. Category specific requirements

In addition to general requirements categories covered under these regulations shall comply with the following requirements, unless otherwise provided for in subsequent sections.

(1) Health Food/ Food or Dietary supplements-

- (i) In addition to the ingredients mentioned in general requirements such food products may use synthetic entities which are chemically synthesized forms of the natural extracts.

(ii) Products in the market shall conform to 1RDA as specified under the Dietary Guidelines for Bangladesh, 2013.

(iii) Every package of health Food/Food or Dietary supplement shall comply with the general requirements of these regulations on the label. Nutrients/ingredients along with their amount, which are the basis of health benefit claims, shall be provided in the NI table.

(iv) Nutritional information shall be given on 100g/100ml basis or per serving or per dosage basis, as applicable.

(v) Information on macro nutrients (carbohydrate, sugar, fat etc.), sodium & cholesterol, shall be given if the product is free or contains insignificant amount of energy from these nutrients.

(vi) The quantity of nutrients added to the articles of food shall not be less than 15% of RDA and shall not exceed 1RDA as specified by Government.

(2) Food for Special Dietary Uses (FSDU)

(i) Specially processed or formulated or structured or modified food to satisfy particular dietary requirements which may exist or arise because of certain physiological or specific health conditions like, low weight, obesity, diabetes, high blood pressure, pregnant and lactating women, geriatric population, celiac disease, weight management, foods for sports persons and such other health conditions;

(ii) A food business operator may formulate an article of food for special dietary use in formats meant for oral feeding through enteral tubes but shall not be used for parenteral use.

(iii) In addition to the labelling requirements specified under general requirements, every package of FSDU shall carry the following information on the label —

a) The words “FOOD FOR SPECIAL DIETARY USE” followed by “Food for.....” (mentioning the particular physiological or health condition)”;

b) A statement to indicate on the label whether the food for special dietary use is to be taken under medical advice of physician or certified dietician or nutritional professional;

c) A statement that the product is not to be used by pregnant, nursing and lactating women or children under 5 years, adolescents and elderly, except when medically advised by physician or certified dietician or nutrition professional;

d) A statement on rationale for use of the product and a description of the properties or characteristics that make it useful;

e) The characterizing essential feature shall be stated in appropriate descriptive terms in close proximity to the name of the food.

f) A warning that the product is ‘not for parenteral use’ or ‘for oral use only’;

g) Information on osmolality or osmolarity or on acid-base balance where appropriate;

h) A statement “For weight control and management” in close proximity to the name of the articles of food specially prepared for weight management and control;

(Note: replacement of terms like 'Parenteral' needs to be clarified as a cautionary statement that the product is for oral consumption only'

(iv) An article of food for special dietary use shall not include the normal food which is merely enriched or modified with nutrients and meant for mass consumption, intended for improvement of general health for day to day use and do not claim to be targeted to consumers with specific disease conditions and also not include the article of food intended to replace complete diet covered under food for special medical purpose in the regulations.

(v) Provided in case of any article of food specified for sports persons, prohibited substances declared by the World Anti-Doping Agency (WADA) shall not be added. Food business operator must ensure to check and comply with the list of prohibited substances which is published annually by the World Anti-Doping Agency and is effective from the January 1 every year.

(vi) In addition to other FSDU requirements above every package of Food for Sports person shall carry the following information on the label-

(a) A statement 'The food is not a sole source of nutrition and shall be consumed in-conjunction with a nutritious diet'

(b) A statement 'The food shall be used in conjunction with an appropriate physical training or exercise regime'.

(vii) In addition to other FSDU requirements above, foods intended for use in energy-restricted diets for weight reduction or control or management shall comply with the following-

- (a)** The standards cover Foods for slimming purposes associated with weight reduction, weight control and management, are specially formulated foods which, when used as instructed by the manufacturer, replace one or more meals of the total daily diet.
- (b)** Formula foods for weight management shall be prepared from protein constituents of plants and/or animal sources which have been proved/ suitable for human consumption, and from other ingredients necessary to achieve the essential composition of the product as set out in these Regulations.
- (c)** A formula food presented as a replacement for all meals of the daily diet shall provide not less than 800 kcal (3350 kJ) and not more than 1200 kcal (5020 kJ). The individual portions or servings contained in these products shall provide approximately one third or one fourth of the total energy of the product depending on whether the recommended number of portions or servings per day is 3 or 4 respectively (Total Meal Replacement).
- (d)** A formula food presented as a replacement for one or more meals of the daily diet (Partial Meal Replacement) shall provide not less than 200 kcal (835 kJ) and not more than 400 kcal (1670 kJ) per meal when prepared / reconstituted / Ready to serve as per the instruction of the manufacturer for consumption.

- (e) For ready-to-serve food, not less than twenty-five per cent and not more than fifty per cent of the energy available from the food, shall be derived from its protein content and the total amount of protein shall not exceed 125 g per day.
- (f) The quality of protein shall have the protein digestibility corrected amino acid score of 1.0 known as the reference protein.
- (g) The protein digestibility corrected amino acid score where less than 1.0, the minimum level shall be increased to compensate for the lower protein quality.
- (h) The protein with a protein digestibility corrected amino acid score of 0.8 or more shall be used in a formula food for use in a weight control diet;
- (i) For improving the protein quality, the food business operator shall add only L- forms of essential amino acids except for methionine where DL form is allowed.
- (j) Not more than thirty per cent of the energy available from fat and not less than three per cent of the energy from linoleic acid in the form of a glyceride.
- (k) The formula food for weight management and control shall have adequate dietary fiber.
- (l) The name of the food shall be "Meal Replacement for Weight Control", when one or two meals are replaced/ 'Total diet replacement for weight control'/ "Formula Food for Use in Very Low Energy Diets" as applicable.
- (m) Nutrition labelling shall include the amount of energy expressed in kilocalories (kcal) or kilo joules (kJ), the number of grams of protein, carbohydrate and fat per specified quantity of the food as suggested for consumption or in dosage.

Note: 'Meal' means when a formula food is prepared in accordance with the instruction provided by the manufacturer.

(3) FOOD FOR SPECIAL MEDICAL PURPOSE (FSMP)

- (i) For the purposes of these regulations, the food for special medical purpose may be classified in to following three categories, namely
 - (a) 'Nutritionally complete food with a standard nutrient formulation', which when used in accordance with the manufacturer's instructions, may constitute the sole source of nourishment for the persons for whom they are intended;
 - (a) 'Nutritionally complete food with a nutrient-adopted formulation specific for a disease, disorder or medical condition', which when used in accordance with the manufacturer's instructions, may constitute the sole source of nourishment for the persons for whom they are intended; and
 - (b) 'Nutritionally incomplete food with a standard formulation or a nutrient-adopted formulation specific for a disease, disorder or medical condition', which is not suitable to be used as the sole source of nourishment.

Note- The food specified in sub-clauses (b) and (c) above may be used as a partial replacement or as a supplement to the person's diet.

(ii) FSMP products can be formulated with addition of nutrients basis the intended use at the levels as specified in Codex or any other established international standards/ Guidelines to support nutritional needs during disease, disorder or medical conditions, without prejudice to modifications for one or more of these nutrients values rendered necessary by the intended use of the product. Suitability for medical condition should be supported by appropriate scientific, and clinical or epidemiological data, and such information shall be made available to the Food Authority as and when called for.

(iii) Depending on the medical condition FSMP can be in granules, powder, semi-solids, liquids and other food formats to be taken as per medical advice. A food business operator may formulate food for special medical purpose in format meant for oral feeding through enteral tubes but shall not be used for parenteral use.

(iv) In addition to the labelling requirements specified under general requirements, every package of Food for Special Medical Purpose (FSMP) shall carry the following information on the label —

(a) The words ‘FOOD FOR SPECIAL MEDICAL PURPOSE’ printed in the immediate proximity of the name or brand name of the product;

(b) An advisory warning “RECOMMENDED TO BE USED UNDER MEDICAL ADVICE ONLY” appearing on the label in bold letters in an area separated from other written, printed or graphic information;

(c) The statement “For the dietary management of _____” (with the blank to be filled in with the specific disease, disorder or medical condition for which the product is intended, and for which it has been shown to be effective);

(d) A statement ‘NUTRITIONALLY COMPLETE’ if the food is intended to be used as a nutritionally complete food;

(e) A statement on the rationale for use of the product by the target consumer group and a description of the properties or characteristics that make it useful;

(f) A statement specifying the nutrient which have been reduced, deleted, increased or otherwise modified, relating to normal requirements;

(g) The quantity of nutrients expressed in terms of percentages of the recommended daily allowances, where it is appropriate;

(h) Information on osmolality or osmolarity, or acid-base balance, wherever applicable;

(i) Instructions for appropriate preparation, feeding, use and storage of the product after the opening of the container;

(j) A warning that the product is not for parenteral use;

(v) In addition to other FSMP requirements above, formula foods for weight reduction intended as a replacement for the whole of the daily diet shall ensure the following-

(a) A formula food for very low energy diets shall provide when prepared according to instructions a daily energy intake of 450-800 kcal as the only source of energy.

(b) Total amount of protein shall not less than 50 g with a protein digestibility corrected amino acid score of 1.0 is present in the recommended daily intake of energy.

- (c) Essential amino acids may be added to improve protein quality only in amounts necessary for this purpose. Only L-forms of amino acids shall be used, except that DL-methionine may be used.
- (d) 3 g of linoleic acid; and 0.5 g α -linolenic acid in the recommended daily intake with the α -linoleic acid and linolenic acid ratio between 5 and 15.
- (e) The amount of carbohydrate shall not less than 50 g in the recommended daily intake of energy.
- (f) Product shall have adequate dietary fiber.

(4) Prebiotic and Probiotic Foods

(i) The products may contain approved ingredients as applicable to different categories of foods as specified in Schedule IV.

(ii) For prebiotic food nutrients/ingredients usage level shall not more than 40g/day for adults.

(iii) For probiotic food minimum viable number of added probiotic organisms shall be $\geq 10^8$ CFU in the recommended serving size per day. Provided that a lower viable number may be allowed with proven studies on health benefits with those numbers subject to the prior approval of the Food Authority.

(iv) In addition to the labelling requirements specified under general requirements, the following information on the label is required —

- (a) Genus and species including strain designation or culture collection number, in brackets where probiotics are mentioned in the list of ingredients; In such cases, internationally accepted short names are allowed;
- (b) Viable numbers at the end of the shelf-life of probiotic strain corresponding to the level at which the efficacy is claimed;
- (c) The recommended serving size, which shall deliver the effective viable dose of probiotics related to health claims;
- (d) Proper storage temperature conditions, and time limit for 'Best Use' after opening the container

05. Publication of English translation- (1) After the commencement of this Regulation, the Authority, with prior approval of the Government, if necessary, by notification in the official Gazette, may publish an Authentic Bengali text of the Regulation.

(2) Provided that, in the event of conflict between the Bangla, the Bangla text shall prevail.

Schedule – I

Nutrients (Vitamins, Minerals, Amino acids and

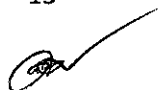
other nutrients)List of Vitamins and Minerals

S.No.	Vitamins and Minerals	Components
A.	Vitamins-	
1.	Vitamin A	(i) Retinol – all trans retinol (ii) Retinyl acetate (iii) Retinyl palmitate
2.	Provitamin A	(i) Beta-Carotene
3.	Vitamin B₁	(i) Thiamine chloride hydrochloride (ii) Thiamine mononitrate
4.	Vitamin B₂	(i) Riboflavin (ii) Riboflavin 5'- phosphate, sodium
5.	Vitamin B₆	(i) Pyridoxine hydrochloride (ii) Pyridoxal 5'-phosphate
6.	Vitamin B₁₂	(i) Cyanocobalamin (ii) Hydroxocobalamin
7.	Vitamin C	(i) L-ascorbic acid (ii) Sodium-L-ascorbate (iii) Calcium-L-ascorbate (iv) Potassium-L-ascorbate (v) 6-palmitoyl-L-ascorbic acid (vi) Ascorbyl palmitate
8.	Vitamin D	(i) Vitamin D ₃ (cholecalciferol) – Animal source (ii) Vitamin D ₂ (ergocalciferol) – Plant source (iii) Vitamin D ₃ (cholecalciferol) – Lichen/ Algae* (*The species of lichen/algae shall need prior approval of Food Authority)
9.	Vitamin E	(i) D-alpha-tocopherol (ii) DL-alpha-tocopherol (iii) D-alpha-tocopheryl acetate (iv) DL-alpha-tocopheryl acetate (v) D-alpha-tocopheryl acid succinate (vi) DL-alpha-tocopheryl acid succinate (vii) DL-alpha-tocopheryl polyethylene glesol succinate (viii) Tocotrienols
10.	Vitamin K₁	(i) Phylloquinone (ii) Phytomenadione (2-methyl 3-phytyl-1) (iii) 1,4-napthoquinone (iv) Phytonamidione
11.	Vitamin K₂(MK-7)	(i) Menaquinone
12.	Vitamin K₂ (MK-4)	(i) Menatetrenone
13.	Biotin	(i) D-biotin
14.	Folic Acid	(i) n-pteroyl-l-glutamic acid (ii) (6S)-5-methyltetrahydrofolic acid,

S.No.	Vitamins and Minerals		Components
			glucosamine salt
15.	Niacin	(i)	Nicotinic acid
		(ii)	Nicotinamide
		(iii)	Nicotinic acid amide
16.	Pantothenic acid	(i)	D-pantothenate, calcium
		(ii)	D-pantothenate, sodium
		(iii)	D-panthenol
		(iv)	DL- pantholnol
		(v)	Sodium-D-pantothenate
B.	Minerals (Chemical sources)		
1.	Calcium	(i)	Calcium carbonate
		(ii)	Calcium chloride
		(iii)	Calcium salts of citric acid
		(iv)	Calcium gluconate
		(v)	Calcium glycerophosphate
		(vi)	Calcium orthophosphate
		(vii)	Calcium hydroxide
		(viii)	Calcium oxide
		(ix)	Calcium phosphate, monobasic
		(x)	Calcium phosphate, dibasic
		(xi)	Calcium phosphate, tribasic
		(xii)	Calcium sulphate
		(xiii)	Calcium from algae including red seaweed
		(xiv)	Calcium lactate
		(xv)	Natural forms of calcium obtained from corals, shells, pearls, conch, oysters and milk
2.	Chloride	(i)	Calcium chloride
		(ii)	Choline chloride
		(iii)	Magnesium chloride
		(iv)	Manganese chloride
		(v)	Potassium chloride
		(vi)	Sodium chloride
3.	Chromium	(i)	Chromium (III) chloride
		(ii)	Chromium (III) sulphate
4.	Copper	(i)	Cupric carbonate
		(ii)	Cupric citrate
		(iii)	Cupric gluconate
		(iv)	Cupric sulphate
		(v)	Copper lysine complex
		(vi)	Copper oxide (copper (II) oxide, cupric oxide and black copper oxide)
5.	Iodine	(i)	Sodium iodide
		(ii)	Sodium iodate
		(iii)	Potassium iodide
		(iv)	Potassium iodate
6.	Iron	(i)	Ferrous succinate
		(ii)	Ferrous citrate
		(iii)	Ferric ammonium citrate



		(iv)	Ferrous gluconate
		(v)	Ferrous fumarate
		(vi)	Ferric sodium di-phosphate
		(vii)	Ferrous lactate
		(viii)	Ferrous sulphate
		(ix)	Ferric di-phosphate
		(x)	Ferric saccharate
		(xi)	Ferrous bisglycinate
		(xii)	Hydrogen reduced iron
		(xiii)	Sodium iron EDTA
		(xiv)	Carbonyl iron
		(xv)	Ferrous orthophosphate
		(xvi)	Ferrous sodium pyrophosphate
		(xvii)	Elemental iron
		(xviii)	Electrolytic iron
7.	Magnesium	(i)	Magnesium aspartate
		(ii)	Magnesium carbonate
		(iii)	Magnesium chloride
		(iv)	Magnesium gluconate
		(v)	Magnesium phosphate dibasic (Magnesium hydrogen phosphate)
		(vi)	Magnesium phosphate tribasic (Trimagnesium phosphate)
		(vii)	Magnesium oxide
		(viii)	Magnesium sulphate
8.	Manganese	(i)	Manganese carbonate
		(ii)	Manganese chloride
		(iii)	Manganese citrate
		(iv)	Manganese sulphate
		(v)	Manganese gluconate
		(vi)	As amino acid chelate
9.	Molybdenum	(i)	Ammonium molybdate (Molybdenum (VI))
		(ii)	Sodium molybdate (Molybdenum (VI))
		(iii)	As amino acid chelate
10.	Phosphorous	(i)	Potassium glycerophosphate
		(ii)	Potassium phosphate, monobasic
		(iii)	Potassium phosphate, dibasic
11.	Potassium	(i)	Potassium bicarbonate
		(ii)	Potassium carbonate
		(iii)	Potassium chloride
		(iv)	Potassium citrate
		(v)	Potassium gluconate
		(vi)	Potassium glycerophosphate
		(vii)	Potassium lactate
		(viii)	Potassium monobasic phosphate
		(ix)	Potassium dibasic phosphate
12.	Selenium	(i)	Sodium selenate
		(ii)	Sodium selenite
		(iii)	Sodium hydrogen selenite



		(iv)	Selenomethionine
		(v)	Selenious acid
13.	Sodium	(i)	Sodium bicarbonate
		(ii)	Sodium carbonate
		(iii)	Sodium chloride
		(iv)	Sodium citrate (Trisodium citrate)
		(v)	Sodium gluconate
		(vi)	Sodium lactate
		(vii)	Sodium phosphate monobasic (Sodium dihydrogen phosphate)
		(viii)	Sodium phosphate dibasic (disodium hydrogen phosphate)
		(ix)	Sodium sulphate
14.	Zinc	(i)	Zinc acetate
		(ii)	Zinc chloride
		(iii)	Zinc citrate
		(iv)	Zinc gluconate
		(v)	Zinc lactate
		(vi)	Zinc oxide
		(vii)	Zinc carbonate
		(viii)	Zinc sulphate
15.	Boron	(i)	Boron proteonate

Note 1- Suitable esters, derivatives and salts of vitamins and salts and chelates of minerals may be used. Food business operator shall notify in writing to Food Authority, whenever they use such esters, salts, chelates and derivatives. FBOs shall be required to submit additional safety data/information when requested by the Food Authority for such cases.

Note 2- Addition of appropriate overages* to ensure adequate availability of vitamins and minerals in the products shall be permitted based on scientific rationale. However, the maximum proportion of overages shall not exceed as given in the Table 'C', below, unless scientifically justified. Labels of such products shall make a declaration of the same as "appropriate overages added" in the composition declaration Panel.

S.No.	Micronutrient	Overage (per cent)
1.	Vitamin A	30
2.	Vitamin C	20
3.	Vitamin D	30
4.	Vitamin E	10
5.	Thiamine (vitamin B ₁)	25
6.	Riboflavin (vitamin B ₂)	25
7.	Niacin (vitamin B ₃)	10
8.	Vitamin B ₆	25
9.	Vitamin B ₁₂	25
10.	Folic acid	25
11.	Pantothenic acid	10
12.	Vitamin K ₁	30
13.	Minerals	10
14.	Iodine	20

*Overage means the amount of excess nutrients added above label claim during manufacture as a means of maintaining at least the claimed amount of the ingredient(s) for the normal shelf life of the product to compensate for the expected manufacturing / storage loss and to allow for variation in assay performance. Where overages are more than those listed in **Schedule I, Table C**, the same shall be scientifically substantiated.

List of amino acids and other nutrients and Nucleotides

A. Amino Acids and other nutrients			
i.	Calcium L- glutamate	ii.	Carnitine acetyl-L
iii.	Choline	iv.	Choline bitartrate
v.	Choline chloride	vi.	Choline citrate
vii.	Choline hydrogen tartrate	viii.	Glycine
ix.	L- Alanine	x.	L- Ornithine
xi.	L- Proline	xii.	L-Arginine
xiii.	L-Arginine hydrochloride	xiv.	L-Arginine L-aspartate
xv.	L-Aspartic acid	xvi.	L-Carnitine
xvii.	L-Carnitine hydrochloride	xviii.	L-Carnitine tartrate
xix.	L-Citrulline	xx.	L-Cysteine
xxi.	L-Cysteine hydrochloride	xxii.	L-Cystine
xxiii.	L-Cystinedihydrochloride	xxiv.	L-Glutamic acid
xxv.	L-Glutamine	xxvi.	L-Histidine
xxvii.	L-Histidine hydrochloride	xxviii.	L-Hydroxylysine
xxix.	L-Hydroxyproline	xxx.	L-Isoleucine
xxxi.	L-Isoleucine hydrochloride	xxxii.	L-Leucine
xxxiii.	L-Leucine hydrochloride	xxxiv.	L-Lysine
xxxv.	L-Lysine acetate	xxxvi.	L-Lysine hydrochloride
xxxvii.	L-Lysine L-Aspartate	xxxviii.	L-LysineL-glutamate dihydrate
xxxix.	L-Methionine	xl.	L-Ornithine monohydrochloride
xli.	L-Phenylalanine	xlii.	L-Serine
xliii.	L-Threonine	xliv.	L-Tryptophan
xlvi.	L-Tyrosine	xlvi.	L-Valine
xlvii.	Magnesium L- aspartate	xlviii.	Myo-Inositol (=meso-Inositol)
xlix.	N-Acetyl L-cysteine	l.	N-Acetyl L-methionine
li.	Potassium L- glutamate	lii.	Taurine
liii.	Tyrosine acetyl-L		
B. Nucleotides			
i.	Adenosine 5-monophosphate (AMP)	ii.	Cytidine 5-monophosphate (CMP)
iii.	Disodium Guanosine 5-mono phosphate salt	iv.	Disodium Inosine 5-monophosphate salt
v.	Disodium Uridine 5-monophosphate salt	vi.	Guanosine 5-monophosphate (GMP)
vii.	Inosine 5-monophosphate (IMP)		

Note. - Suitable esters, derivatives, isomers, hydrated and anhydrous forms of amino acids and the hydrochloride, sodium, and potassium salts of amino acids may be used. In such cases, Food Business Operators shall notify in writing to the Authority. Food Business Operators shall be required to submit additional safety data/information when requested by the Authority.

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**Schedule –II Plant or
botanicals**

S. No.	Botanical name and part used	Official and common names	Permitted range of usage for adults per day (given in terms of raw herb/material)
1.	<i>Abelmoschus esculentus</i> (L.) Moench.		
	Fruit/Root	Dherosh/ Lady's finger	5-10 g (as powder)
2.	<i>Abies spectabilis</i> (D.Don) / <i>A. pindrow</i> Royle / <i>Abies webbiana</i> Lindl (syn)		
	Leaf/ Fruit	Talis patra / Talis bhed	2-3 g (as powder)
3.	<i>Asculus indica colebr.</i> / <i>A. hippocastanum</i>		
	Fruit /Kernel	Ban-khoda / Indian Horse Chestnut	3 – 5 g (as powder) 300 - 500 mg (as Extract)
4.	<i>Abelmoschus moschatus</i> / <i>Hibiscus abelmoschus</i> (syn)		
	Seed	<i>Lata kasturi</i>	1-2 g
5.	<i>Abutilon indicum</i> (L.) Sweet ssp. <i>indicum</i> / <i>A. fruticosum</i>		
	Seed/Root / Stem	Atibala / kanghibala	3 – 4 g (as powder)
6.	<i>Acacia arabica</i> Willd. (Now known as <i>Acacia nilotica</i> (L.) Willd. ex Del. ssp. <i>indica</i> (Benth.) Brenan		
	Gum Bark	Babbul	1-3 g 5-10 g
7.	<i>Acacia catechu</i>		
	Extract / heartwood	Khadir/ Katha/khair	1-3 g
8.	<i>Acacia leucophloea</i> Willd/A. <i>farnesiana</i> (syn)		
	Bark/Leaf Seed/Gum	Airmed/Trimed	3-5 g 2-3 g
9.	<i>Achillea millefolium</i> Linn. / <i>A. Lanulosa</i> Nutt. (syn)		
	Leaf	Gandana/Biranjaasif	2-3 g (as powder)
10.	<i>Achyranthes aspera</i> (L.)/ <i>A. bidentata</i>		
	Seed/Plant	Apamarga / Chirchida	5-8 g (as powder)
11.	<i>Acorus calamus</i> Linn.		
	Leaf	Vachha/Waj/Vacha	60-125 mg (as powder)
12.	<i>Adhatoda zeylanica</i> / <i>A. vasaka</i>		
	Stem/ Leaf /Root/ Flower	Vasa / Adusa	5-10 g
13.	<i>Aegle marmelos</i> (L.) Corr.		
	Unripe fruit pulp	Bilwa / Bael	5-10 g (as pulp)
	Ripe fruit pulp		30-50 g (as pulp)
Leaf/Bark	Bael Pather/ Bael chhal	3-6 g (as powder)	
14.	<i>Ajuga bracteosa</i> Wall.		
	Plant	Neel Kanthi	0.5 – 1 g
15.	<i>Alangium salvifolium</i> (L.f.) Wang. ssp. <i>salvifolium</i> / <i>A. lamarckii</i> (syn)		
	Fruit	Ankota	2-6 g (as powder)
16.	<i>Albizia lebbeck</i> (L.) Benth/A. <i>procera</i> /A. <i>odoratissima</i>		
	Flower/ Stem bark / Leaf	Shireesh / Siris	3-6 g (as powder)
	Seed	Siris	1-3 g (as powder)
17.	<i>Alpinia galangal</i>		

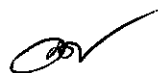
	Rhizome	Kulanjan	1-3 g (as powder)
18.	<i>Allium cepa</i> L.		
	Bulb	Plandu / Pyaj	10-20 ml (as juice)
	Seed	Pyaj	1-3 g (as powder)
	Leaf		20-40 g (as fresh)
19.	<i>Allium sativum</i> L.		
	Bulb	Rason/ Lahsun	1-3 g (Not recommended during pregnancy)
	Leaf	Lahsun	10-20 g (as fresh)
20.	<i>Allium stracheyi</i> Bakerno		
	Whole plant	Farran	2-3 g
21.	<i>Alocasia indica</i> Spach (Now known as <i>A. macrorhiza</i> (L.) G. Don)		
	Tuber	Mankand / Kasnal	5-10 g
22.	<i>Aloe barbadensis</i> Mill. / <i>A. Ferox</i> / <i>A. vera</i> / <i>A. indica</i>		
	Leaf	Kumari / Ghikvar / Ghrit kumari	5-10 g (as pulp)
	Dried Pulp	Elua -mussabar / kanyasar	0.5 - 1 g
23.	<i>Althaea officinalis</i> Linn.		
	Flower/Root	Khatmi / Resha-khatmi	3-6 g (as powder)
24.	<i>Alternanthera sessilis</i> (L.) R. Br. ex DC.		
	Whole plant	Matsyakshi / Gudarisaga	2-3 g (as powder)
25.	<i>Amaranthus gangeticus</i> L. (Now known as <i>A. tricolor</i> L.) / <i>A. blitum</i> L.		
	Aerial part	Maarais / Lal marsa - sag / marsa	10-20 g (as fresh)
26.	<i>Amaranthus spinosus</i> L. / <i>A. paniculatus</i> L. (<i>A. hybridus</i> L.)		
	Whole plant	Tanduliya / Chaulai Kateli / Jal Chaulai	20-30 g (as fresh)
27.	<i>Amomum subulatum</i> Roxb. / <i>A. aromaticum</i> Roxb.		
	Fruit	Sthula- elaa / Badi Elaichi	1-3 g (as powder)
	Seed	Badi Elaichi	1-2 g (as powder)
28.	<i>Amorphophallus campanulatus</i> (Roxb.) Blume ex Decne.		
	Corm	Suran / Jimikand	20-50 g (as fresh)
29.	<i>Anacardium occidentale</i> L.		
	Fruit kernel	Kaju / Cashew nut	10-20 g
30.	<i>Anacyclus pyrethrum</i> DC.		
	Root/ Seed	Akarkar	100 - 250 mg (as powder) (Not recommended for children below 5 years)
31.	<i>Ananas comosus</i> (L.) Merr.		
	Fruit	Ananas / Pineapple	50-100 g (as fresh) 50-100 ml (as juice) (Not recommended during pregnancy)
32.	<i>Andrographis paniculate</i>		

	Whole plant Extract	Kalmegh / Bhuunimba	1-3 g (as powder) 125 - 250 mg
33.	<i>Anethum sowa</i> Roxb. ex Flem. (Now known as <i>A. graveolens</i> L.)		
	Fruit	Shataahvaa / Shatapushpa/ Sowa / Indian dill seed	3-6 g (as powder)
	Leaf	Sowa	10-20 g (as fresh)
34.	<i>Angelica glauca</i> Edgew./ <i>A. archangelica</i> L. / <i>A. himalaica</i> Krishna. & Badhwar.		
	Root / Root stock	Chandeo / Choraka / Chora	2-4 g (as powder)
35.	<i>Annona squamosa</i> L (Sitaphal)/ <i>A. reticulata</i> (Ramphal)/ <i>A. muricata</i> (Laxmanphal)/ <i>A. cherimola</i> (Hanuman phal)		
	Fruit pulp	Shareefa	20-30 g
	Leaf		3-5 g (as powder) (Not recommended for children below 16 years)
36.	<i>Apium leptophyllum</i> (Pers.) Muell. / <i>A. graveolens</i> Linn.		
	Fruit	Ajamod / Ajmoda bhed / celery	1-3 g (as powder)
37.	<i>Arachis hypogaea</i> L.		
	Seeds (kernel)	Mungphali / peanut / ground nut / sing dana	20-30 g
	Seed oil	Mungaphali tail	5-10 ml
38.	<i>Argyrea speciosa</i> Sweet / <i>A. nervosa</i> (syn)		
	Root	Vridharuka / Bridhara	3-5 g
	Seed		1-2 g
39.	<i>Armoracia lapathifolia</i> Gilib / <i>A. rusticana</i> Gaertn. (syn)		
	Leaf	Horse radish	2 -5 g
40.	<i>Artemisia absinthium</i> Linn / <i>A. vulgaris</i> / <i>A. officinalis</i> Linn / <i>A. maritima</i> / <i>A. dracuncululus</i> / <i>A. annua</i>		
	Whole plant	Damanak / Afsantin / Chauhar /	1-2 g
41.	<i>Artocarpus heterophyllus</i> Lam. (Jackfruit)		
	Ripe / unripe fruit	Jack fruit/ Kathal	20-50 g
	Seeds		5-10 g
42.	<i>Artocarpus lakoocha</i> Roxb.		
	Ripe fruit / Unripe fruit	Lakuch / Badhal	20-30 g
	Seed	Badhal / Dhehu	5-10 g
43.	<i>Arnebia nobilis</i> / <i>A. benthamii</i>		
	Root	Ratanjot	2-4 g
44.	<i>Asparagus adscendens</i> Roxb.		
	Tuberous root	Musali / Safed musali	3-6 g (as powder)
45.	<i>Asparagus officinalis</i> L.		
	Root	Shatavari bhed	3-6 g (as powder)
	Tender Shoots		20-50 g
46.	<i>Asparagus racemosus</i> Willd.		
	Tuberous root	Shatawar	3-6 g (as powder)

	Tender Shoots		20-50 g
47.	<i>Asparagus sarmentosus</i> Linn.		
	Tuberous root	Badi shatawar	3-6 g (as powder)
48.	<i>Astragalus gummifer</i> Labill.		
	Gum	Kateeva gond (gum)/ Tragacanth gum	3-5 g
49.	<i>Avena sativa</i> L.		
	Seed	Oat	10-30 g (as powder)
50.	<i>Averrhoa carambola</i> L.		
	Fruit	Karmarang / Kamarakh	10-20 g
51.	<i>Azadirachta indica</i> A. Juss.		
	Leaf	Nimba / Neem / Margosa tree	1-3 g (as powder) (Not recommended for males and females planning to conceive)
	Fruit	Neem	1-2 g (as pulp) (Not recommended for males and females planning to conceive) (Not recommended for children below 5 years)
	Flower		2-4 g (as powder)
	Bark / Root bark		3-6 g (as powder)
52.	<i>Bambusa arundinacea</i> (Retz.) Willd. / <i>B. bambos</i> Linn. (syn)		
	Tender shoots (Young leaf)	Bansh	20-30 g (as fresh)
	Seed	Bansh chaval	20-30 g (as powder)
	Crystals	Bansalochan	0.5-2 g (as powder)
53.	<i>Bacopa monnieri</i>		
	Whole plant	Brahmi	5-10 g (as fresh)
	Extract	Brahmi ghan	0.5 - 1 g
54.	<i>Basella alba</i> L.		
	Leaf	Poyi saag	20-30 g (as fresh)
55.	<i>Bauhinia variegata</i> L. / <i>B. purpurea</i> L. / <i>B. tomentosa</i> . Linn / <i>B. racemosa</i> / <i>B. malabarica</i> . Roxb.		
	Bark	Kachnar	1-3 g
	Flower / Buds	Kachnar / Kurvindar / Kovindar	10-20 ml (as juice)
	Extract		0.5 - 1 g
56.	<i>Benincasa hispida</i> (Thunb.) Cogn.		
	Fruit	Chal kumra/ Kushmanda / Petha / Bhatua	30-50 g (as fresh)
	Seed		5-10 g
57.	<i>Berberis aristata</i> DC./ <i>B. asiatica</i> / <i>B. lycium</i> / <i>B. vulgaris</i>		
	Fruit / Leaf / Root / Stem	Daruhaldi / kashmall	5-10 g
	Root extract/ Stem extract	Rasaunt	0.5-1 g
58.	<i>Bergenia linguts</i> Wall / <i>B.ciliatasyn.</i> / <i>Saxifraga lingulata</i> Wall.		
	Root/ Leaf	Pashanbhed / Pathar	10-20 g (for decoction)
		Chatta	3-6 g (as powder)
59.	<i>Beta vulgaris</i> L.		
	Tuber	Palanki / Chukandar	10-20 ml (as juice)

60.	<i>Blepharis edulis</i> Pers. / <i>B. linariaefolis</i>		
	Root Seed	Uttangan/ Karmavidhi	5-10 g (for decoction) 3-6 g
61.	<i>Boerhavia diffusa</i> L. (Now known as <i>B. repens</i> L. var. <i>diffusa</i> (L.) Hook.f.) / <i>B. Verticillata</i>		
	Aerial part	Punarnava / Itsit	20-30 g (for decoction) 1-3 g (as powder)
	Root	Bishkhapra	10-15 g (for decoction) 1-3 g (as powder)
62.	<i>Bombax malabarica</i> / <i>Salmalia malabarica</i> / <i>B. ceiba</i> L.		
	Bark	Shalmali / Semal /	5-10 g
	Flower	Semal Musali	10-20 ml (as juice) 2-5 g (as powder)
	Gum/Root		1-3 g (as powder)
63.	<i>Boswellia serrata</i> Roxb.		
	Oleoresin	Shallaki / Kunduru / Salai guggal	1-3 g
64.	<i>Borassus flabellifer</i> L.		
	Dried inflorescence	Tarkul/Taad / Taadi	1-3 g (as powder)
	Seed pulp of unripe fruit		10-30 g
	Exudate of stem / sap		100-200 ml (as juice)
65.	<i>Brassica campestris</i> L. (Now known as <i>B. rapa</i> L. ssp. <i>campestris</i> (L.) Clapham)		
	Seed	Shorisha	10-20 g (as paste)
	Seed oil	/Sarshap	10-20 ml
	Leaf	/Sarson	10-30 g (as fresh)
66.	<i>Brassica juncea</i> (L.) Czern./ <i>B. nigra</i> Linn.		
	Seed	Rajikaa / Rai / Raai	1-2 g
	Leaf	Rai	10-20 g (as fresh)
67.	<i>Brassica rapa</i> L.		
	Tuber	Shalgam /	20-40 g
	Leaf	Shaljam	20-30 g (as fresh)
68.	<i>Buchanania lanzan</i> Spreng.		
	Seed	Priyala / Chirounji	5-10 g (as powder)
69.	<i>Butea monosperma</i> Taub / <i>B. frondosa</i>		
	Seed	Palash / Dhark	1-3 g
	Gum Root/Bark		0.5-1.5 g 5-10 g (for decoction)
70.	<i>Bixa orellana</i> Linn.		
	Seed	Sindhuri / Annato Plant	1-3 g
71.	<i>Caesalpinia bonducella</i> (L.) Flem. (Now known as <i>C. bonduc</i> (L.) Roxb. <i>C. crista</i>)		
	Leaf / Bark / Seed	Putikaranj / Karanjuva / Latakaranja	2-3 g
72.	<i>Cajanus cajan</i> (Linn.) Millsp.		
	Seed	Adaki / Arahar / Tuvar ki daal	20-30 g
73.	<i>Camellia sinensis</i>		
	Tea leaf	Chai patti	Upto 10 g per day dried or processed leaf as infusion

	Extract	Tea extract	0.5 – 2 g
	Tea catachins	Green tea catechins	0.3-0.7 g
74.	<i>Canavalia ensiformis</i> sensu Baker (Now known as <i>C. gladiata</i> (Jacq.) DC.)		
	Fresh pod	Sem	30-50 g
	Seed		5-10 g
75.	<i>Canscora decussata</i> (Roxb.) J.F. and J.H. Schult.		
	Leaf	Bangiya / Sankhapusphi	2-4 g (as powder)
76.	<i>Capparis decidua</i> (Forssk.) Edgew./ <i>C. aphylla</i> Edgew (syn)		
	Fruit	Kareer / Dela	10-20 g
77.	<i>Capparis seppiara</i> Linn. / <i>C. spinosa</i> Linn.		
	Root / Plant	Himsraa/ Kakadaani	5 – 10 g (as powder / for decoction)
78.	<i>Capsicum annum</i> L. var. <i>annuum</i>		
	Unripe fruit	Hari Mirch	1-5 g (Not recommended for children below 5 years)
	Ripe fruit	Lal Mirch	0.5-1 g (as powder) (Not recommended for children below 5 years)
79.	<i>Capsicum frutescens</i> L.		
	Fruit	Simla mirch	30-50 g (as fresh)
80.	<i>Carica papaya</i> L.		
	Ripe fruit	Erand karkaki / Papita	50-100 g
	Unripe fruit	Papita	30 -50 g (Not recommended during pregnancy)
	Leaf/Juice		5 – 10 g/ml (for decoction) (Not recommended during pregnancy)
81.	<i>Carissa carandas</i> L. / <i>C. spinarum</i> L.		
	Fruit	Karmard / Karounda	10 – 20 g
	Bark	Garnaa	10-20 g (for decoction)
82.	<i>Carthamus tinctorius</i> L.		
	Flower / Leaf / Seed	Kusumbh / Barre	2-4 g (as powder)
	Seed oil	Barre –tail	5-10 ml
83.	<i>Carum carvi</i> L.		
	Fruit	Krishna jeerak/ Syaha /kala jeera	1-3 g (as powder)
84.	<i>Cassia absus</i> L.		
	Seed	Chakshushya / Chaksu	2-5 g
85.	<i>Cassia occidentalis</i> L.		
	Leaf	Kasmard / Kasoundi	5-10 g
	Seed / Fruit		1-3 g
86.	<i>Cassia tora</i> L. / <i>C. alata</i> L.		
	Leaf/Juice	Chakarmard /	10-20 g/ml
	Seed	Chakwad	3-5 g (as powder)
87.	<i>Cassia fistula</i> Linn.		



	Fruit / Tender fruit	Aaragavadh / Amaltas	10-20 g (as pulp)
	Seed / Bark	Amaltas	2-5 g (as powder)
88.	<i>Cassia angustifolia</i> / <i>C. acutifolia</i> / <i>C. senna</i> L		
	Seed/Leaf	Swarnapatri / Sanay / Senna	0.5 – 2 g (as powder)
	Extract		125 – 250 mg
89.	<i>Cedrus deodar</i> Roxb.		
	Seed/Wood/Bark	Devdaru / Devdar	3-6 g (as powder)
	Oil		2-4 ml
90.	<i>Celosia argentea</i> L. var. <i>argentea</i>		
	Seed	Shitivaaraka / Surwali / Safed murga	3-6 g
91.	<i>Celastrus paniculatus</i>		
	Seed	Jyothishmati / Malkanguni	2 – 3 g (as powder)
	Oil		1-2 ml
92.	<i>Celastrus paniculata</i> willd.		
	Seed	Jyothishmati /	3-5g
	Seed oil	Maalkangni	5 - 15 drops
	Leaf		3-5 g (as powder)
93.	<i>Centella asiatica</i> (L.) Urban		
	Whole Plant	Mandukaparni / Brahmi	20-30 g (as fresh)
	Leaf	(Galpatri) / Manduki	3-5 g (as powder)
	Extract	Brahmi	0.5 – 1 g
94.	<i>Centratherum anthelminticum</i>		
	Fruit/Seed	Aranya jeerak/ Kali-jeeri / Van-jeeri	1 – 3 g
95.	<i>Chenopodium album</i> L.		
	Whole plant/Leaf	Vasthuka/ Bathua	20-30 g (as fresh)
	Seed	Bathua	2-5 g
96.	<i>Chlorophytum borivillianum</i> / <i>C. arundinaceum</i> / <i>C. tuberosum</i>		
	Root	Musali safed / Musali	3 – 6 g (as powder)
97.	<i>Cicca acida</i> (L.) Merrill		
	Fruit	Harfa rewadi	10-20 g
98.	<i>Cicer arietinum</i> L.		
	Tender leaf	Chanak / Chana / Kalachana	30-50 g (as fresh)
	Seed	Chana / Kalachana	20-30 g
99.	<i>Cichorium endivia</i>		
	Seed/Root	Kasani/Chicory	5-10 g
100.	<i>Cinnamomum tamala</i> Nees/ Eberm. / <i>C. wightii</i>		
	Leaf	Tamalpatra/ Tejapatra	2-3 g
101.	<i>Cinnamomum zeylanicum</i> Blume (Now known as <i>C. verum</i> J. S. Presl.)/ <i>C. cassia</i> (syn) / <i>C. aromaticum</i>		
	Bark	Twak / Dalchini (Ceyloni)	1-2 g (Not recommended during pregnancy)

102.	<i>Cissampelos pareria</i> L. var. <i>hirsuta</i> (Buch. Ham. ex DC.) Forman.		
	Leaf / Whole Plant/ Root	Patha/ Padhi	3 – 6 g (as powder)
103.	<i>Cissus quadrangularis</i> L.		
	Aerial part	Astisamhara / Hadjod	20-30 g (as fresh)
	Stem	Hadjod	3-6 g
	Extract		0.5 – 1 g
104.	<i>Citrullus colocynthis</i> (L.) Schard.		
	Fruit / Root / Leaf	Indarvaruni / Indarun / Indrayan	0.25-0.5 g (as powder) (Not recommended during pregnancy)
105.	<i>Citrullus vulgaris</i> Schrad. ex Eckl. and Zeyh. var. <i>fistulosus</i> (Stocks) Stewart		
	Fruit	Tinda	20-40 g (as fresh)
106.	<i>Citrullus lanatus</i> (Thunb.) Matura and Nakai		
	Fruit	Tarbuji	50-100 g (as pulp)
	Seed		3-6 g
	Seed oil		1-3 ml
107.	<i>Citrus aurantifolia</i> (Christm. and Panz.) Swingle / <i>C. medica</i> / <i>C. acida</i> . Roxb.		
	Fruit / Leaf / Root	Nimbuca / Nimbu	3-5 ml (as juice)
108.	<i>Citrus limon</i> (Linn.) Burm.f.		
	Fruit / Leaf / Root	Jambeer / Jameerinibu	5-10 ml (as juice)
109.	<i>Citrus maxima</i> (Burm.) Merr. / <i>C. grandis</i> L.		
	Fruit / Leaf	Chakotara / Sadaphala	30-50 g (as fresh) 5-10 ml (as juice)
110.	<i>Citrus medica</i> L. var. <i>medica</i>		
	Fruit	Turanuj / Bijoura	5-10 ml (as juice)
111.	<i>Citrus reticulata</i> Blanc.		
	Fruit / Leaf	Narangi / Santra	30-50 ml (as juice)
112.	<i>Citrus sinensis</i> (L.) Osbeck		
	Fruit / Leaf	Mousami	50-100 ml (as juice)
113.	<i>Clerodendron infortunatum</i>		
	Whole plant	Bhandiri / Bhaandi / Bhatechh	10 – 20 ml (as juice)
114.	<i>Clerodendrum phlomidis</i>		
	Whole plant	Arani / Laghuagnimandh	10-20 g (for decoction) 3-5 g (as powder)
115.	<i>Clerodendrum serratum</i>		
	Whole plant	Bharangi	3-6 g (as powder)
116.	<i>Clitoria ternatea</i> Linn.		
	Root/Seed	Girikarnika / Aparajita	1-3 g
	Leaf		2-5 g (as powder)
117.	<i>Coccinia grandis</i> (L.) Voigt. / <i>C. indica</i> / <i>C. cardifolia</i> (syn)		
	Leaf	Bimbi/ Kundru phal / Kuntru shak	5-10 g (Not recommended for children below 5 years)
	Stem	Kundru	3-6 g (as powder)
	Whole plant	Kundru	3-6 g (as powder) 5-10 ml (as juice)
	Fruit	Kundru	20-50 g (as fresh)
118.	<i>Cocos nucifera</i> L.		

	Endosperm	Nariyal	10-20 g
	Water	Nariyal jala	100-200 ml
	Flower	Nariyal	5-10 g
	Shell / Fibre / Whole fruit	Ash	125 – 250 mg
119.	<i>Cocculus hirsutus</i> (L.) Theob.		
	Leaf / Whole plant	Chilihintha / Jalajamani	10-20 g (for decoction) 2 – 4 g (as powder)
120.	<i>Coix lacryma-jobi</i> L.		
	Seed	Millet/ Gavedhukaa/ Gargari	10-20 g
121.	<i>Coffea arabica</i> / <i>C. robusta</i>		
	Seed (Dry/Green)	Kaaphi / Kahava / Coffee	3-5 g (Not recommended for children below 5 years)
122.	<i>Coleus forskohlii</i> / <i>C. aromaticus</i> / <i>C. barbatus</i> (syn)		
	Root / Leaf / Whole plant	Gandiva / Pathachoor / Parn-yavani	3-5 g (as powder) (Not recommended for children below 5 years)
123.	<i>Coleus vettiveroides</i> K.C. Jacob.		
	Stem / Leaf / Root	Hrivera / Baalatka	3-5 g (as powder)
124.	<i>Coleticum luteum</i> Baker		
	Corm	Suranjan / Suranjan- kadvi	0.5 - 1 g (Not recommended in children below 5 years and pregnant mothers)
125.	<i>Colocasia antiquorum</i> Schott. (Now known as <i>C. esculenta</i> (L.) Schott.)		
	Rhizome	Pindalaka/ Arvi/ Aaluki	20-30 g (as fresh) (Not recommended for children below 16 years)
126.	<i>Commelina bengalensis</i> L.		
	Whole plant	Karnsphota / karnmorata / Kausar	3-6 g
127.	<i>Commiphora wightii</i>		
	Oleoresin	Guggal	2-4 g (Not recommended for children below 5 years)
128.	<i>Commiphora myrrha</i>		
	Oleoresin	Hirabol	2-4 g (Not recommended for children below 5 years)
129.	<i>Convolvulus pluricaulis</i> / <i>Evolvus alsinoides</i>		
	Whole plant (with white or bluish flowers)	Shankh-pushpi / Vishnukranta	10-20 g (for decoction)
130.	<i>Convolvulus turpethum</i> / <i>Iporius turpethum</i>		
	Root / Seed	Sygma-kali nishoth / Safed Nishoth	2-4 g (as powder)
131.	<i>Coptis teeta</i> Wall. / <i>C. chinensis</i> syn		
	Whole plant	Mamira / Tiktamoola	1-3 g (as powder)
132.	<i>Corchorus acutangulus</i> Lam. (Now known as <i>C. aestuans</i> L.) / <i>C. capsularis</i> L / <i>C. olitorius</i> L		

	Aerial part	Chunchu / kaala / shaak / palva saag / Chench	10-20 ml (as juice)
133.	<i>Cordia dichotoma</i> Forst. f. (<i>C. wallichii</i> G. Don)		
	Fruit	Shlashmotaka / Lisora / Gondra	10-20 g
134.	<i>Cordia rotthii</i> Roem. and Schult. (Now known as <i>C. gharaf</i> (Forssk.) Ehrenb and Asch.		
	Fruit	Chhota Lisora / Lasudi	10-20 g
135.	<i>Coriandrum sativum</i> L.		
	Fruit / Seed	Dhanyaka / Dhaniya	1-3 g (as powder)
	Aerial part / Fresh leaf	Dhaniya	10-20 ml (as juice)
136.	<i>Costus speciosus</i> / <i>C. koeniga</i> (syn)		
	Rhizome / Root	Kebuka / Kemuk	2-4 g (as powder) (Not recommended for children below 5 years)
137.	<i>Crataeva nurvala</i> Buch- ham / <i>C. magna</i> DC		
	Fruit/Bark/Leaf	Varun / Barana	10-20 g (for decoction)
138.	<i>Crocus sativus</i> L.		
	Style/ Stigma	Kumkum (Kesar)	25-50 mg (Not recommended for children below 16 years)
139.	<i>Cucumis melo</i> L. / <i>C. melo</i> L. var. <i>momordica</i> Duthie and Fuller / <i>C. melo</i> L. var. <i>utilissimus</i> (Roxb.) Duthie and Fuller		
	Fruit	Kharbooja	50-100 g
	Seed		1-3 g (as powder)
140.	<i>Cucumis sativus</i> L.		
	Seed	Tripasha / Khira/cucumber	3-6 g (as powder)
	Fruit	Khira	50-100 g (as fresh)
141.	<i>Cucurbita maxima</i> Duch. ex Lam.		
	Seed	Peetkushmand/ Kashiphal/ kaddu	5 -10 g
	Fruit	Kashiphal	50-100 g (as fresh)
142.	<i>Cucurbita pepo</i> L.		
	Fruit	Kushmand / Safed Kaddu / safed petha	50-100 g (as fresh)
	Seed	Safed petha	5-10 g (as powder)
143.	<i>Cuminum cyminum</i> L.		
	Fruit	Jeerak / Jeera / safed	1-3 g (as powder)
144.	<i>Curculigo orchioides</i> Gaertn.		
	Tuber		Talmuli / Kalimushli 3-5 g
145.	<i>Curcuma amada</i> Roxb.		
	Rhizome	Aamra haridra / Ambaahaldi	5-10 g (as fresh) 2-4 g (as powder)
146.	<i>Curcuma angustifolia</i>		
	Root	Tavakasheer/ Tavkshir / Tikhur	2-5 g
147.	<i>Curcuma longa</i> L.		



	Rhizome	Holud/ Haldi	1-3 g (as powder)
	Fresh Rhizome / Leaf		5-10 ml (as juice)
148.	<i>Curcuma zedoaria</i> Roxb. (Now known as <i>C. aromatica</i> Salisb.)		
	Rhizome	Karchura / Kachur	1-3 g (as powder)
149.	<i>Cyamopsis tetragonoloba</i>		
	Pod/Seed	Gaurphali /Guar / Guar gum	20-30 g (as powder)
	Gum		5-10 g (as powder)
150.	<i>Cymbopogon citratus</i> (DC.) Stapf/ <i>C. coloratus</i> Stapf/ <i>C. jwarankusa</i> (Jones) Schult / <i>C. martini</i> (Roxb.)Wats		
	Whole plant	Lamajjaka / Harichaya / Rosha Ghas / lemon Grass	1-3 g (as infusion)
151.	<i>Cynodon dactylon</i> (L.) Pers.		
	Leaf / Whole plant	Durva / Duba	3-5 g
152.	<i>Cyperus rotundus</i> L. / <i>C. seariosus</i> R. Br		
	Rhizome	Mushtaka / Nagarmotha / Bhadramushtaka	2-5 g
153.	<i>Daucus carota</i> L.		
	Tuberous root	Gajar	50-100 g (as fresh) 50-100 ml (as juice)
	Seed		1-2 g (as powder) (Not recommended during pregnancy)
154.	<i>Desmodium gangeticum</i> / <i>D. latifolium</i>		
	Whole plant / Root	Shaalparni / Sarvan	5-10 g (for decoction) 2-5 g (as powder)
155.	<i>Dillenia indica</i> L.		
	Fleshy fresh sepals / Bark / Leaf	Bhavya /Chalta	10-20 g (for decoction)
	Fruit		40-50 g (as fresh)
156.	<i>Dioscorea alata</i> L. / <i>D. deltoidei</i>		
	Tuber / Aerial bulbs	Kathalu / Shingali	10-20 g
	Extract		0.5-1 g
157.	<i>Dioscorea bulbifera</i> L.		
	Tuber /Aerial bulbs	Varahikand / Genthi / Taradi	20-30 g (as fresh) 5-10 g (as powder)
	Extract		0.5-1 g
158.	<i>Dioscorea esculenta</i> (Lour.) Burkill / <i>D. pentaphyla</i> L		
	Tuber	Madhvaluk / Suthani	5-10 g
159.	<i>Diplezia maxima</i>		
	Tender shoots	Lungru	30-50 g
	Root		5 – 10 g
160.	<i>Diospyros peregrina</i> Gurke (Now known as <i>D. malabarica</i> (Desr.) Kostel)		
	Ripe fruit	Tinduka / Tendu / Gab	20-30 g
	Unripe fruit	Gab	4-8 g (as powder)
	Bark / Leaf / Seed		3-5 g (as powder)

161.	<i>Dlucha lameolata</i> C.B. Clarke		
	Aerial parts / Leaf	Razana / Vaaya-surai	5-10 g (as powder)
162.	<i>Dolichos biflorus</i> L. (Now known as <i>Vigna unguiculata</i> (L.) Walp.)		
	Seed	Kulath / Kulathi Gontha	20-30 g
163.	<i>Dolichos lablab</i> L. (Now known as <i>Lablab purpureus</i> (L.) Sweet)		
	Seed	Nishpaav/ Sem/ Semphali	20-40 g (as seed)
	Tender Pod	Sem	30-40 g (as fresh)
164.	<i>Echinochloa frumentacea</i> Link / <i>Panicum frumentacea</i> (syn)		
	Fruit	Sanwa / Shyamaka	30-50 g
165.	<i>Eclipta prostata</i> L. / <i>E. alba</i> (syn)		
	Whole plant	Bhringaraj/ Bhangra	3-6 g (as powder)
166.	<i>Elettaria cardamomum</i> (L.) Maton		
	Seed	Elaa/ Sukshma elaa/ Chhoti elaichi	250-500 mg (as powder)
167.	<i>Eleusine coracana</i> (L.) Gaertn. ssp. <i>coracana</i> (Finger millet)		
	Seed	Madhuli / Madua / Ragi	20-50 g
168.	<i>Elsholtzia cristata</i> Willd. / <i>E. ciliate</i> (syn)		
	Leaf	Ajogandha	5-10 ml (as juice)
	Seed		2-3 g
169.	<i>Emblica officinalis</i> Gaertn. (Now known as <i>Phyllanthus emblica</i> L.)		
	Fruit	Amalaki/ Anwala / Amla	20-30 g (as fresh) 3-6 g (as powder) 5-10 ml (as juice)
	Extract		1-3 g
170.	<i>Embelia ribes</i> Burm. f.		
	Fruit	Vidanga / Vai-vidanga / Bhabhiranga	1-2 g (Not recommended for females planning to conceive)
171.	<i>Embelica tsjeriam</i> -cotton A.DC / <i>E. robusta</i> (syn)		
	Fruit	Vidanga (bhed) / Bai- vidang (bhed)	5-10 g (as powder)
172.	<i>Enicostemma littorale</i> Blume		
	Whole plant	Maamajaka / Mamejwa / Naai	2-3 g
	Extract		0.5 – 1 g
173.	<i>Ephedra gerardiana</i> Wall.		
	Leaf/Whole plant	Somlata / Som /	2-3 g (as powder)
		Somvalli	
174.	<i>Euphorbia hidra</i> Linn. / <i>E. thymifolis</i> Linn.		
	Whole plant	Dugdihika / Dudhi	3-5 g (as powder)
175.	<i>Euphorbia nerifolia</i> / <i>E. pilosa</i> / <i>E. royalana</i> / <i>E. dracunculoides</i>		

	Stem (tender) after boiling	Snuhi / Thuhar / Sehund	10-20 g (as fresh)
	Leaf		3-5 g (as fresh) (Not recommended for children below 5 years and pregnant women)
	Latex		20 – 30 mg
176.	<i>Euryale ferox</i> Salisb.		
	Seed	Makhana / Fox-nut	20-30 g (as seed) 3-5 g (as powder)
177.	<i>Fagopyrum esculentum</i> Moench. / <i>F. tataricum</i> Gaertn. / <i>F. essence</i>		
	Seed	Kuttu	30 -50 g
178.	<i>Ferula asafoetida</i> L. / Syn. <i>F. foetida</i> Regal/ <i>F. narthex.</i> Boiss		
	Oleo-gum resin	Hingu / Hing / Heeng	60- 125 mg (as powder)
179.	<i>Ficus benghalensis</i> L.		
	Fruit	Vatt / Nyagrodha / Baragad	40-50 g
	Shoot / Bark / Aerial root		5-10 g (for decoction) 2-5 g (as powder)
180.	<i>Ficus carica</i> L. / <i>F. palmata</i>		
	Fruit	Anjeer / fig / phalguni / Indian fig	20-30 g
	Leaf / Bark		3 – 5 g (as powder)
181.	<i>Ficus glomerata</i> Roxb. (Now known as <i>F. racemosa</i> L.)		
	Fruit / Leaf	Udumbara / Gular	20-30 g (as fresh)
	Bark		3 – 5 g (as powder)
182.	<i>Ficus hispida</i> L.f.		
	Fruit	Kathgulara / Kakodumba	10-20 g
	Bark		3 – 5 g (as powder)
	Tender leaf	Kathgulara	20-40 ml (as juice)
183.	<i>Ficus locar</i> Buch. Ham / <i>F. infectoria</i>		
	Fruit / Stem / Bark / Leaf	Plaksha / Pakad	5-10 g
184.	<i>Ficus religiosa</i> L.		
	Fruit / Tender Leaf	Aswath /Pipal / Peepal	5-10 g
	Bark		3 – 5 g (as powder)
185.	<i>Flacourtia ramontchi</i> L' Herit (Now known as <i>F. indica</i> (Burm.f.) Merr.) / <i>F. jangomas</i> (Lour.) Raeusch		
	Fruit	Vikantaka / Katai / Kanghu /Surva vruksha	5-10 g
186.	<i>Foeniculum vulgare</i> Mill.		
	Fruit	Mishraya / Sounf / Fennel seed	3-6 g (as powder)
	Leaf		20-30 g (as fresh)

187.	<i>Fumaria vaillantii</i> (Lois.) Hook. f. and Thoms. var. <i>indica</i> Haussk. (Now known as <i>F. indica</i> (Haussk.) Pugsley) / <i>F. parviflora</i> (syn)		
	Whole plant	Parpat / Pittapapda	1-3 g (as powder)
188.	<i>Garcinia indica</i> (Thour.) Choisy / <i>G. cambogia</i>		
	Mature fruit	Vrukshamala / Kokam	10-20 ml (as juice) 5-10 g (as powder)
	Butter/ Oil		3-5 g/ml
	Extract		1 - 2 g
189.	<i>Garcinia pedunculata</i> Roxb. ex Buch-Ham.		
	Fruit rind	Vatasamla / Amalbeda	5-10 ml/g (as juice/powder)
190.	<i>Gardenia gummifera</i> Linn. F		
	Gum	Naadihingu / Dikkamaali	250 - 500 mg
191.	<i>Gardenia turgida</i> Roxb. (Now known as <i>Ceriscoides turgida</i> (Roxb.) Tirveng.)		
	Gum	Kharahara / Mahapindi / Kharahatta	1-3 g (as powder)
192.	<i>Gentiana kurroo</i> Royle.		
	Rhizome / Root	Trayamana / Trayanta	1 - 3 g
193.	<i>Gisekia pharnaceoides</i> L.		
	Leaf	Elavallukavari / Baluka Saga	5-10 g
194.	<i>Glycine max</i> (L.) Merr.		
	Seed	Soya / Soyabean	20-40 g
	Soya proteins		10-20 g
195.	<i>Glycyrrhiza glabra</i> L.		
	Root / Stolon	Madhuyasti / Yashtimadhu / Mulethi / liquorice	5-10 g (as powder)
196.	<i>Gloriosa superba</i> Linn.		
	Root / Tubers	Langali / Kalihari	125 - 250 mg (not indicated in children and lactating mothers)
197.	<i>Gmelina arborea</i> Roxb. / <i>Premna arborea</i> Roth (syn)		
	Fruit	Gambhari / Gamhari / Kaashmari	20-30 g
	Stem / Bark / Leaf		3 - 5 g (as powder)
198.	<i>Gmelina asiatica</i> L.		
	Fruit	Gopabhadra, Badhara	20-30 g
	Stem / Bark / Leaf		1 - 3 g (as powder)
199.	<i>Gossypium herbaceum</i> / <i>G. arboreum</i> L.		
	Seed	Karpasi/ Kapas/ Cotton	10-20 g
	Root		3 - 6 g (as powder)
200.	<i>Grewia hirsuta</i> Vahl		
	Root / Stem	Nagabala / Gulsakari	5-10 g (as powder)
	Fruit		3- 5 g
201.	<i>Grewia populifolia</i> Vahl (Now known as <i>G. tenax</i> (Forssk.) Fiori)		
	Bark / Fruit	Gangeru / Gangeran	5-10 g (as powder)

202.	<i>Grewia tiliaefolia</i> Vahl / <i>G. sclerophylla</i> / <i>G. optiva</i>		
	Fruit	Dhanvana / Dhamin	20-30 g
	Bark		3 – 5 g powder
203.	<i>Gymnema sylvestre</i> B. Br.		
	Plant	Meshashrunji / Gudmar / Madhunashini	5-10 g (for decoction) 3-5 g (as powder)
	Extract	Gudmar	0.5-1 g
204.	<i>Gynandropsis gynandra</i> (L.) Briq. (Now known as <i>Cleome gynandra</i> L.) / <i>G. pentaphyla</i> DC		
	Seed	Ajagandha / Hurhur	1-3 g (as powder)
	Whole plant	Hurhur	10-20 ml (as juice)
205.	<i>Habenaria intermedia</i> / <i>H. acuminata</i> THW / <i>H. edgeworthi</i>		
	Root tuber / Rhizome	Vruddhi / Ridhi	3-5 g
206.	<i>Hedychium spicatum</i> Ham ex Smith / <i>H. album</i>		
	Rhizome	Shatti / Kapur-Kachari	3-5 g
207.	<i>Helicteres isora</i> Linn.		
	Pod (fruit) / Bark / Leaf	Avartani / Avartaki / Marodphali	3-6 g (as powder)
208.	<i>Heliotropium indicum</i> Linn.		
	Whole plant	Hastishundi / Vrishikaali	3-6 g (as powder)
209.	<i>Hemidesmus indicus</i> syn. <i>Periploca indicus</i> L.		
	Root / Stem	Anantmula	3-6 g
210.	<i>Hibiscus rosasinensis</i> L.		
	Flower	Japakusum/ Gudahal	1-3 g (as powder) (Not recommended during pregnancy)
211.	<i>Hibiscus sabdariffa</i> L.		
	Leaf	Abaasthaki/Patawa	5-10 g (as powder)
	Seed	Patawa	1-3 g (as powder)
	Ripe calyx		5-10 g (as powder)
212.	<i>Hippophae rhamnoides</i> L. / <i>H. salicifolia</i>		
	Fruit / Leaf	Amlavetasa / Leh-beri/ Chharma/ Sea buck Thorn	10-20 g
	Extract	Amalvets	0.5-2 g
213.	<i>Hordeum vulgare</i> L.		
	Seed	Yava/Jau	30-50 g
	Aerial parts (processed)/Ash		2-5 g
214.	<i>Hygrophila spinose</i> / <i>H. auriculata</i> syn. / <i>H. schull</i> (ham)		
	Seed	Kokilaksha/ Ikshura / Tal makhana	3 – 6 g
	Whole plant		1 – 3 g (as ash)
215.	<i>Hypericum perforatum</i>		
	Leaf / Whole plant	Basant	3-6 g
	Plant extract		0.5-1 g
216.	<i>Hyssopus officinalis</i> Linn.		
	Whole plant	Zuufea dayaa-kunji	3-5 g

217.	<i>Illicium verum</i> Hook. f.		
	Fruit	Badiyan Khatai / Aniseed star	250 - 500 mg (as powder)
218.	<i>Inula racemosa</i> . Hook / <i>I. roylanna</i> non- DC (syn)		
	Root	Pushkar mool / Pokhar mool	1-3 g (as powder)
219.	<i>Ipomoea aquatica</i> Forssk. / <i>I. raptans</i> por (syn)		
	Leaf	Kalambi / Kalamisaag	20-30 g
220.	<i>Ipomoea batatas</i> (L.) Lam.		
	Tuber	Sweet potato / Shakarkandi / Mukhaalwka	20-30 g
221.	<i>Ipomoea digitata</i> auct. non L. (Now known as <i>I. mauritiana</i> Jacq.)		
	Root/Tuber	Kasheer – vidhara / Vidarikand	3-6 g
	Seed		1-2 g
222.	<i>Ipomia nil</i> Linn. / <i>Convolvulus nil</i> Linn. / <i>Convolvulus biobatus</i> (syn)		
	Seed	Shankhini / Krishanbeej / Kaaladana	3-5 g (Not recommended in children below 5 years and pregnant women)
223.	<i>Juglans regia</i> Linn. / <i>J. cineraria</i> L.		
	Fruit/Endosperm	Akshod / Akhrot / Walnut	10-20 g
	Leaf/Bark		3-5 g
224.	<i>Juniperus communis</i>		
	Flower/Leaf	Hapusha / Hauber	2 – 6 g
225.	<i>Jusmin auriculata</i> Vahl. / <i>J. humile</i> Linn.		
	Leaf / Flower	Yuthika / Juhil / Swarn-yuthika (swarnjati)	3-5 g
226.	<i>Jusmn officinale</i> Linn. / <i>J. grandiflorum</i>		
	Leaf / Flower	Jaati / Chameli / Jasmin	3-5 g
227.	<i>Kaempferin galanga</i> Linn.		
	Rhizome	Sugandhvacha / Chandevmula	500mg – 1 g
228.	<i>Kigelia pinnata</i> Jaeg. DC .		
	Fruit	Balam kheera	20-30 g
	Stem / Bark		3-6 g
229.	<i>Lagenaria vulgaris</i> Ser. (Now known as <i>L. siceraria</i> (Mol.) Standl.)		
	Fresh fruit	Katutumbi / Tumbini	10-20 g
	Seed	Alabu	1-3 g (as powder)
230.	<i>Lagerstroemia indica</i> / <i>L. parviflora</i>		
	Leaf	Jarul	6 - 12 g (as powder)
	Extract	Frash/ Faransh	1-2 g
231.	<i>Lens culinaris</i> Medik.		
	Seed	Masura	20-40 g
232.	<i>Lepidium sativum</i> L.		
	Seed	Chandershoola / Chansur / Halon / Garden cress	3-6 g (as powder) (Not recommended during pregnancy)
	Aerial part	Chansur	30-50 g (as fresh)



233.	<i>Leptadenia reticulata</i> (Retz.)W. and A.		
	Leaf/ Aerial part	Jeevanti/ Dodisaka/ Hemavati	20-30 g (as fresh) 5-10 g (for decoction) 3-5 g (as powder)
	Root / Whole plant		
234.	<i>Leucas cephalotus</i> (Koenig ex Roth) Spreng./ <i>L. aspera</i>		
	Leaf	Drona pushpi / Guma	20-30 g (as fresh) 3-5 g (as powder)
235.	<i>Limonia acidissima</i> L.		
	Fruit	Kapittha / Kainth / Wood apple	20- 40 g (as fruit) 1-3 g
	Leaf/Bark extract		
236.	<i>Linum usitatissimum</i> L.		
	Seed	Alasi / Atasi/ linseed/flaxseed	10-20 g
	Seed oil	Atasi ka tail	10-20 ml
237.	<i>Litchi chinensis</i> Sonner		
	Fruit	Lichu/ Litchi	30-50 g
238.	<i>Luffa acutangula</i> (L.) Roxb.		
	Whole plant	Katu koshatakri / Torai / dhartorai / ridged gourd	5 -10 g (as powder)
	Fruit	Torai	30-50 g (as fresh)
	Seed		1-3 g (as powder)
239.	<i>Luffa cylindrica</i> (L.)M. Roem. / <i>L. echinata</i> (devdali)		
	Fruit	Dhaamargava /Nenua / Rajkoshataki	20-40 g (as fresh)
	Seed	Nenua	1-3 g (as powder)
240.	<i>Lycopersicon esculentum</i> Mill. (Now known as <i>L. lycopersicum</i> (L.) Karsten.)		
	Fruit	Tomato/ Tamatar	20-40 g (as fresh)
241.	<i>Madhuca indica</i> Gmel.(Now known as <i>M. longifolia</i> (Koen.) Macbride var. / <i>M. longifolia</i> (Koenig) Macbride var. <i>latifolia</i>)		
	Flower	Madhuca / Mahua / jal Mahua	10-15 g (as flower)
	Fruit	Mahua	10-15 g
	Seed oil	Koyna ka tail	2-5 ml
242.	<i>Malva sylvestris</i> L. / <i>M. rotundifolia</i>		
	Fruit	Suvarchala / Khubharaji / Gulkhair	5-7 g (as powder)
	Leaf	Gulkhair	3-6 g (as powder)
243.	<i>Mangifera indica</i> L.		
	Ripe fruit	Aamar / Aam	50-150 g
	Unripe fruit pulp	Aam	10-30 g
	Seed kernel	Aam Beej / Majja	1-2 g (as powder)
	Leaf / Bark	Aam	3-5 g
	Extract of leaf	<i>Amara (ghan)</i>	0.5-1 g
244.	<i>Maranta arundinacea</i> L.		

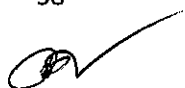
	Rhizome	Kookaineer (Sidha)/ Ararota/ Arrow-root	10-30 g (as powder)
245.	<i>Marrubium vulgare</i> Linn.		
	Whole plant	Fasaasiyum	3-5 g (as powder)
246.	<i>Marsilea minuta</i> L.		
	Leaf / Whole plant	Sunishannak/ Chowpatia	10-20 g (as fresh) 2-4 g (as powder)
	Extract	Chowpatia	0.5-1 g
247.	<i>Mentha spicata</i> L. / <i>M. arvensis</i> L. / <i>M. aquatica</i> Linn./ <i>M. suaveolans</i>		
	Aerial part	Pudina/ Putina	3-5 g
248.	<i>Mentha piperata</i> L./ <i>Mentha</i> spp.		
	Leaf	Peppermint / Sat pudina	2-5 g (as fresh) 1-2 g (as dry)
	Distilled oil/Extract		10-30 mg
249.	<i>Mesua ferrea</i> Linn.		
	Stemen/Flower bud	Nagkesar	1-3 g
250.	<i>Microstylis musifera</i> Ridley		
	Tuber	Jivaka	3-5 g
251.	<i>Microstylis wallichii</i> Lindl. (Now known as <i>Malaxis acuminata</i> D. Don)		
	Tuber	Rishabhka	5-10 g
252.	<i>Mimosa pudica</i>		
	Whole plant/Seed	Lajjalu / Lajwanti	3-6 g
253.	<i>Mimusops elengi</i> L.		
	Pericarp	Bakula / Maulsiri	20-40 g
	Flower	Maulsiri	5-10 g
	Bark		3-5 g
254.	<i>Mimusops hexandra</i> Roxb. (Now known as <i>Manilkara hexandra</i> (Roxb.) Dub.)		
	Pericarp	Khirni	20-40 g
255.	<i>Momordica charantia</i> L.		
	Fresh fruit / seed	Korolla/ Karabelwa / Karela	30-50 g (as fresh) 3-5 g (as seed)
	Dried fruit / seed		0.5-1 g
	Extract		(Not recommended for females planning to conceive and children below 5 years)
256.	<i>Momordica dioica</i> Roxb. ex Willd.		
	Root	Karkotaka / Khekhasa/ Karkoda	3-6 g (as powder)
	Fruit	Khekhasa	30-50 g
257.	<i>Monochoria vaginalis</i> (Burm.f.) Presl.		
	Rhizome	Indivara	3-6 g
258.	<i>Moringa oleifera</i> Lam. / <i>M. concanensis</i> Nimmo		
	Leaf	Shiguru/ Sahijan / Muringya / Lal Sehanjan	10-20 g (as fresh or paste) 2-5 g (as powder)

	Seed	Sahijan / Muringya	2-6 g (as fresh)
	Pod		40-80 g (as fresh) 2-5 g (as powder)
	Flower		10-20 g (as fresh)
	Extract of Bark/ Leaf/Fruit		0.5-1 g
259.	<i>Morus alba</i> L. / <i>M. Indica</i> / <i>M. nigra</i>		
	Fruit	Shahtoot / Toot	20-30 g
	Tender leaf / Bark / Flower		3-5 g
260.	<i>Morchella esculenta</i> / <i>M. elata</i>		
	Fruiting body	Guchhi	10-20 g
261.	<i>Mucuna pruriens</i> (L.) DC. / <i>M. prurita</i> Honk.		
	Root	Atma Gupta / Kapikachhu / Kawach/ Concha	10-20 g (for decoction after processing)
	Pod	Kawach	20-30 g (as fresh after processing)
	Seed		3-6 g
	Extract		0.5-1 g
262.	<i>Murraya koenigii</i> (L.) Spreng. / <i>M. exotica</i> Linn (Kamini)		
	Leaf / Fruit	Kaidarya /meetha neem/ Kadhipatta	5-10 g
263.	<i>Musa paradisiaca</i> L.		
	Flower	Kola/ Kadali / Kela / banana / Plantain	20-30 g
	Fresh shoot	Kola	20-50 g 10-20 ml (as juice)
	Ripe Fruit		30-50 g
	Unripe Fruit		10-20 g
264.	<i>Myrica esculenta</i> Buch. Ham. / <i>M. nagi</i> Hook		
	Fruit	Kataphala / Kaiphal	5-10 g
	Bark	Kaiphal	2-3 g
265.	<i>Myristica fragrans</i> Houtt.		
	Seed (kernel)	Jatiphala / Jaiphala / Jatipatra	0.25- 1.0 g (Caution: excessive use may cause giddiness)
	Aril (outer part of fruit)	Javitri	0.25 -1 g (as powder)
266.	<i>Myristica malabarica</i> Lam.		
	Seed	Pashika / Pashupati / Jangali Jayaphala	0.5 -2 g
	Aril	Jangali javitri	0.25 -1 g
267.	<i>Nardostachys jatamansi</i> DC / <i>N. grandiflora</i>		
	Stem/Aerial parts	Jatamansi / mansi	2-5 g
	Extract		0.25-0.50 g
268.	<i>Nasturtium officinale</i> / <i>N. aquaticum</i>		
	Leaf	Chhu-nalli / Water- cress / Piriya - haalim	10-20 g

269.	<i>Nelumbo nucifera</i> Gaertn.		
	Flower	Kamal / Padam	3-6 g (as powder)
	Rhizome	Bhen / Bhain	30-50 g (as fresh)
	Stalk	Murar / Kamalgatta	30-50 g (as fresh)
	Seed	kamalbeej	3-6 g (as powder)
270.	<i>Nymphaea alba</i> Linn/ <i>N. rubra</i> / <i>N. stellate</i>		
	Rhizome/ Seed	Kumud – utpala / Kamlini/ Nilofer /Shavet/ rakta / neel kamal	10-20 g
	Flower		3-6 g
271.	<i>Nigella sativa</i> L.		
	Seed	Kalaunji / Kaala jaaji	1-3 g(Not recommended during pregnancy)
272.	<i>Nilgiranthus ciliatus</i> (Nees) / <i>Strobilanthes ciliatus</i> (syn)		
	Fruit	Sehachara	3-5 g (as powder)
273.	<i>Nyctanthes arbortristis</i> L.		
	Flower	Parijat / Shephaali/ Harshringara	1-2 g
	Leaf/ Seed	Harshringara	1-3 g
274.	<i>Ocimum basilicum</i> L. / <i>O. pilosum</i> Wild.		
	Leaf	Barbari /Bhavari Tulsi/ Nijaboo	3-6 ml (as juice) 1-3 g (as powder)
	Seed		125-250 mg
	Extract		0.25-0.50 g
275.	<i>Ocimum gratissimum</i> L.		
	Leaf / Seed Extract	Vridha tulasi / Ram Tulasi	1-3 g (as powder) 0.25-0.50 g
276.	<i>Ocimum sanctum</i> L. (Now known as <i>Ocimum tenuiflorum</i> L.)		
	Leaf	Tulasi / Surasa / vrinda	2-5 g
	Seed Extract	Tulasi	1-2 g 0.25-0.50 g
277.	<i>Olea europaea</i>		
	Seed	Zaitoon / Jaitun	10-20 g
	Oil		10 – 20 ml
	Leaf		3-5 g (as powder)
278.	<i>Onosma bracteatum</i>		
	Whole plant/Leaf	Gojihraa /Gaozabaan	5-10 g
279.	<i>Onosma hispidum</i> / <i>O. echioides</i> Linn.		
	Root	Ratanjot	3-5 g
280.	<i>Operculina turpethum</i> / <i>Ipomea turpethum</i> (syn)		
	Root/Seed	Trivrat / Nishoth	1-3 g (Not recommended for children below 5 years)
281.	<i>Ophiocordyceps sinensis</i> / <i>O. indica</i> D.Don		
	Whole plant	Keetjaadi	20-60 mg
282.	<i>Opuntia vulgaris</i> / <i>O. dillenii</i>		
	Ripe fruit	Nagphani / Chhiter thohar	10-20 g (as fresh)

283.	<i>Orchis latifolia</i> L. (Now known as <i>Dactylorhiza hatergeria</i> (D. Don) Soo)		
	Tuber	Mynjataka / Salampanja / Salam-mishu	3-5 g (as powder)
284.	<i>Origanum majorana</i> L. / <i>Majorana hostensis</i> (syn)		
	Leaf	Marubaka / Marnaa	5-10 drops (as juice)
285.	<i>Oroxylum indicum</i>		
	Bark/Seed	Shyonok /Sonapatha / Talvarphali /Tataplant	5-10 g (for decoction) 3-5 g (as powder)
286.	<i>Oryza sativa</i> L.		
	Seed	Shali-tandul /	50-100 g
	Root stock	Chawal - shali	10-20 g (for decoction)
287.	<i>Oxalis corniculata</i> L.		
	Leaf	Changeri / Chukraa / Tinpatia	5-10 ml (as juice)
288.	<i>Paederia foetida</i> Linn.		
	Whole Plant	Prasarini / Gandh Prasarini	5-10 g (for decoction)
289.	<i>Panax pseudo ginseng</i> Wall / <i>P. quinquefolium</i> Linn. / <i>P. schinseg</i> Knees.		
	Root	Laxmana	1-3 g (as powder)
290.	<i>Pandanus odoratissimus</i> L.f. / <i>P. facicularis</i> Linn.		
	Oil	Kethaki / Koedaa/ Kewada	2-5 drops
	Flower		2-5 g
291.	<i>Panicum miliaceum</i> L. (Millet)		
	Seed (grains)	Chinast /Cheenaa	50-100 g
292.	<i>Papaver somniferum</i> L.		
	Seed	Posta-daana / Khas-Khas	1-2 g (if taken regularly) 2-5 g (as powder – occasionally)
293.	<i>Parmelia perlata</i> (Huds) Ach.		
	Whole plant	Lichen / Shaileya / Shailpushp / Chhareela	3-5 g
294.	<i>Paspalum scrobiculatum</i> L. (Kodo millet)		
	Seed	Kodrava /Kodon/ Kodo	50-100 g
295.	<i>Pedaliium murex</i> Linn.		
	Fruit	Brihat Gokshura Bada gokharu	5 – 10 g (for decoction) 3-5 g (as powder)
296.	<i>Pennisetum typhoideum</i> L. C. Rich. (Now known as <i>P. americanum</i> (L.) K. Schum.) (Millet)		
	Seed	Bajra	20-40 g
297.	<i>Peucedanum graveolens</i> (L.) Benth. and Hook.f		
	Seed	Shepu	1-3 g

298.	<i>Phaseolus aconitifolius</i> Jacq. (Now known as <i>Vigna aconitifolia</i> (Jacq.) Marechal)		
	Seed	Makushtha /	20-50 g
299.	<i>Phaseolus aureus</i> Roxb. (Now known as <i>Vigna radiata</i> (L.) Wilczek var. <i>radiata</i>)		
	Whole plant	Moth -dal	3 - 6 g (as powder)
299.	<i>Phaseolus aureus</i> Roxb. (Now known as <i>Vigna radiata</i> (L.) Wilczek var. <i>radiata</i>)		
	Seed	Jangali moong	20-50 g
300.	<i>Phaseolus lunatus</i> L.		
	Whole plant		3 - 6 g (as powder)
300.	<i>Phaseolus lunatus</i> L.		
	Pod	Sem	25-50 g (as pulse)
301.	<i>Phaseolus mungo</i> L. (Now known as <i>Vigna mungo</i> (L.) Hepper)		
	Seed	Masha / Urad - kale	20-50 g (as pulse)
302.	<i>Phaseolus radiatus</i> L. / <i>P. trilobus</i> Sensus.		
	Seed	Mudga / Mudgaparni / Moong	50-100 g (as pulse)
303.	<i>Phaseolus vulgaris</i> L. / <i>P. namus</i> Linn.		
	Pod / Seed	Lobia /Rajma / Kidney bean	10-20 g (as pulse)
304.	<i>Phoenix dactylifera</i> L.		
	Fruit	Kharjuura /Khajur / Chuhara	20-30 g
305.	<i>Phoenix sylvestris</i> (L.) Roxb. / <i>P. acaulis</i>		
	Fruit	Kharjuura/Khajoor - Jungle	20-30 g
	Nira (Sap)	Khajoor	30-50 ml (as fresh juice)
306.	<i>Phyllanthus amarus</i> / <i>P. urinaria</i> / <i>P. fraternus</i> Webster		
	Plant	Tamlaki /Bhumyamalaki/ Bhui - amla	5-10 g
	Extract	Tamlaki	0.5-1 g
307.	<i>Physalis alkekengi</i> L.		
	Fruit	Raajabutraka /Winter cherry /Kaknaj	5-10 g
308.	<i>Physalis minima</i> L.		
	Fruit	Tankaari /Papoto	10-20 g
309.	<i>Physalis peruviana</i> L.		
	Fruit	Parpoti (var) / Rasbhari	10-20 g
310.	<i>Picorhiza kurroa</i> Royle Ex. Benth / <i>P. scrophularii</i> flora		
	Root	Katuk / Kutaki /	1-3 g (as powder)
	Extract	Kulaki (Bheda)	125-250 mg
311.	<i>Pimpinella anisum</i> L.		
	Fruit	Anisoon /	1-3 g
	Oil	Aniseed	0.5 - 1 ml
312.	<i>Pinus excelsa</i> / <i>P. wallichiana</i> (syn)		

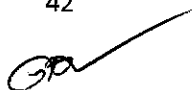


	Fruit Oil Bark	Kail / Saral (var)	5-10 g 1-2 ml 2-3 g (Not recommended for children below 5 years)
313.	<i>Pinus gerardiana</i> Wall.		
	Endosperm Oil Bark	Nikochaka / Chilgoja / Neerachail	10-20 g 1-2 ml 2-3 g
314.	<i>Pinus roxburghii</i> / <i>P. longifolia</i> Roxb		
	Fruit / Oleoresin Oil	Saral / Cheer / Cheel	10-20 g 1-2 g 1-2 ml (Not recommended for children below 5 years)
315.	<i>Piper betle</i> L.		
	Leaf	Tambula / Pana-patta / Paan	2-5 g (Not recommended for children below 5 years)
316.	<i>Piper chaba</i> Hunter (non-Blume) (Now known as <i>P.r retrofractum</i> Vahl) / <i>P. Officinarum</i>		
	Leaf	Chabya / Chabh / Chavika	1-3 g (as powder)
317.	<i>Piper cubeba</i> L.f.		
	Fruit	Kankola / Kabab chini	1-3 g (as powder)
318.	<i>Piper longum</i> L. / <i>P. retrofractum</i> Linn.		
	Fruit	Pippaali / Long pepper / Magha	0.5-2 g (as powder) (Not recommended for prolonged use)
319.	<i>Piper nigrum</i> L.		
	Fruit	Maricha / Kali Maricha/ Black pepper	0.5-2 g
320.	<i>Pistacia integerrima</i> Stewart (Now known as <i>P. chinensis</i> Bunge ssp. <i>integerrima</i> (Stewart) Rech.f.		
	Gall	Karkatasharingi / Kakadasingi / Kakdain	1-2 g
321.	<i>Pistacia lentiscum</i> Linn.		
	Gum-Resin	Mastagi / Roomi- mastagi	2-3 g
322.	<i>Pistacia vera</i> L.		
	Seed endosperm	Mukuulaka / Pista	5-10 g
323.	<i>Pisum sativum</i> L.		
	Seed and pod	Matar	30-50 g (as fresh)
324.	<i>Plantago ovata</i> Forssk. / <i>P. major</i> Linn. / <i>P. lanceolata</i> Linn.		

	Seed Husk	Isabgol	5-10 g 5 - 10 g
325.	<i>Plumbago zeylanica</i> Linn. / <i>P. indica</i>		
	Root	Chitraka / Chitra-sfed / Lal-pushp	1-2 g (as powder) after purification (Not recommended for children below 5 years and pregnant women)
326.	<i>Podophyllum hexandrum</i> Poyle. / <i>P. emodii</i> Wall. (syn)		
	Fruit / Rhizome / Root	Ban-kakadi / Giriparpat	125-250 mg (Not recommended for children below 5 years and pregnant women)
327.	<i>Pongania pinnorta</i> Pierre. / <i>P. glabra</i> syn		
	Seed Leaf/ Stem/ Bark Oil	Karanj	1-3 g (as powder) 3-5 g 1-2ml
328.	<i>Polygonatum cirrhifolium</i> (Wall.) Royle		
	Rhizome	Meda	5-10 g
329.	<i>Polygonatum verticillatum</i> (L.) All.		
	Rhizome	Mahameda	5-10 g
330.	<i>Portulaca oleracea</i> L. / <i>P. quadrifida</i> L.		
	Aerial part	Kulpha - sag / Nonia - sag	20-30 g (as fresh)
331.	<i>Premna integrifolia</i> / <i>P. latifolia</i> / <i>P. tomentosa</i>		
	Whole plant / Bark / Leaf	Agnimanth	5-10 g (as powder)
332.	<i>Prosopis spicegera</i> Linn. / <i>P. cineraria</i> Druce/ <i>P. stephanianna</i> (syn)		
	Pods Leaf / Bark / Flower	Shami / Khekjjadii	Pods 20-30 g (as fresh) 3-6 g (as powder)
333.	<i>Prunus amygdalus</i> Baill. var. <i>dulchin</i>		
	Fruit seed	Vaataama / Badam	10-20 g
	Seed oil	Badam ka tail	3 - 5 ml
334.	<i>Prunus armeniaca</i> L.		
	Pericarp	Khumani / Aaluka / Apricot	10-20 g
	Kernel	Khumani	3-5 g
	Seed oil		3-5 ml
335.	<i>Prunus cerasoides</i> D. Dons / <i>P. puddum</i> Roxb. (syn)		
	Wood	Padmaka /	1-3 g (as powder)
	Flower	Padamkasht / Pajja/ Wild Himalaya cherry	1 -2 g
336.	<i>Prunus domestika</i> Linn. / <i>P. communis</i> Huds.		
	Fruit Seed Oil	Aarak/ Aaluuchar / Aaluubhukaara	5-10 g (as dried fruit) 2-3 ml
	Stem extract		200 mg , Max (not recommended for usage beyond 30 days.)

337.	<i>Prunus persica</i> (L.) Batsch. / <i>P. vulgaris</i> Nutt.		
	Pericarp / Fruit	Aarun / Adu/ Aaluka/ Aru-adu	10-20 g
338.	<i>Psidium guajava</i> L.		
	Fruit	Peruka / Peru/ Amruda	20-50 g
	Leaf	Amruda	3-5 g
339.	<i>Pterocarpus marsupium</i> Roxb.		
	Heart wood	Asana / Vijaysar / Beejaka - beeja	5-10 g
	Extract		0.5-1 g
340.	<i>Pterocarpus santalinus</i> Linn.		
	Heart wood	Rakt Chandan/ Lal chandan	5-10 g
341.	<i>Pterospermum cerifolium</i> Willd.		
	Flower	Muchukund	3-6 g
	Leaf		5-10 g
342.	<i>Pueraria tuberosa</i> (Roxb. ex Willd.) DC.		
	Tuber	Vidaari / Patal Kohda / Bhumi-kushmand / Lasood	10-20 g
343.	<i>Punica granatum</i> L.		
	Seed	Dadima/ Dadaka/ Anar	20-50 g
	Fruit rind	Anar	5-10 g
	Leaf		5-10 g (for decoction)
344.	<i>Putranjiva roxburghii</i>		
	Fruit seed kernel	Putrajivak / Jiya-pota	3-6 g (Not recommended for children below 5 years)
345.	<i>Pyrus communis</i> L.		
	Fruit	Nashpaati / Babbughosha	50-100 g
	Seed		1-3 g
	Leaf		1-5 g (for decoction)
346.	<i>Pyrus malus</i> L. (Now known as <i>Malus pumila</i> Mill.)		
	Fruit	Seb	100-200 g 20-40 ml (as juice)
347.	<i>Ramunculus scleratus</i> Linn.		
	Whole plant /Root	Kaandir / Jal dhaniya	1-3 g (as powder)
348.	<i>Raphanus sativus</i> L.		
	Root / Leaf	Muulika / Muli	20-50 g (as fresh)
	Seed		125-250 mg
349.	<i>Reinwardtia indica</i>		

	Whole plant/Leaf Extract	Basanti	5-10 g (as powder) 0.5-1 g
350.	<i>Rhododendron arboreum</i> Sm. / <i>R. companulatum</i> / <i>R. lepidotum</i> Wall.		
	Flower	Rodo / Burans / Baraha	10-20 g
	Extract	Burans	1-2 g
351.	<i>Rheum emodi</i> Wall. ex Meissn. / <i>R. officinale</i>		
	Leaf	Revand chini /	0.5-1 g
	Root / Stem	Peatmuli	1 - 2 g
352.	<i>Rhus parviflora</i> Roxb. ex DC. / <i>R. coriaria</i> Linn.		
	Fruit	Tinda / Samakdana	30-75 g
353.	<i>Ricinus communis</i>		
	Seed/ Root	Erand /	5-10 g
	Leaf	Arand /	5-10 ml (as juice)
	Oil	Castor seed	1-5 ml (as laxative occasionally) (Not recommended for children below 5 years)
354.	<i>Rosa alba</i> L. / <i>R. centifolia</i> L. / <i>R. damascena</i> Mill.		
	Flower	Gulab / Taaruni	10-20 g
	Oil (distilled)		2 - 5 drops
355.	<i>Roscoea procera</i> Wall.		
	Root tuber	Kakoli /Kandamula / Ksheerakakoli	5-10 g (as powder)
356.	<i>Rubia cordifolia</i>		
	Root/Stem	Manjishta /Manjeeth	1-2 g
357.	<i>Rumex vesicarius</i> L. / <i>R. nepalensis</i> / <i>R. maritimus</i> / <i>R. acetosella</i>		
	Leaf	Ambat chukka / Chukra	10-20 g (Not recommended for children below 5 years)
358.	<i>Saccharum Munja</i> Roxb. / <i>S. spontaneum</i> Linn.		
	Root	Shara-munja / Kaasha	10-20 g (for decoction) 6-10 g (as powder)
359.	<i>Saccharum officinarum</i> L.		
	Stem - Juice	Iiksashu/ Ganna	100-200 ml (as juice) 5-15 g (for decoction) (Not recommended for diabetics)
	Root		diabetics)
	Sugar	Chini / Shakkar	15-30 g (Not recommended for diabetics)
	Jaggery	Gud	15-30 g (Not recommended for diabetics)
360.	<i>Salacia chinensis</i> L. / <i>Salacia oblonga</i> Wall. ex Wight and Arn / <i>Salacia reticulata</i> Wight. / <i>S. roxburghii</i> / <i>S. macrosperma</i>		



	Root /Stem	Saptachakra /Saptrangi / Suvarnamula /Anakoranti ke mula	5-10 g (for decoction)
	Extract of root or stem	Saptrangi	0.5-1 g
361.	<i>Salix alba</i> Linn./ <i>S. babylonica</i> / <i>S. capra</i> / <i>S. frag.</i> Lis / <i>S. tetraspermi</i>		
	Leaf / Bark / Root	Jalavetas / vetas / Bed- Mushak	10-20 g (for decoction) 3-6 g (as powder)
362.	<i>Salvadora persica</i> / <i>S. oleoides</i>		
	Fruit/Leaf	Peelu / Bada pelu	5-10 g
363.	<i>Salvia aegyptica</i> Linn. / <i>S. moorcraftiana</i> / <i>S. officinalis</i>		
	Seed	Tukhm-malanga / sage	1-2 g 3-5 g (as leaf powder)
	Plant		
364.	<i>Santalum album</i> L.		
	Oil	Chandan ka tail	3-5 drops
	Hard wood		1-2 g (as powder)
365.	<i>Saraca asoca</i> Roxb. / <i>S. indica</i>		
	Bark/Leaf	Ashok	5-10 g (Not recommended for children below 5 years)
366.	<i>Saussurea lappa</i> (Deeni) / <i>S. costus</i>		
	Root/Rhizome	Kushta / Kuth	3-5 g (Not recommended for children below 5 years)
	Oil		5-10 drops
367.	<i>Scindapsus officinalis</i> (Schoft)		
	Stem	Gajapipplai/Gaj pippali / Gaj krishna	3-5 g
368.	<i>Scirpus kysoor</i> Roxb. (Now known as <i>S. grossus</i> (L.f.) Palla) / <i>S. tuberosus</i> Desf.		
	Rhizome Tuber	Kasheruk /Kasheru / Rajkasheruka	20-50 g (as fresh)
369.	<i>Selinum tenuifolium</i> / <i>S. vaginatum</i> / <i>S. Monnieri</i> Linn.		
	Rhizome /Root	Murra-Maangi / Bhuutakoshi	1-3 g
370.	<i>Semicarpus anacardium</i> Linn.		
	Fruits / Nuts	Bhallataka / Bhallava	Detoxified fruit 1-2 g in milk confection (Not recommdeded for children beow 5 years and pregnant women)
371.	<i>Sesamum indicum</i> L. (Now known as <i>S. orientale</i> L.)		
	Seed	Tila /Sesame /Gingelly	10-20 g
	Oil	Tila	5-10 ml
	Whole plant		2-3 g (as ash)
372.	<i>Sesbania grandiflora</i> (L.) Poir. / <i>S. susben</i> Linn.		

	Flower	Agasthya /Jayanti / Agathi /Jait	10-20 g (as fresh)
	Leaf	Agathi	10-20 g
373.	<i>Setaria italica</i> (L.) P. Beauv. (Millet)		
	Seed	Kanguni / Kangu	10-50 g
374.	<i>Shoria robusta</i> Gaertn.		
	Raisin Fruit / Bark /Wood Oil	Saala / Shaala	1-3 g 3-5 g (as powder) 1-3 ml
375.	<i>Sida cordifolia</i> L. / <i>S. rhombifolis</i> Linn./ <i>S. acuta</i> / <i>S. spinose</i> / <i>S. veronica folia</i>		
	Whole plant	Balla / Mahaballa /Nagaballa / Rajaballa /Bariyara	10-20 g (for decoction) 1-2 g
	Extract		
	Seed	Bariyara	1-2 g
376.	<i>Sisimbrium rio</i> Linn./ <i>S. losetii</i> Linn.		
	Seed Plant	Khuub Kalan	1-3 g 3-6 g (as powder)
377.	<i>Smilax china</i> Linn./ <i>S. glabra</i> Roxb./ <i>S. lanceifolia</i> Roxb.		
	Tuber	Chobachini / Deepanter Vaacha	60-125 mg (as powder)
378.	<i>Solanum indicum</i> / <i>S. surattense</i> / <i>S. torvum</i> / <i>S. trilobetum</i> Linn.		
	Whole plant/ Root / Fruit	Bruhathi / Kantkari-shavet	5-10 g (for decoction)
	Extract	Kateli	0.5-1 g
379.	<i>Solanum nigrum</i> L.		
	Whole Plant	Kakamachi / Chhoti Makoy / Mako	10-20 g
380.	<i>Sorghum vulgare</i> Pers. (Millet)		
	Seed	Jwara / Yaava - naal	50-100 g
381.	<i>Sphaeranthus indicus</i>		
	Flower	Mundi / Mundika / Gorakmundi	5-10 g
382.	<i>Spinacia oleracea</i> L.		
	Leaf	Palak / Spinach	30 -50 g
383.	<i>Spondias mangifera</i> Willd. (Now known as <i>S. pinnata</i> (L.f.) Kurz.)		
	Fruit	Aamrataka / Ambada / Kapitania	20-30 g 5-10 g (for decoction) 1-3 g (as powder)
384.	<i>Stephania glabra</i> Miers.		

	Tuber / Rhizome / Leaf	Raaja paatha / Kitha-Kanehar	1-3 g (as powder)
385.	<i>Strychnos potatorum</i> L.		
	Seed	Kataki / Nirmali	1-3 g (as powder)
386.	<i>Swertia chirayita</i> / <i>S. ciliata</i> / <i>S. angustifolia</i>		
	Whole plant	Kiratik / Cheretta / Bhuunimba / Chiraita	3-5 g
	Extract	Chiraita	0.5-1 g
387.	<i>Symplocos racemose</i> Roxb. / <i>S. paniculata</i> Thunb.		
	Bark/Leaf	Lodhara / Lodhera - pathani	3-5 g
388.	<i>Syzygium aromaticum</i> (L.) Merr. and L. Perry		
	Flower bud	Lavanga / Laung	0.5-1 g
389.	<i>Syzygium cuminii</i> (L.) Skeels		
	Pericarp and mesocarp	Jambu / Jamun	10-50 g
	Seed	Jamun	3-5 g
390.	<i>Tacca aspera</i> Roxb.		
	Tuber	Bhevara ke kand	20-30 g
391.	<i>Tamarindus indica</i> L. / <i>T. officinalis</i> Hk (syn)		
	Fruit pulp	Amlika / Chinch / Imali / Tamarind	2-5 g (Not recommended during skin ailments)
	Seed	Imali	5-10 g
392.	<i>Taraxacum officinale</i>		
	Leaf / Whole Plant	Dugd - pheni / Dudhli / Dandelion	1-2g (as powder)
393.	<i>Taxus baccata</i>		
	Leaf	Talis patra / Sthavneyak	1-3 g (as powder)
	Bark	/ Thunera / Birmi	3-5 g (as powder)
394.	<i>Tecomella undulata</i> Seem.		
	Bark	Rohitaka / Roheda	15-30 g (for decoction) 3-6 g (as powder)
395.	<i>Tephrosia purpurea</i>		
	Whole plant	Sarponkha	5-10 g (for decoction) 3-5 g (as powder)
396.	<i>Teramnus labialis</i> (L.f.) Spreng.		
	Whole plant	Mashaparni	10-20 g (for decoction)
397.	<i>Terminalia arjuna</i> Roxb.		
	Bark/Leaf/Fruit	Arjun / Parth	1-5 g
	Extract	Arjun	0.5 - 1 g
398.	<i>Terminalia belerica</i> (Gaertn.) Roxb.		
	Fruit pericarp	Bibitaki Bahera	3-5 g
	Extract	Bahera	0.5-1 g
399.	<i>Terminalia catappa</i> L.		
	Kernel	Jungali badaama / Desi Badama	10-20 g
400.	<i>Terminalia chebula</i> Retz.		

	Fruit pericarp	Haritaki /Harad / Shiva	3-5 g (as powder)
	Extract	Harar	0.5-1 g
401.	<i>Terminalia tomentosa</i> Wight. and Arn.		
	Stem/Bark/Leaf	Asana / Jarandrum / Asan	5-10 g (for decoction) 3-5 g (as powder)
402.	<i>Tetragonia expansa/ T. tetragonoides</i> Pall.		
	Shoots / Seed / Root / Flower	Van-paalak	20-50 g (as fresh) 5-10 g (as powder)
403.	<i>Thalictrum foliolosum</i> DC.		
	Plant / Root	Peetranga / Mamirii	1-2 g (as powder)
404.	<i>Thespesia populnea</i> soland.		
	Stem / Bark	Paarisha / kapitana / Paarish-pippala	10-20 g (for decoction) 3-6 g (as powder)
405.	<i>Thymus serpyllum</i> auct. non L. (Now known as <i>T. linearis</i> Benth.) / <i>T. vulgaris</i>		
	Leaf	Banya-ajwain / Ban ajwain	1-3 g (as powder)
406.	<i>Tilia cordata</i> Linn. / <i>T. Vulgaris</i>		
	Flower	Telia	2-5 g (as powder)
407.	<i>Trachyspermum ammi</i> (L.) Sprague		
	Seed	Yavani /Ajwain / Desi ajwain	1-3 g (as powder)
	Leaf	Ajwain	3 -5 g
	Oil		5-10 drop
408.	<i>Trapa bispinosa</i> Roxb. (Now known as <i>T. natans</i> L. var. <i>bispinosa</i> (Roxb.) Makino)		
	Endosperm / Fruit	Shrungataka / Singhada / Sigadu	30-60 g
409.	<i>Trianthema portulacastrum</i> L.		
	Whole plant	Varsha vhun / Vishakhaparna	1-3 g
410.	<i>Tribulus terrestris</i> Linn.		
	Fruit/Whole plant	Gokhru / Gokshura	2-4 g (as powder) 5-10 g (for decoction)
411.	<i>Tricholepis glaberrima</i> DC.		
	Plant	Brahmadandi /Brahm Dandi	3-6 g
412.	<i>Trichosanthes anguina</i> L.		
	Fruit	Dadhipushpi /Chichinda	30-60 g
413.	<i>Trichosanthes dioica</i> Roxb.		
	Fruit/ Leaf	Patola /Parawal	10-20 g
414.	<i>Trigonella foenum-graceum</i> L.		
	Seed	Methika / Methi	1-2 g (soaked in water or germinated or roasted)
	Leaf	Methi	50-100 g (as fresh)
415.	<i>Triticum aestivum</i> L.		
	Seed	Gehun	50-100 g
	Tender shoot/spout	Ankurita Gehu	10-30 g

416.	<i>Typhonium trilobatum</i> (L.) Schott.		
	Tuber	Karu karunai / Konchu	20-50 g
417.	<i>Tinospora cardifolia</i> Miers. (menispermaceae) syn. <i>T. glabra</i> (n. Burm) / <i>T. crispa</i> Linn.		
	Roots/Stem	Guduchi / Amrita-valli / Giloya / Giloy	5-10 g (as powder) 10-20 ml (for decoction) 0.5-1 g Max (as sattva)
	Extract		0.5-1 g
418.	<i>Trichosanthes bracteata</i> Lam. / <i>T. palmata</i> Roxb. (syn)		
	Root / Fruit	Inder Vaaruni / Vishaalaa	0.5-1 g (as powder) (Not recommended for children below 5 years and pregnant women)
419.	<i>Urtica parviflora</i> / <i>U. dioica</i>		
	Tender Leaf	Vrishchhiya – shaakiar / Bicchubuti	10-20 g (for decoction)
420.	<i>Uraria picta</i> / <i>U. crinita</i> Desv / <i>U. pililifera</i> Linn.		
	Whole plant	Prishnaparni Pithvin	5-10 g (for decoction) 3-5 g (as powder)
421.	<i>Urginea indica</i> Roxb. Kunth / <i>Drimia indica</i> Roxb. (syn)		
	Bulb / Root / Leaf	Van palandu / jangali piyaz / kolakand	125-250 mg (Not recommended for children below 5 years and pregnant women)
422.	<i>Valeriana jatamansi</i> Jones / <i>V. wallichii</i>		
	Rhizome	Sugandh –baalaa / Tagar	1-3 g (as powder)
423.	<i>Veronika officinalis</i> / <i>V. teres</i> Wall.		
	Whole plant / Leaf	pamukha	0.25 – 1 g
424.	<i>Vetiveria zizanioides</i>		
	Whole plant	Ushira / Khas / Vetiver	5 - 10 g (for decoction)
425.	<i>Vigna trilobata</i> (L.) Verdc.		
	Whole plant	Mudadaparni / Mugvan	2-4 g (as powder)
426.	<i>Viola odorata</i> / <i>V. pilosa</i> / <i>V. sylvestris</i>		
	Whole plant Flower	Banafsha / Vanksha	3-5 g 1-2 g
427.	<i>Vitex agnus-castus</i> Linn.		
	Seed Leaf	Renuka beej / Sage	1-2 g 1-3 g (Not recommended for children below 5 years)

428.	<i>Vitex negundo</i> / <i>V. trifolia</i>		
	Fruit/Seed/Leaf	Nirgundi /Sambhaalu	1-3 g
429.	<i>Vitis vinifera</i> L.		
	Fruit dry	Draksha /Munakka	5-10 g
	Seed / Fruit skin	Munakka	1-3 g
430.	<i>Wedelia calendulacea</i> (L.) Less. (Now known as <i>W. chinensis</i> (Osbeck) Mer.)/ <i>W. biflora</i> DC.		
	Leaf	Peet-bhringraja/ Pila bhagra	5-10 g (for decoction) 1-3 g (as powder)
431.	<i>Withania coagulans</i> (Stocks) Dunal		
	Fruit	Desi – asgandh / Pancr dodda	3-10 g
432.	<i>Withania somnifera</i> (L.) Dunal.		
	Root	Ashwagandha /Asgandh / Nagauri / asgandha	3-6 g (as powder)
	Extract	Asgandh	0.5-1 g
433.	<i>Woodfordia fruticosa</i>		
	Flower	Dhataki pushp /Dhay ke Phool	3-5 g
434.	<i>Wrightia tinctoria</i> / <i>W. tomentosa</i>		
	Bark/Leaf	Svet kutaj / Meetha kutaj / Inderyava	3- 5 g
	Seed		1-3 g
435.	<i>Zanthoxylum alatum</i> Roxb. (Now known as <i>Zanthoxylum armatum</i> DC.)		
	Seed / Bark	Timura /Tejovati /Tis- Mira	1-3 g
436.	<i>Zea mays</i> L.		
	Seed	Makka	20-50 g
	Anthers / Corn silk		3-5 g
437.	<i>Zingiber officinale</i> Rosc.		
	Rhizome	Adrakh /Shunti	5-10 g (as fresh) 1-3 g (as dried)
	Extract		0.1 – 1 g (Not recommended during hypertension and bleeding disorders)
438.	<i>Zizyphus jujuba</i> Lam.		
	Pericarp	Unnaba / unnab ber	10-50 g (as fresh) 10-20 g (as powder)
439.	<i>Zizyphus nummularia</i> (Burm.f.) W. and A. / <i>Z. oenoplia</i> / <i>Z. xylopyra</i> Willd.		
	Pericarp	Jangali Ber / Jhar ber	15-30 g (as fresh fruit)
	Leaf		3-6 g (as powder)

Note 1- Ingredients listed in the above Schedule shall be used after due processing or in their extract forms subject to permissible usage range given in the last column of the Table. Offering these ingredients, either alone or in combinations as such or minimally processed (cleaned, de-weeded, sorted, dried or powdered) is/are not permitted.

Note 2- Adequate scientific rationale, either based on rationale as enshrined in the Authoritative texts, or as demonstrated in published scientific literature shall be applied for manufacturing foods as supplements/nutraceuticals while using ingredients listed in the Schedule II of said regulations. In case of use of more than one ingredient listed in the above Schedule in a formulation, adjustment may be permitted by way of reduction or alteration within the permissible usage range (given in the last column of the Table) based on similar scientific rationale subject to that such a use provides a safe formulation. Ingredients, if used in extracts form, as permitted in these regulations, proportion of which shall be based on extractive values as applicable. FBO's shall provide the rationale as part of the application or when demanded by the Authority.

Note 3- The ingredients listed above shall comply with updated Food Safety (Contaminants, Toxins and Harmful Residues) Regulations.

Note 4- Permitted range of usage for children between 5-16 years is $\frac{1}{2}$ of the permitted range of usage for adults.

Note 5- Permitted range of usage for children between 2-5 years is $\frac{1}{4}$ of the permitted range of usage for adults."

Schedule – III
Molecules/isolates/extracts other than Schedule II

PART A				
S. No.	Nutraceutical ingredients	Official / Common name	Purity Criteria	Permitted Range
1.	American ginseng (<i>Panax quinquefolius</i> L.)	Ginseng extract (American).	American ginseng extract (containing NLT 10% of total ginsenosides on dried basis).	90 - 400 mg /day, Max
2.	Astaxanthin (from <i>Haematococcus pluvialis</i>), powder or oleoresin	-	Astaxanthin content	2 - 12 mg/day, Max
3.	Beta Alanine	-	-	4 - 6 g / day, Max (not more than 4 weeks at a stretch)
4.	Betaine (N,N,N,-trimethylglycine)	-	-	600 - 650 mg /day, Max
5.	Boswellia serrata - gum resin extract	Salai guggul / Kundru	Total boswellic acids or 11-keto-beta boswellic acids content	250 - 1,500 mg extract/day, Max
6.	Caffeine	Caffeine	Caffeine Per cent	3 mg/kg b/w per day, subject to a maximum limit of 300mg per day and not more than 200mg in a single dose (only for adults and not recommended for pregnant and lactating women).
7.	Calcium hydroxyl methyl butyrate (CaHMB)	-	CaHMB content	3 - 6 g / day, Max (Not recommended for use by pregnant women and lactating mothers)
8.	<i>Chlorella vulgaris</i> – dried powder	Green algae / Shaiwal		1 – 4 g/day, Max
9.	Chromium picolinate/ nicotinate	-	Chromium picolinate/ nicotinate content	200 - 400 mcg / day, Max
10.	<i>Cimicifuga racemosa</i> (or <i>Actaea racemosa</i>). Extracted from rhizomes and roots	Black cohosh	Total triterpene glycosides (minimum 0.4%), calculated as 23-epi-26-deoxyactein).	40 - 200 mg /day, Max
11.	Citrus bioflavonoids (<i>Citrus paradisi</i> , C.	Citrus / Jambir	Bioflavonoids and total polyphenol content	150 - 600 mg / day, Max

	<i>reticulate, C.maxima, C. sinensis and Citrus limon)</i>			
12.	CoQ10 from non-GM source and Ubiquinol acetate	Co enzyme Q10	Ubiquinone and ubiquinol content	60 -300 mg / day, Max
13.	Colostrum	-	-	Bovine colostrum spray dried powder at usage level of 15g per day (containing 3g of IgG) or 3g per day (containing 0.3g IgG) without any efficacy claims.
14.	Creatine (source- Creatine monohydrate, Creatine hydrochloride and Creatine nitrate)	-	-	3 g / day, Max (for adults only)
15.	Cryptoxanthin / Mesoxanthin	-	-	3 mg / day, Max
16.	Echinacea (<i>E. angustifolia, E. purpurea, and E. pallida</i>) <i>Liquid/powder extract</i>	Echinacea	Alkamides (0.25 mg/ml) and cichoric acid (2.5 mg/ml), if the extract used is in liquid form. In case of Hydroethanolic Echinacea extract is in a powdered form computation may be done proportionately to the weight/weight dry powder extract based on liquid extract used to obtain a dry powder format.	900 mg /day, Max
17.	Ginkgo biloba extract obtained from dried leaves of Ginkgo (<i>Ginkgo biloba. L.</i>)	Ginkgo biloba extract	Ginkgo flavone glycosides and Ginkgolides (diterpene lactones). Total flavonoids content (20.2 to 27% calculated as flavanol glycosides and tested for total terpene lactones (5.4% to 12.0%). Presence of Ginkgolides A, B, C needs to be tested qualitatively.	120-240 mg/ day, Max
18.	Glucosamine hydrochloride	Glucosamine	Glucosamine content	1,500-3,000 mg/day, Max
19.	Glucosamine sulphate	Glucosamine	Glucosamine content	2,500-5,000 mg/day, Max

20.	Glutathione / S-acetyl glutathione	-	-	50 - 600 mg / day, Max
21.	<i>Gymnema sylvestre</i> extract powder	Madhunashini, Gudmar (extract)	Gymnemic acid content	500-1,500 mg / day, Max
22.	Lactase (β -galactosidase)*	-	Enzyme activity	3,000 – 9,000 IU (or FCC units) / day, Max
23.	L-carnosine	-	-	130 - 600 mg / day, Max
24.	L- theanine	Chai suksham satva		50- 200 mg/day, Max
25.	Melatonin	-	-	2 – 10 mg / day, Max
26.	Methyl sulfonyl methane	-	-	1000 - 3000 mg / day, Max (Not recommended for use by pregnant women and lactating mothers)
27.	<i>Panax ginseng</i> (Syn; Korean Ginseng) extract - (obtained from 0.6 to 2.0 g of Ginseng root, (<i>Panax ginseng</i> , C A. Meyer, Araliaceae)	Ginseng extract	Ginsenoside content ranging from 3 - 10 % and adjusted to potency basis 3% total ginsenoside content	90 - 400 mg / day, Max
28.	Phycocyanin from <i>Spirulina plantesis</i> (<i>Aethrospira plantesis</i>) Dried powder	Spirulina	Protein: 50-70 %; Carbohydrates: 20-40%; Minerals (Ash): 5.0 – 15%; Moisture: 3.0 – 6.0 %	50 – 250 mg / day, Max
29.	<i>Piper nigrum</i> / <i>Piper longum</i> extract	Pippali/ Pepper	Piperine content	15 mg/day of piperine, Max (Duration of use: maximum 30 days)
30.	Quercetin obtained from extracts of citrus fruits, vegetables and other plant sources.	-	Quercetin content	100 mg / day, Max
31.	<i>Schizandra</i> berry extract	Five-flavor berry	Schizandrin berries containing 2.5-3.0% schizandrin	1 – 3 g / day, Max
32.	<i>Scutellaria bicalensis</i>	Patwar topi, Skullcap	Aq. extract standardized to bicallin content 30 - 50 % and adjusted to potency basis 50 % bicallin content	250 – 1,000 mg/ day, Max

33.	Selenium Yeast	-	Selenium content and number of yeast counts (Cfu/g)	2 mg/day of selenium, Max
34.	Siberian ginseng-obtained from 0.6 to 2.0 g of Ginseng root (<i>Acanthopanax senticosus</i> , belonging to panax type, C A. Meyer, Araliaceae)	Ginseng extract	Eleutherosides content	100 – 450 mg / day, Max
35.	<i>Silybum marianum</i> extract (silymarin extract)	Milk Thistle	Standardized extract – silymarin content	250 - 1,000 mg/ day, Max
36.	Spirulina (algae) from (<i>Spirulina platensis</i> , <i>Arthrospira platensis</i>)	Shaiwal/ Spirulina	(Protein (min.) - 55%, carbohydrates (max.)-30%, fats (lipid) – not more than 10%, minerals (ash)-5-10%, moisture- 3-6% (also fatty acid profile to be mentioned on the package)	500 - 3,000 mg / day, Max
37.	Undenatured type II collagen	-	-	40 mg/day, Max
38.	<i>Vaccinium myrtilillus</i> extract	Bilberry extract	Anthocyanin content	50 - 600 mg / day, Max
39.	Zeaxanthin	-	-	4 mg/day, Max
40.	Camellia sinensis-Black /green tea extract, standardized powder	Chai & tea extract	-	0.5 g - 2 g/day, Max
41.	Camellia sinensis-Tea catechins (epigallo catechin gallate, epicatechin, catechin gallates)	Chai satva	-	0.7 g/day, Max”


Part B		
S. No.	Nutraceuticals / Ingredients	Official and Common names.
1.	(+) Hydroxycitric acid	-
2.	<i>Albizia lebbek</i> - extract	Shireesh
3.	<i>Allium sativum</i> – bulbs dried standardized powder / Extract	Rason/ Lashun/Garlic
4.	<i>Aloe vera</i> – juice /concentrate /powder of sap /gel	Ghrit Kumari /Indian aloe
5.	Alpha amylase*	-
6.	Alpha mangostin	-
7.	Alpha-galactosidase*	-
8.	Alpha-lipoic acid	-
9.	<i>Amaranthus tricolor</i> – leaf powder / extract	Marisha-Rakt Extract
10.	Amylase*	-
11.	Amyloglucosidase*	-
12.	<i>Anethum graveolens</i> L. - seeds and oil	Shatahva/ Sowa /Soa /Dill
13.	Anthocyanin	-
14.	Arabinogalactan	-
15.	Arachidonic acid	-
16.	<i>Asparagus densiflorus</i> - extract	Asparagus / Shatavari
17.	<i>Bacopa monnieri</i> - leaf extract	Brahmi
18.	Barley seed powder	Yava /Barley
19.	<i>Bauhinia variegata</i> - extract	Kachnar
20.	<i>Berberis vulgaris</i> / <i>B. aristata</i> / <i>B.asiatica</i> – stem/root Extract	Berberry / Daru haridra
21.	Beta carotene – standardized soft concentrate / emulsified concentrate / powder	-
22.	Beta ecdysterone	-
23.	β-glucans	-
24.	<i>Beta vulgaris</i> – root extract	Palanki/Beet
25.	β-sitosterol	-
26.	<i>Betula platyphylla</i> / <i>B.utilis</i> - bark extract	Bhojapatra/Birch
27.	<i>Biota orientalis</i> - seed powder	Biota
28.	<i>Borago officinalis</i> - oil	Borage
29.	Campestanol	-
30.	Campesterol	-
31.	<i>Capsicum annum</i> - extract / standardized to capsaicin Content	Lanka/Cayenne pepper / Lal mirchi
32.	<i>Caricus papaya</i> – leaf extract	Papaya / Papeeta, Erand-karkati
33.	Carotenoids (natural mixed, including from algal sources)	-

34.	Casein and caseinates	-
35.	<i>Caulophyllum thalictroides</i> - root extract	Blue cohosh
36.	Cellulase*	-
37.	<i>Centella asiatica</i> – leaf/aerial parts standardized Extract	Mandukparni / Gotu Kola
38.	<i>Matricaria chamomilla</i> (<i>Matricaria recutita</i>) – aerial parts extract	-
39.	<i>Malpighia emarginata</i> (Cherry acerola)	Acerola
40.	Chlorogenic acids	-
41.	Caffeic acid	-
42.	Chondroitin sulphate	Chondroitin
43.	<i>Cichorium intybus</i> – roasted root powder	Kasani/ Chicory
44.	<i>Cinnamomum verum</i> – bark powder / extract	Tvak bhed/Cinnamon
45.	Citrulline/ L-citrulline DL-malate (2:1)	-
46.	<i>Citrus aurantium</i> – peel extract / bioflavonoids Standardized	Bitter orange
47.	Citrus naringenin	-
48.	D-Mannose	-
49.	<i>Syzygium aromaticum</i> - Clove powder & oil	Lavang tail
50.	<i>Cnicus benedictus</i> – aerial parts extract / root extract	Blessed thistle
51.	<i>Theobroma cacao</i> -Cocoa (chocolate) bean - extract	-
52.	<i>Coccoloba grandis</i> (L.) Voigt - extract	Bimbi/Kundurur/ Ivy gourd
53.	Collagen and its hydrolysed peptides and chelates	-
54.	Conjugated linoleic acid concentrate	-
55.	<i>Crataeva nurvala</i> - extract	Varun
56.	Crustacean shells	-
57.	<i>Cuminum cyminum</i> L – oil / extract	Jeerak/Safed Jeera/Cumin
58.	<i>Curcuma longa</i> – rhizome powder / extract Standardized	Haridra/Haldi/Turmeric
59.	Curcuminoids – soft extract / powder and curcumin Complex	-
60.	<i>Cyperus rotundus</i> - extract	Mustak/Nagar motha
61.	Diastase*	-
62.	D-Pinitol	-
63.	<i>Dioscorea bulbifera</i> - extract	Varahi kand
64.	Protein isolates/concentrates/hydrolysates	-
65.	Ellagic acid	-
66.	<i>Emblica officinalis</i> – dried fruit extract / spray dried pulp powder	Indian gooseberry/ amlaki
67.	Eriocitrin (from citrus fruit)	-
68.	<i>Oenothera biennis</i> - Evening primrose oil	-



69.	<i>Fagopyrum esculentum</i> - seed	Buckwheat
70.	Fish oil	-
71.	<i>Foeniculum vulgare</i> - fruit - oil / extract	Fennel / Saunf
72.	Freeze-dried banana powder	-
73.	Galactomannan	-
74.	Gallic acid	-
75.	Gamma-linoleic acid (GLA)	-
76.	Gamma-oryzanol	-
77.	<i>Garcinia gummi-gutta</i> and <i>Garcinia cambogia</i> / <i>G.indica</i> – fruit rind extract standardized to hydroxyl citric acid, powder)	Kokum / Vrikshamalak / Malabar tamarind
78.	<i>Garcinia mangostana</i> – seed extract standardized	Mangosteen
79.	Glucoamylase*	-
80.	Glucomannan	-
81.	<i>Glycyrrhiza glabra</i> - extract	Madhuyashti/Licorice / Mulethi
82.	Grape seed extract	-
83.	<i>Coffea arabica</i> , <i>C. robusta</i> - Green coffee seed extract standardized, including decaffeinated coffee bean powder/extract	Kaphi
84.	<i>Grifola frondosa</i> – standardized extract	Maitake mushroom
85.	Guar gum and gum arabic and its derivatives as a source of fibers; Maltodextrin/Resistant maltodextrin/ Limit Dextrin; chia seed fiberand fibers from other food sources	-
86.	Hemicellulase*	-
87.	Hesperidin	-
88.	High oleic sun flower oil and other vegetable oils with high oleic content	-
89.	<i>Hippophae rhamnoides</i> – leaf/fruit dried powder/extract / juice	Amalvetas /Sea buckthorn
90.	<i>Humulus lupulus</i> L – powder / extract	Phaph/Hops
91.	Hyaluronic acid and its salts	-
92.	Hydrolysed whey peptide	Whey
93.	<i>Hypericum perforatum</i> – aerial parts standardized Extract	Basant/St. Johns Wort
94.	<i>Inula racemosa</i> - root extract	Pushkarmoola extract
95.	Invertase*	-
96.	Isoflavones (genistein, daidzein)	-
97.	Kelp (brown algae)	-
98.	Krill oil - standardized for DHA / EPA	-
99.	Lactalbumin	-
100.	Lactoferrin	-

101.	Lactoperoxidase*	-
102.	<i>Lagerstroemia speciosa</i> L (leaf extract)	Jarul/Banaba
103.	Lecithins	-
104.	Lignans	-
105.	<i>Linum usitatissimum</i> - seed powder and oil	Atasi/Alasi/Flaxseed
106.	Lipase*	-
107.	Lutein	-
108.	Lutein/zeaxanthin complex	-
109.	Lycopene	-
110.	<i>Lycium barbarum/ Lycium europaeum/ Lycium ruthenicum</i> fruit - dried powder/concentrate standardized	Goji berry (wolfberry)
111.	Maltase*	-
112.	<i>Mangifera indica</i> – mangiferine, leaf extract	-
113.	<i>Medicago sativa</i> extract	Ashar-bala/Alfalfa
114.	Medium chain triglycerides	-
115.	<i>Menyanthes trifoliata</i> - Leaf powder	Buckbean / bogbean
116.	Millets and their powder	-
117.	<i>Momordica charantia</i> - fruit / seed extract	Karvalli/Kodon,/bitter gourd/, Karela
118.	<i>Monodora myristica</i> (Gaertn.) Dunal – oil / extract	Nutmeg
119.	<i>Morinda citrifolia</i> extract	Akshiki/Noni
120.	<i>Moringa oleifera</i> leaf / pods / seed extract powder	Shigru/Moringa / drum stick
121.	<i>Morus alba</i> - Mulberry tea– leaf / fruit extract	Toot/Mulberry
122.	<i>Myrica cerifera/M. nagi</i> – bark extract	Katphala/Bayberry
123.	<i>Myristica fragrans</i> Houtt.	Jatipatri/Mace/ Javitri
124.	N-Acetyl d-glucosamine	-
125.	<i>Nardostachys jatamansi</i> - extract	Jatamansi
126.	<i>Nasturtium officinale</i> - extract	Chhu nail/Watercress
127.	Nattokinase enzyme (as Soy bean Fibrinase)	-
128.	<i>Ocimum tenuiflorum /Ocimum sanctum</i> – aerial parts / seed extract	Surasa/ Basil /Tulasi
129.	Omega-3 fatty acids (docosahexaenoic acid - eicosapentaenoic acid - alpha - linolenic acid)	-
130.	Omega-6-fatty acids (linoleic acid, arachidonic acid and conjugated linoleic acid)	-
131.	Oyster shell powder	Shukti/Seep
132.	Pancreatin*	-
133.	Pancrelipase*	-
134.	Papain*	-



135.	<i>Passiflora foetida</i> - extract	Passion flower
136.	<i>Arachis hypogaea</i> - (roasted) powder	Mandapi/Pea nut/ Munghphali
137.	Pectin	-
138.	Pepsin*	-
139.	<i>Perna canaliculus</i> (Green lipped mussel / Mussel Oil)	-
140.	<i>Phellodendron amurense</i> leaf oil	Phellodendron
141.	Phosphatides /Phospholipids	-
142.	<i>Phyllanthus amarus</i> - extract	Tamalaki/ Bhuiamalaki
143.	Phytase*	-
144.	<i>Picrorhiza kurroa</i> -Picrorhiza - extract	Katuka/Kutaki
145.	<i>Pimento officinalis</i> L. - extract/powder	Allspice
146.	<i>Pinus gerardiana</i> - bark extract	Nikochak/Pine nut
147.	<i>Piper longum</i> – extract	Pippali/ Magha/Long pepper
148.	<i>Piper nigrum</i> - green extract	Green pepper, Krishan Marich
149.	<i>Piper nigrum</i> – powder / standardized extract	Krishan Marich/ Marich/ Black pepper
150.	Policosanol	-
151.	Protease*	-
152.	<i>Prunus serotina</i> - extract	Black cherry
153.	<i>Plantago ovata</i> (major) –Psyllium (Isaphula)- seed Husk	Isaphgul-Ashabgol
154.	<i>Cucurbita pepo</i> , <i>C. maxima</i> - Pumpkin seed oil /meal	Kaddu beej tail
155.	<i>Punica granatum</i> – fruit /seed /skin extract /leaf /powder	Dadima/Pomegranate
156.	<i>Raphanus sativus var. niger</i> - root powder/ extract	Mulika/ Muli /Black radish
157.	Red wine - extract /concentrate	-
158.	Red yeast rice	-
159.	Resveratrol	-
160.	<i>Rhododendron arboreum</i> / <i>R. campanulata</i> - juice/extract	Buras/Rhododendron
161.	Rice bran	-
162.	Rice bran arabinoxylan compound	-
163.	Rose hips	-
164.	<i>Rosmarinus officinalis</i> – leaves/ needles extract /oil	Rosemary
165.	Royal Jelly	-
166.	Rutin from fruit peels	-
167.	<i>Salvia officinalis</i> – leaf extract	Renuka Leaf Extract/Sage
168.	<i>Sambucus nigra</i> - extract	Khaman Kabir /Elderberry/ Black elderberry
169.	Shark cartilage /squalene oil	-
170.	Shiitake mushroom - extract	-

171.	<i>Solanum lycopersicum/ S. esculentum</i> – fruit powder/ Extract	Tamatar/Tomato
172.	Soy sprouts – dried powder	-
173.	Soya protein isolate/ edible legume seed protein Isolate	-
174.	Spearmint – leaf and distillate	-
175.	Sterols/Stanols including their esters	-
176.	<i>Tagetes sp.</i> – petals oleo resin / extract	Marigold
177.	<i>Terminalia arjuna</i> - bark /leaf extract (standardized extract)	Arjuna extract
178.	<i>Terminalia bellerica</i> - fruit extract	Bibhitak/Baheda/Myrobalan
179.	<i>Terminalia chebulia</i> - fruit extract	Haritaki / Harad/Myrobalan
180.	Theaflavin	Chai sukshara satva
181.	Theobromine	-
182.	Tocopherols	-
183.	<i>Trigonella-foenum-graecum</i> – seeds extract	Methika/Methi/Fenugreek
184.	<i>Triticum sativum</i> - bran	Godhum/Wheat/Gehu
185.	Trypsin*	-
186.	<i>Vaccinium corymbosum</i> - fruit - dried powder / concentrate standardized	Blueberry
187.	<i>Vaccinium oxycoccos/Vaccinium macrocarpon</i> - fruit - dried powder / concentrate standardized	
188.	<i>Valeriana wallichii</i> - extract	Tagar
189.	<i>Vitis alba and Vitis vinifera</i> - fruit - dried powder / concentrate standardized	Draksha/ Munakka/Blue grapes
190.	Wheat germ	-
191.	<i>Zingiber officinale</i> - rhizome standardized extracts	Shunti/Ginger
192.	Mucopolysaccharides	

Note 1.- *Enzymes- The enzymes listed in this schedule are primarily used as processing aids, but also may be used in nutraceutical products.

Note 2: In case of use of more than one ingredient listed in the above Schedule III or from Schedule II in a formulation, adjustment may be permitted by way of reduction or alteration below the permissible usage range (given in the last column of the Table) based on similar scientific rationale subject to that such a use provides a safe formulation.

**Schedule IV
Prebiotics and
Probiotics**

List of Prebiotic compounds

S. No.	Prebiotic Compounds
1.	Polydextrose
2.	Soya poly-saccharides and soya oligosaccharides
3.	Isomalto-oligosaccharides
4.	Fructo-oligosaccharides
5.	Gluco-oligosaccharides
6.	Xylo-oligosaccharides
7.	Inulin
8.	Isomaltulose
9.	Gentio-oligosaccharides
10.	Lactulose
11.	Lactoferrin
12.	Sugar alcohols such as lactitol, sorbitol, maltitol, inositol, isomalt
13.	Galacto-oligosaccharides
14.	Partially Hydrolyzed Guar Gum (Guar gum derivative)
15.	Pectin
16.	Resistant dextrin

Note. -The Food Safety Authority may add any new specific prebiotic after proper scientific evaluation and include in this Schedule.

List of strains as probiotics

S. No.	Name of the Microorganism
1.	<i>Lactobacillus acidophilus</i>
2.	<i>Lactiplantibacillus plantarum</i>
3.	<i>Limosilactobacillus reuteri</i>
4.	<i>Lacticaseibacillus rhamnosus</i>
5.	<i>Ligilactobacillus salivarius</i>
6.	<i>Lacticaseibacillus casei</i>
7.	<i>Levilactobacillus brevis</i>
8.	<i>Lactobacillus johnsonii</i>
9.	<i>Lactobacillus delbrueckii</i> sub- sp. <i>bulgaricus</i>
10.	<i>Bacillus coagulans</i>
11.	<i>Limosilactobacillus fermentum</i>
12.	<i>Lactobacillus caucasicus</i>
13.	<i>Lactobacillus helveticus</i>
14.	<i>Lactobacillus lactis</i>
15.	<i>Lactobacillus amylovorus</i>
16.	<i>Lactobacillus gallinarum</i>

17.	<i>Lactobacillus delbrueckii</i> (<i>Lactobacillus delbrueckii</i> subsp. <i>delbrueckii</i>)
18.	<i>Bifidobacterium bifidum</i>
19.	<i>Bifidobacterium lactis</i> (<i>Bifidobacterium animalis</i> subsp. <i>lactis</i>)
20.	<i>Bifidobacterium breve</i>
21.	<i>Bifidobacterium longum</i> (<i>Bifidobacterium longum</i> subsp. <i>longum</i>)
22.	<i>Bifidobacterium animalis</i> (<i>Bifidobacterium animalis</i> subsp. <i>animalis</i>)
23.	<i>Bifidobacterium infantis</i> (<i>Bifidobacterium longum</i> subsp. <i>infantis</i>)
24.	<i>Streptococcus thermophilus</i> (<i>Streptococcus salivarius</i> subsp. <i>thermophilus</i>)
25.	<i>Saccharomyces boulardii</i> (<i>Saccharomyces cerevisiae</i> subsp. <i>boulardii</i>)
26.	<i>Saccharomyces cerevisiae</i> (<i>Saccharomyces cerevisiae</i> subsp. <i>cerevisiae</i>)
27.	<i>Lactocaseibacillus paracasei</i>
28.	<i>Lactobacillus gasseri</i>
29.	<i>Bacillus clausii</i>
30.	Established probiotic strains of <i>Bacillus subtilis</i>
31.	<i>Bacillus indicus</i>

Note 1 - These organisms may be used either singly or in combination but shall be declared on the label with full information and has to be Non-GMO.

Note 2 - Bangladesh Food Safety Authority may add any new strain of microorganism, possessing probiotic properties, after proper scientific evaluation, and include in this Schedule.”

Note 3 – FBO can use old or new names of Pro-biotic strains, whereas use of new names of pro-biotic strains is more preferred to align globally.

Schedule V

Table A: Additional Additives *

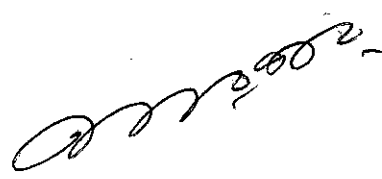
S. No.	INS No.	Additive	Functional Class
1.	264	Ammonium acetate	Acidity regulator
2.	328	Ammonium lactate	Acidity regulator, Flour treatment agent
3.	1001	Choline salts and esters	Emulsifier
4.	303	Potassium ascorbate	Anti-oxidant
5.	515 (ii)	Potassium hydrogen sulfate	Acidity regulator
6.	351(ii)	Potassium malate	Acidity regulator
7.	944	Propane	Propellant
8.	-	Sodium starch glycolate	Binder, Thickening agent, Disintegrant
9.	473a	Sucrose Oligoesters, Type I and Type II	Emulsifier, Stabilizer

Table B: (Other additives with permitted range of usage & GMP)*

S. No.	Additive	Functionality	Maximum Permitted Level
1.	Ascorbic acid and its esters and salts	Antioxidant	0.5%
2.	Benzoic acid and its salts	Preservative	0.5%
3.	BHA	Antioxidant	0.5%
4.	BHT	Antioxidant	0.5%
5.	Calcium stearate	Lubricant	1%
6.	Carboxymethylcellulose Calcium	Binding agent	5-15%
7.	Carrageenan gum	Binding agent	2%
8.	Copovidone	Binding agent	2-5%
9.	Lecithin and its salts/esters from soya or other sources	Emulsifier & Stabilizer	GMP
10.	Methyl paraben and its salts	Preservative	0.2%
11.	Povidone	Binding agent	5%

12.	Polysorbates (Tweens)	Solubalizers	0.5%
13.	Stearic acid	Antisticking agent, Glidant	2%
14.	TBHQ	Antioxidant	0.5%
15.	Tocoferol and its esters	Antioxidant	0.5%
16.	Zinc stearate	Lubricant	0.5-1.5%
17.	Propane 1, 2 diol alginate (INS 405)	-	200mg/kg
18.	Acetone	Solvent for coating (does not remain in the tablet and residual levels to be asper IP)	GMP
19.	Dextrose	Diluent	GMP
20.	Dicalcium phosphate	Diluent	GMP
21.	Ethyl acetate	Solvent for coating (does not remain in the tablet and residual levels to be asper IP)	GMP
22.	Ethyl alcohol	Solvent for coating (does not remain in the tablet and residual levels to be asper IP)	GMP
23.	Gelatin	Binding agent, Ingredient ofcapsule shells	GMP
24.	Glycerin	Vehicle, Humectant for capsule shells	GMP
25.	Maltodextrin	Diluent	GMP
26.	Maltose	Diluent	GMP
27.	Peanut oil	Vehicle	GMP
28.	PEG 4000	Diluent for direct compression tablets	GMP
29.	Poly ethylene glycol (PEG)	Vehicle, Humectant for capsule shells	GMP
30.	Propylene glycol	Vehicle, Humectant for capsule shells	GMP
31.	Sucrose	Diluent, Coating agent	GMP
32.	Sunflower oil	Vehicle	GMP
33.	Saff flower oil	Vehicle	GMP
34.	Tribasic calcium phosphate	Diluent, anticaking agent	GMP
35.	Tricalcium phosphate	Diluent	GMP
36.	Vegetable oils	Vehicle	GMP
37.	Glycerol palmito stearate	-	GMP
38.	Glyceryl behenate	-	GMP
39.	Triethyl citrate	-	GMP
40.	Methacrylate copolymers	-	GMP

41.	Isopropyl alcohol	Solvent for coating	GMP
42.	Dichloromethane	Solvent for coating	GMP
43.	Potassium chloride	Gelling agent	GMP
44.	Colors permitted under Rule ...of Drug & Cosmetics Rules (Whichever Act is applicable in Bangladesh) including lake colours	Coloring agents	GMP



By order of the Bangladesh Food Safety Authority

Md Abdul Kayowm Sarkar
Chairman