Subject: Direction under Section 18 (2) (d) read with Section 16 (5) of Food Safety and Standards Act, 2006 regarding operationalisation of FSS (Health Supplements, Nutraceuticals, Food for Special Dietary Use, Food for Special Medical Purpose and Prebiotic and Probiotic Food) Regulations, 2022.

In exercise of the power conferred under section 92 of the Food Safety and Standards Act, 2006, FSSAI has framed draft FSS (Health Supplements, Nutraceuticals, Food for Special Dietary Use, Food for Special Medical Purpose and Prebiotic and Probiotic Food) Regulations, 2022 and the same were operationalised on 29.03.2022 superseding the FSS (Health Supplements, Nutraceuticals, Food for Special Dietary Use, Food for Special Medical Purpose, Functional Food and Novel Food) Regulations, 2016. The direction of 29.03.2022 was further revised vide direction dated 10.05.2022 to permit additional food additives; and enzyme / proteins for Health Supplements.

2. As the finalization of these draft regulations, 2022 is likely to take some more time before being notified, it has been decided to re-operationlize the provisions of these regulations as specified in the direction dated 29.03.2022 together with the provisions specified in the direction dated 10.05.2022, with effect from 1st October 2022.

3. This issues with the approval of the Competent Authority in exercise of the power vested under Section 18 (2) (d) and 16 (5) of Food Safety and Standards Act, 2006.

(Inoshi Sharma)
Executive Director (C S)

To

1. All Food Safety Commissioner.
2. All Authorized Officer, FSSAI.
3. All Central Designated Offices of FSSAI.

Copy for information to:

1. PPS to Chairperson, FSSAI
2. PS to CEO, FSSAI
Order

Subject: Direction under section 16(5) of the Food Safety and Standards Act, 2006 regarding operationalization of FSS (Health Supplements, Nutraceuticals, Food for Special Dietary Use, Food for Special Medical Purpose and Prebiotic and Probiotic Food) Regulations, 2022. [FSS (Nutra) Regulations, 2022]

This is in continuation to direction issued dated 29th March 2022 on the subject cited above.

1. In this regard, it is to mention that during examination of recently operationalized regulations following were observed:
   i. As per provision 5(4)(a) of Nutra regulations 2022, a cross reference to the GMP table (Appendix 'A') of the FSS (FPS&FA) Regulations, 2011 has been given for the list of food additives to be used at GMP levels. However, some of the additives namely- Ammonium acetate, Ammonium lactate, Choline salt and esters, Cross carmellose sodium, Potassium hydrogen malate, Sodium starch glycolate and Sucrose oligoesters-Type I and II which were present in the Schedule VE of the previous FSS (Nutraceutical) Regulations, 2016 are not present in the GMP table (Appendix 'A') of the FSS (FPS&FA) Regulations, 2011.
   ii. Further, as per provision 6(1)(b) of the FSS (Nutra) Regulations, 2022, the proteins and enzymes specified under Schedule III have been inadvertently excluded for use in Health supplement.

3. In view of the above, the following has been decided:
   i. FBOs may use additives as mentioned in para 2(i) above at GMP level, in addition to additives listed under GMP table (Appendix 'A') of the FSS (FPS&FA) Regulations, 2011.
   ii. Enzymes and proteins listed under Schedule III of the FSS (Nutra) Regulations, 2022 are allowed in the manufacture of Health supplement.

4. This issues with the approval of the Competent Authority.

To
1. ED(CS) with a request to communicate to Food Safety Commissioners of all States/UTs
2. Advisor (QA)
3. Head (RCD)/Head (Regulations)/Head (Legal)
4. Director (TICD)-with a request to communicate to all Authorized Officers
5. All Regional Directors, FSSAI
6. CITO, FSSAI—with a request to upload this on FSSAI website

Copy to:
1. PPS to Chairperson, FSSAI,
2. PS to CEO, FSSAI,
F. No. Std/SP-05/T(Nutraceutical-2022) [E-5184]
Food Safety and Standards Authority of India
(A Statutory Authority established under the Food Safety & Standards Act, 2006)
FDA Bhawan, Kotla Road, New Delhi-110 002

March, 2022

Subject: Direction under section 16(5) of the Food Safety and Standards Act, 2006 regarding operationalization of FSS (Health Supplements, Nutraceuticals, Food for Special Dietary Use, Food for Special Medical Purpose and Prebiotic and Probiotic Food) Regulations, 2022. [FSS (Nutra) Regulations, 2022]

In exercise of the power conferred under section 92 of the Food Safety and Standards Act, 2006 (34 of 2006), the FSSAI has overhauled Food Safety and Standards (Health Supplements, Nutraceuticals, Food for Special Dietary Use, Food for Special Medical Purpose, Functional Food and Novel Food) Regulations, 2016 and drafted a new framework to be called as FSS (Health Supplements, Nutraceuticals, Food for Special Dietary Use, Food for Special Medical Purpose and Prebiotic and Probiotic Food) Regulations, 2022 to remove ambiguity and bring more clarity.

2. The above mentioned draft regulations are in the process of draft publication and its final notifications are likely to take more time. Therefore, it has been decided to operationalize the provisions of these regulations as enclosed at Annexure 1 with effect from 1st April 2022. Schedules as applicable to different categories of these regulations are enclosed at Annexure 2. The list of additives and purity criteria is available at Annexure 3.

3. FSS (Nutra) Regulations, 2022 shall supersede FSS (Health Supplements, Nutraceuticals, Food for Special Dietary Use, Food for Special Medical Purpose, Functional Food and Novel Food) Regulations, 2016 and any amendments made thereunder.

4. This issues with the approval of the Competent Authority, in exercise of the power vested under the section 18(2)(d) read with 16(5) of the Food Safety and Standard Act,2006.

Advisor (Science and Standards)

To
1. ED(CS) with a request to communicate to Food Safety Commissioners of all States/UTs
2. Advisor (QA)
3. Head (RCD)/Head (Regulations)/ Head (Legal)
4. Director (TICD)-with a request to communicate to all Authorized Officers
5. All Regional Directors, FSSAI
6. CITO, FSSAI-with a request to upload on FSSAI website

Copy to:
1. PPS to Chairperson, FSSAI,
2. PS to CEO, FSSAI,
# Annexure 1


<table>
<thead>
<tr>
<th>1. Title</th>
<th>Food Safety and Standards (Health Supplements, Nutraceuticals, Food for Special Dietary Use, Food for Special Medical Purpose, and Prebiotic and Probiotic Food) Regulations, 2022</th>
</tr>
</thead>
</table>
| **2. Scope and categories covered** | (1) Articles of food 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. These foods are intended for population above the age of 2 years¹ and shall fulfill the characteristics as laid down in these Regulations. They are intended to be consumed orally in defined quantities and duration and shall not include products intended for parenteral use.  
(2) Categories covered under these regulations include the following:  
   i. Health Supplements (HS)  
   ii. Nutraceuticals (Nutra)  
   iii. Food for Special Dietary Use (FSDU)  
   iv. Food for Special Medical Purpose (FSMP)  
   v. Prebiotic food and Probiotic food (Pre-Pro)  
(3) Food or ingredients referred to in Food Safety and Standards (Food Products Standards and Food Additives) Regulations, 2011, and for which standards are provided, and the plants and botanicals specified in these regulations offered in normal or naturally occurring forms shall not constitute a health supplement or nutraceutical or food for special dietary use or food for special medical purpose.  
(4) The products falling under these regulations shall not include a drug as defined in clauses (a), (b) and (h) of section 3 of the Drugs and Cosmetics Act, 1940 (23 of 1940) and rules made thereunder.  
(5) The products falling under these regulations shall not contain hormones or steroids or a narcotic drug or a psychotropic substance as defined in the Schedule of the Narcotic Drugs and Psychotropic Substances Act, 1985 (61 of 1985) and rules made thereunder and substances listed in Schedules E and E-1 of the Drugs and Cosmetics Rules, 1945.  
(6) The Products claiming cure, prevention or mitigation of any specific disease, disorder or condition shall also not fall under these regulations, unless specifically permitted by Food Authority under FSS regulations.  
(7) Mere food forms such as vegetables, for example, bhindi, karela and other vegetables; cereals, for example, ragi, jowar, millets and other cereals; legumes, for example, rajmah and other legumes; spices, for example, pepper, jeera, turmeric and other spices; fruits, for example, amla, jamun, grapes and other fruits; and other plants or botanicals, minimally processed (cleaned, de-weeded, sorted, dried or powdered), in either as juice or cooked form, shall not constitute ‘health supplement’ or ‘nutraceutical’ or ‘food for
special dietary use’ or ‘food for special medical purpose’.

Note 1: Foods intended for infants up to the age of 2 years shall comply with FSS (Food for Infant Nutrition) Regulations, 2020.

3. Definitions. In these regulations, unless the context otherwise requires

(a) **Act** means the Food Safety and Standards Act, 2006 (34 of 2006);

(b) **Food Authority** means the Food Safety and Standards Authority of India established under section 4 of the Act;

(c) **Food for special dietary use** is a category of foods, which are specially processed or formulated to satisfy particular dietary requirements which exist because of a particular physical or physiological condition and/or specific diseases and disorders and which are presented as such. The composition of these foodstuffs must differ significantly from the composition of ordinary foods of comparable nature, if such ordinary foods exist. FSDU which are intended to be used as an adjunct for the management of diseases/disorders only under medical prescription and supervision shall normally be categorized under FSMP.

(d) **Food for special medical purpose** is a category of foods for special medical uses, which are specially processed or formulated and presented for the dietary management of patients and may be used only under medical supervision. They are intended for the exclusive or partial feeding of patients with limited or impaired capacity to take, digest, absorb or metabolize ordinary foodstuffs or certain nutrients contained therein, or who have other special medically-determined nutrient requirements, whose dietary management cannot be achieved only by modification of the normal diet, by other foods for special dietary uses, or by a combination of the two.

(e) **Health supplement** is a category of foods, which consists of a concentrated source of nutrients (like proteins, minerals, vitamins, amino acids) and/or other ingredients with nutritional or physiological effects, singly or in combination, whose purpose is to supplement the normal diet.

(f) **Ingredient** means plant or botanicals and their extracts, probiotics, prebiotics, and molecules/isolates as listed by FA in its Schedule II, III and IV.

(g) **Nutraceutical** is a category of foods which consists of extracts, isolates and purified chemical compounds having a physiological benefit and help to maintain health

(h) **Nutrient means** vitamins, minerals, amino acids and other nutrients as specified by FA from time to time.

(i) **Premix** means a combination of two or more ingredients specified in the Schedules in a specific proportion with or without additives, packed and meant for use in formulating a product falling under any category of these regulations.

(j) **Prebiotic food** means food that contains added ingredients which are non-viable food components that confer health benefits to the consumer by modulation of gut microbiota.

(k) **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.

(l) **Schedule** means the Schedules to be specified by the FA through executive orders under these regulations.

(m) **Sportsperson** means an individual who regularly participates in various types of sports activities as approved by Sports Authority of India (Ministry of Youth Affairs & Sports)

4. Applicability. - 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.

5. General requirements for all categories. – Categories covered under these regulations shall comply with the following general requirements, unless otherwise provided in subsequent sections.
| (1) Delivery format | (a) The products covered under these regulations may be in the form of powders, granules, tablets, capsules, liquids, semi solids, drops, pills, gummies, jelly, chewable and mouth dissolving strips, bars, biscuits, candies that are intended to be consumed orally in defined quantities and duration unless otherwise restricted for specific categories under these regulations. In addition, Food Authority may also specify any other formats from time to time.

(b) 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.

(c) Ingredients not adhering to conventional delivery formats (or as described in Section 22 of FSS Act, 2006) including Nano derived ingredients and modified drug delivery format shall need prior approval under FSS (approval of non-specified food and food ingredients) Regulations, 2017 |
| (2) Ingredients | (a) The products shall contain approved ingredients as applicable to different categories of foods to be specified separately by the Food Authority in the form of Schedules as listed below:

   A. Schedule I: Nutrients (vitamins, minerals, amino acids and other nutrients)
   B. Schedule II: Plant or botanicals*
   C. Schedule III: Molecules/isolates/extracts other than Schedule II
   D. Schedule IV: Prebiotics and Probiotics and

*(Ingredients of plant or botanical origin specified in Schedule II may be used either in the given form, or their extract. In case of extract, the same shall be subject to the extractive ratios in relation to the daily usage value and shall be obtained only from the part of the plant listed in the schedule).

(b) In addition, categories covered under these regulations may also contain such additional ingredients, other than additives, which are either standardized or permitted for use in preparation of the other standardized foods as specified in the FSS (Food Products Standards and Food Additives) Regulations, 2011 [FSS(FPS&FA)].

(c) Products covered under these regulations may also contain cereal grains, legumes, fruits and vegetables mentioned in the latest edition of the Indian Food Composition Tables (IFCT) published by ICMR-National Institute of Nutrition (ICMR-NIN) and spices included in the list published by the Spices Board of India either as such or as processed ingredients including extracts.

(d) Non-specified foods including novel foods and non-specified ingredients, even if intended for use as any of the above categories, are not covered under these regulations. Such ingredient/product shall need approval in accordance with Food Safety and Standards (Approval for Non-Specific Food and Food Ingredients) Regulation, 2017. |
| (3) Provision for inclusion of ingredients with incident free history of safe use (HoSU) | (a) Ingredients including plant or botanicals or their extracts which are 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 India) may be allowed, with prior approval by the Food Authority through |
(b) For inclusion of any other new ingredient which does not fall under scope of above provision, the Food Business Operator (FBO) shall apply to the Food Authority as per FSS (approval of non-specified food and food ingredients) Regulations, 2017 [FSS (NSF&FI)]. In such cases, Food Authority may, after proper scientific evaluation, include and notify the nutrients or other ingredients approved under NSF regulations from time to time.

| (4) Additives, processing aids and flavours | (a) Additives and processing aids as specified in Appendix A and C of FSS (FPS&FA) regulations for categories under these regulations are permitted for use, unless specifically restricted. *

(b) The list of additives/excipients intended specifically for tablet/capsule/syrup/pills format shall be specified separately by the Food Authority from time to time. **

(c) Flavours: FBO may use the natural, nature identical or artificial flavours in accordance with regulation 3.3.1 of FSS (FPS&FA).

(d) Use of any additive and processing aid that are not specified under these regulations shall be allowed only with the prior approval of the Food Authority or under FSS (approval of Non-Specified Food and Food Ingredient) regulations, 2017.

(e) Esters and salts of any vitamins in particular Vitamin C & Vitamin E mentioned under Additives schedules with the usage level as GMP are permitted in product formulations subject to maximum level specified for usage by Food Authority. In case, levels are not specified by Food Authority the total level shall not exceed RDA specified by ICMR.

*(Till the time the additives are notified in the FSS (FPS&FA) Regulations, 2011, the FBO shall use the additives permitted for different food categories as given in Annexure 3 and the additives given in GMP Table (Appendix ‘A’) of the FSS (FPS&FA) Regulations, 2011).

**(FBO shall refer to Annexure 3 for additives/excipients intended specifically for tablet/capsule/syrup/pills format).

| (5) Purity criteria for the ingredients | (a) The purity criteria for the ingredients used in the categories of articles of food covered under these regulations shall be specified separately by the Food Authority from time to time. *

(b) In case such standards are not specified, the purity criteria generally accepted by pharmacopoeias (namely, Indian Pharmacopoeia, Ayurvedic Pharmacopoeia of India, United States Pharmacopoeia & British Pharmacopoeia), relevant BIS Specifications, Quality Standards of Indian Medicinal Plants as published by ICMR, Joint FAO/WHO Expert Committee on Food Additives or Codex Alimentarius may be adopted by FBO.

(c) The FBO shall provide information on the purity criteria adopted for ingredients at the time of licensing and any subsequent changes.
*(FBO shall refer to Annexure 3 for purity criteria for the ingredients).*

<table>
<thead>
<tr>
<th>(6) Provision on single purified chemical entity</th>
<th>Any single purified chemical entity listed in these regulations, except extracts of plant or botanicals and vitamins and minerals, amino acids and nucleotides, are not permitted to be sold as HS, Nutra, FSDU, FSMP or Pre-Pro, without prior approval of the Food Authority.</th>
</tr>
</thead>
<tbody>
<tr>
<td>(7) Ingredient combination rationale</td>
<td>Any combination of ingredients in a formulation shall be based on available scientific and technical evidence; and such evidences shall be made available to the Food Authority as and when called for.</td>
</tr>
</tbody>
</table>
| (8) Quality requirements for tablet, capsule format | (a) The quality requirements for tablet, capsule format shall be specified separately by the Food Authority from time to time.  
(b) In case such standards are not specified, the same shall comply with general monograph and quality requirements specified for them in Indian Pharmacopoeia, if applicable. |
| (9) Process to obtain plant or botanical extracts | (a) Food grade solvent, either singly or in combination shall only be used for extraction of plant or botanicals.  
(b) Ingredient prepared by extraction and fractionation using any other solvent shall require prior approval by the Food Authority under NSF & FI regulations. |
| (10) Products for 2 to 5 years of age          | The products covered under these regulations intended for children of 2 to 5 years of age, shall only be given under medical advice by a recognized medical doctor or dietician or nutritionist. |
| (11) Overages & Tolerance limit               | (a) Addition of appropriate overages to ensure adequate availability of vitamins and minerals in the products shall be permitted based on scientific rationale; and, such overages shall be specified by the Food Authority from time to time.  
(b) The tolerance limit for variation in case of articles of food covered in these regulations during analysis of samples of finished products, shall be in accordance with FSS (L&D) regulations, 2020. |
| (12) Labelling                                | (a) In addition to the general labelling requirements specified under FSS (Labelling and Display) Regulations, 2020 [FSS (L&D)], categories specified under these regulations shall carry the following information on the label:  

i. Front of the Pack  

A. The words “HEALTH SUPPLEMENT/ NUTRACEUTICAL/ 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 in the immediate proximity of the name or brand name of the product;  
B. A prominent statement indicating the target consumer group and/or age group if the product has been formulated for a specific age group; |
ii. Front or Back of the Pack

A. The statement “NOT FOR MEDICINAL USE” in capital and bold letters prominently written on label, unless exempted for specific categories under these regulations;
B. ‘Recommended usage level’;
C. ‘Duration of usage’, where applicable;
D. ‘Not to exceed the recommended daily usage’ prominently written.
E. An advisory warning in cases where a danger may exist with excess consumption;
F. Warning on any other precautions to be taken while consuming, known side effects if any, contraindications and published product or drug interactions, as applicable;
G. Statement or warning stating, ‘product is not to be used as a substitute for a varied diet’ except for FSDU and FSMP category;
H. A warning statement ‘product is required to be stored out of reach of children’;
I. The quantity of nutrients, expressed in terms of percentage of the relevant recommended daily allowances, unless exempted by any other regulations in force;

iii. Front or Back of the Pack or Accompanied Leaflet.

A. A declaration on the amount of the nutrients or substances with a nutritional or physiological effect present in the product;
B. 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;

(b) In addition to the above, the labels shall also comply with any other requirements mentioned specifically against the applicable category under these regulations.

(13) Claims and its approval process

(a) 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 Food Authority.

(b) The statement by FBO relating to structure, function or general well-being of the body may be allowed by the Food Authority if the statement is supported by the generally accepted scientific data.

(c) FBO may make nutritional or health claims or reduction of disease risk claims (DRR) that are listed under FSS (Claims and Advertisements) Regulations, 2018 [FSS (C&A)]. For making any other claims or any exemption to 10(1) of FSS (C&A), prior approval of the Food Authority shall be obtained in accordance with FSS (C&A) Regulations, 2018 by submitting relevant documents and fees.
(14) Other regulations for compliance

(a) Unless otherwise specified, categories under these regulations shall comply to the following regulations also -
   i. Chemical Contaminants: FSS (Contaminants, Toxins and Residues) Regulations, 2011.
   ii. Microbial contaminants: Appendix B of FSS (FPS&FA).
   iii. Packaging: FSS (Packaging) Regulations, 2018

(b) The products shall be prepared and handled in accordance with the requirements specified in Schedule 4, or as applicable, under the Food Safety and Standards (Licensing and Registration of Food Businesses) Regulations, 2011 and such other guidelines as specified from time to time under the provisions of the Food Safety and Standard Act, 2006.

(15) Other provisions including explanatory notes

(a) 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 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.

(b) The Food Authority may suspend or restrict sale of such articles of food as have been placed in the market that are not clearly distinguishable from articles of food for normal consumption and are not suitable for their claimed nutritional purpose, or may endanger human health, in accordance with the provisions of the Act.

(c) Food Authority may also advise the FBO to alter or modify or stop claims which are not supported by scientific evidence.

(d) The articles of food or 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 the guidelines made by the ICMR from time to time.

6. Category specific requirements

(1) Health supplements

<table>
<thead>
<tr>
<th>(a) Scope</th>
<th>Health supplements are meant to supplement the normal diet of a person and not intended to treat or cure any deficiency.</th>
</tr>
</thead>
<tbody>
<tr>
<td>(b) Nutrients/Ingredients allowed</td>
<td>Proteins, vitamins, minerals, amino acids or other ingredients with nutritional or physiological effects, singly or in combination, specified under schedules (except Schedule III) by the Food Authority from time to time.</td>
</tr>
<tr>
<td>(c) Nutrients/Ingredients usage level</td>
<td>(i) Nutrients: Usage levels shall not be more than the level specified by the Food Authority. In case, the levels are not specified by the food Authority, usage level shall be minimum 15% of RDA as specified by ICMR, where a nutrient content claim is being made, provided that, if claim of higher nutrient content is made, the nutrient content shall not be less than thirty per cent of the recommended daily allowance and shall not exceed one RDA in any case. In case such standards are not specified, the standards laid down by an international food standards body namely, Codex</td>
</tr>
</tbody>
</table>
Alimantarius Commission shall apply.

(ii) Ingredients: Limits as specified in schedule. In case daily minimum and maximum usage levels have not been specified, the FBO shall adopt the usage level based on relevant scientific data and retain the documentary evidence of such data. FBO shall submit such data to the Food Authority, as and when called for.

(d) Delivery format(s)  Shall comply with general requirements 5(1)

(e) Additive(s)  

(i) For products in tablet/capsule/pills/liquid format: Only additives as specified by the FA from time to time.

(ii) For products other than tablet/capsule/pills/liquid format: Only additives within the limits specified as permitted for category 13.6 and GMP table of Appendix ‘A’ of FSS (FPS & FA) Regulations, 2011 are permitted.

(f) Labelling requirement(s)  

(i) Shall comply with general requirements 5(12).

(ii) In addition, FA may allow Health supplements term on the label may be interchangeably use by the terms, namely, Dietary supplements or Food supplements.

(g) Any other requirement not covered above  -

(2) Nutraceutical

(a) Scope  

The nutraceuticals are meant to provide a physiological benefit and help maintain good health and not intended to treat or cure any medical condition, disease, or disorder.

(b) Nutrients/Ingredients allowed  

Molecules/ isolates/extract from the Schedule III as specified by Food Authority from time to time. In addition, it may also contain nutrients and ingredients from other schedules as approved and specified by Food Authority from time to time as an optional ingredient.

(c) Nutrients/Ingredients usage level  

(i) Ingredients: Limits as specified in Schedule III with standardisation to marker compounds specified and at daily usage levels specified therein. In case daily minimum and maximum usage levels have not been specified, the FBO shall adopt the usage level based on relevant scientific data and retain the documentary evidence of such data. The ingredient for which the standardisation of the marker compound has not been specified shall comply with manufacturer specifications or quality requirements and purity criteria as specified in regulation. FBO shall submit such data to the Food Authority as and when called for.

(ii) Nutrients: Usage levels shall not be more than the level specified by the Food Authority. In case, the levels are not specified by the Food Authority, usage level shall be minimum 15 % of RDA as specified by ICMR, where a nutrient content claim is being made, provided that, if claim of higher nutrient content is made, the nutrient content shall not be less than thirty per
cent of the recommended daily allowance and shall not exceed one RDA in any case. In case such standards are not specified, the standards laid down by an international food standards body namely, Codex Alimentarius Commission shall apply.

(d) Delivery format(s)  Shall comply with general requirements 5(1).

(e) Additive(s)  
(i) For products in tablet/capsule/pills/liquid format: Only additives as specified by the FA from time to time.
(ii) For products other than tablet/capsule/pills/liquid format: Only additives within the limits specified as permitted for category 13.6 and GMP table of Appendix ‘A’ of FSS (FPS & FA) Regulations, 2011 are permitted

(f) Labelling requirement(s)  Shall comply with general requirements 5(12).

(g) Any other requirement not covered above  -

### (3) Food for Special Dietary Use

(a) Scope  
(i) This standard applies to all prepackaged foods for special dietary uses, in case of weight management, obesity, diabetes, high blood pressure, pregnant and lactating women, geriatric population, celiac disease, sleep management, food for sportspersons and other health conditions.

(ii) Any other special dietary use products containing the approved ingredients shall need prior approval from the Food Authority by submitting the representation along with scientific justification.

(iii) FSDU 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.

(b) Nutrients/Ingredients allowed  
Carbohydrates, proteins, vitamins, minerals, amino acids, fats/essential fatty acids, fibre including dietary fibre and other ingredients such as botanicals and their extracts, enzymes, probiotics, prebiotics, and other dietary substances (singly or in combination) as specified in different Schedules by Food authority from time to time.

(c) Nutrients/Ingredients usage level  
(i) Nutrients: Usage levels shall not be more than the level specified by the Food Authority. In case, the levels are not specified by the food Authority, usage level shall not exceed one RDA as specified by ICMR in any case. However, usage level beyond those specified by FA or RDA in food format (except tablet, capsule, syrup) are permitted only with prior approval of FA by providing adequate scientific evidence to the FA.

(ii) Ingredients: Limits as specified in schedule. In case daily minimum and maximum usage levels have not been specified, the FBO shall adopt the usage level based on relevant scientific data and retain the documentary evidence of such data. FBO shall submit such data to the Food Authority as
and when called for.

| (d) Delivery format(s) | (i) Shall comply with general requirements 5(1).  
(ii) In addition, FBO may formulate an article of food for special dietary use in formats meant for oral feeding through an enteral tube unless otherwise restricted under sub-categories of FSDU but shall not be used for parenteral use. |
|-----------------------|---------------------------------------------------------------------------------------------------------------|

| (e) Additive(s) | (i) For products in tablet/capsule/pills/liquid format: Only additives as specified by the FA from time to time.  
(ii) For products other than tablet/capsule/pills/liquid format: Only additives within the limits specified as permitted for category 13.5 and GMP table of Appendix ‘A’ of FSS (FPS & FA) Regulations, 2011 are permitted |
|------------------|------------------------------------------------------------------------------------------------------------------|

| (f) Labelling requirement(s) | Shall comply with general requirements except 5(12)(a)(ii)(A). In addition, every package of **Food for Special Dietary Use** shall carry the following information on the label:  
**i. Front of Pack**  
A. the words “FOOD FOR SPECIAL DIETARY USE” followed by “Food for...........” (mentioning the particular physiological or health condition or particular usage group as the case may be);  
B. a statement to indicate on the label whether or not the food for special dietary use is to be taken under medical advice of physician or certified dietician or nutritional professional;  
**ii. Front or Back of Pack**  
A. 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;  
B. a statement on rationale for use of the product and a description of the properties or characteristics that make it useful;  
C. a statement specifying the nutrient which is reduced, deleted, increased or otherwise modified, relating to normal requirement, and the rationale for the reduction, deletion, increase or other modification;  
D. a warning that the product is not for parenteral use or for oral use only; (Note: replacement of terms like ‘Parenteral’ needs to be clarified as ‘a cautionary statement that ‘the product is for oral consumption only’;  
E. information on osmolality or osmolarity or on acid-base balance where appropriate; |
|----------------------|------------------------------------------------------------------------------------------------------------------|

<table>
<thead>
<tr>
<th>(g) Any other requirement not covered above</th>
<th>Advertisement of FSDU for general public shall clearly indicate that the product is to be taken under medical advice, wherever applicable.</th>
</tr>
</thead>
</table>

### 3.1 Categories of FSDU

#### 3.1.1 FSDU for weight management:
In addition to other FSDU requirements above, product intended for weight management shall comply with the following:
### (a) Scope

i. This standard applies to foods which, when presented as "ready-to-serve" or when prepared in conformity with the directions for use by the manufacturer, are presented as a replacement for all or part of the total daily diet for use in weight control.

ii. It does not apply to prepackaged meals controlled in energy and presented in the form of conventional foods.

### (b) Essential Composition

#### i. Energy:

A. **FSDU presented as a replacement for all meals of the daily diet** - Minimum 800 kcal (3,350 kJ); not more than 1,200 kcal (5,020 kJ). The individual portions or servings contained in the formula food shall provide approximately one-third or one-fourth of the total energy of the food in the pack depending on whether the recommended number of portions or servings per day is three or four, as the case may be, respectively.

B. **FSDU presented as a replacement for one or more meals of the daily diet** - Minimum 200 kcal (835 kJ); not more than 400 kcal (1,670 kJ) per meal. When such products are presented as a replacement for the major part of the diet, the total energy intake shall not exceed 1,200 kcal (5,020 kJ).

#### ii. Protein:

- Not less than 25 per cent and not more than 50 per cent of the energy available from the food, when ready-to-serve, shall be derived from its protein content; and the total amount of protein shall not exceed 125 g per day. The quality of protein shall have:
  - A. the protein digestibility corrected amino acid score of 1.0 known as, the reference protein;
  - B. 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;
  - C. 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; and
  - D. for improving the protein quality, the FBO shall add only L- forms of essential amino acids except for methionine where DL form is allowed.

#### iii. Fat and linoleate:

- Not more than 30 per cent of the energy available from fat and not less than 3 per cent of the energy from linoleic acid in the form of a glyceride.

#### iv. Vitamins and minerals:

- FSDU represented as a replacement for all meals per day, shall contain at least one RDA of vitamins and minerals in the daily intake. However, usage level beyond RDA are permitted only with prior approval of FA by providing adequate scientific evidence to the FA.

#### v. Dietary fiber:

- These products shall have adequate dietary fiber.

### (c) Additive(s)

Only additives within the limits specified as permitted for category 13.5 of Appendix ‘A’ and GMP table of FSS (FPS & FA) Regulations, 2011 are permitted.

### (d) Labelling requirement(s)

In addition to 5(12) and 6(3)(f), every package of **Food for Special Dietary Use intended for weight management** shall carry the following information on the label—
| (e) Any other requirement not covered above | - |
| **(3.1.2) Food for Sportsperson** | |
| (a) Scope | This standard applies to foods which are presented as a food for sportspersons in formats meant for oral consumption and to be used only under medical advice by physician or certified dietician or nutritional professional and shall not be applicable to liquid products/beverages and premixes (to be reconstituted) which are specified under Appendix A; Food category system 14.1.4 of FSS (FPS & FA) Regulations. |
| (b) Labelling requirement(s) | In addition to 5(l)2 and 6(3)(f), every package of Food for Sportsperson shall carry the following information on the label– |
| i. **Front of Pack** | |
| A. a statement "FOR SPORTSPERSON ONLY" in close proximity to the name of the articles of food; | |
| B. a statement “Recommended to be used under medical advice by a physician or certified dietician or nutrition professional only” on the front of the pack; | |
| C. the logo as specified below- | |
| ![FSDU logo](image) | |
| ii. **Front or Back of Pack** | |
| A. a statement that the product is not to be used by pregnant, nursing and lactating women or by infants, children under 5 years and elderly; | |
| B. if the product has been formulated for a specific age group, sports activity as per the approved list of Sports Authority of India (Ministry of Youth Affairs and Sports, Government of India), a prominent statement to that effect; | |
| C. a statement ‘for oral consumption only’; | |
| D. a statement ‘the food is not a sole source of nutrition and shall be consumed in-conjunction with a nutritious diet’; | |
| E. a statement ‘the food shall be used in conjunction with an appropriate physical training or exercise regime’; | |
| (c) Any other requirement not covered above | Prohibited substances declared by the World Anti-Doping Agency (WADA) shall not be added in any of the articles of food specified for sport persons. FBO must ensure to check the list of prohibited substances which is published annually by the WADA and is effective from the January 1 every year. |
| **(4) Food for Special Medical Purpose** | |
| (a) Scope | (i) This standard applies to the foods specially meant for dietary management of persons with specific medical condition or disease or disorder. |
(ii) The articles of food for special medical purpose, other than those intended for infants, may either be nutritionally complete food which, when used in accordance with the manufacturer’s instructions, shall constitute the sole source of nourishment for the persons for whom they are intended or nutritionally incomplete food with formulation specific for a disease, disorder or medical condition, but are not suitable to be used as the sole source of nourishment. Accordingly, FSMP may be classified in the following three categories

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.

B. ‘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

C. ‘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 item (B) and (C) of sub-clause (ii) may be used as a partial replacement or as a supplement to the person’s diet.

(b) Nutrients/Ingredients allowed

Carbohydrates, proteins, vitamins, minerals, amino acids, fats/essential fatty acids, fibre including dietary fibre and other ingredients such as botanicals and their extracts, enzymes, probiotics, prebiotics, and other dietary substances (singly or in combination) as specified in different Schedules by Food Authority from time to time.

(c) Nutrients/Ingredients usage level

i. Nutrients: Usage levels shall not be more than the level specified by the Food Authority. In case, the levels are not specified by the Food Authority, usage level shall not exceed one RDA as specified by ICMR in any case. However, usage level beyond those specified by FA or RDA in food format (except tablet, capsule, syrup) are permitted only with prior approval of FA by providing adequate scientific evidence to the FA.

ii. Ingredients: Limits as specified in schedule. In case no daily minimum and maximum usage levels have not been specified the FBO shall adopt the usage level based on relevant scientific data and retain the documentary evidence of such data. FBO shall submit such data to the Food Authority as and when called for.

(d) Delivery format(s)

(i) Shall comply with 5(1). However, formats namely, tablet/capsule/pills/liquid drops, gummies, jelly, chewable and mouth dissolving strips are not permitted under this category.

(ii) A FBO may formulate food for special medical purpose in format meant for oral feeding through enteral tubes but shall not be used for parenteral use.
<table>
<thead>
<tr>
<th>(e) Additive(s)</th>
<th>Only additives within the limits specified as permitted for category 13.3 and 13.4 of Appendix ‘A’ and GMP table of FSS (FPS &amp; FA) Regulations, 2011 are permitted</th>
</tr>
</thead>
</table>
| (f) Labelling requirement(s) | In addition to 5(12) except 5(12)(a)(ii)(A), every package of Food for Special Medical Purpose shall carry the following information on the label–  

  i. Front of Pack  
  A. an advisory warning “RECOMMENDED TO BE USED UNDER MEDICAL ADVICE ONLY” appearing on the label in capital and bold letters on Front of pack;  
  B. the statement “For the dietary management of ________” (the blank to be filled with the specific disease, disorder or medical condition for which the product is intended) subject to its approval by the Food Authority through representation by submitting appropriate scientific, and clinical and epidemiological data;  
  C. a statement ‘NUTRITIONALLY COMPLETE’ if the food is intended to be used as a nutritionally complete food;  

  ii. Front or Back of Pack  
  A. 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;  
  B. a statement specifying the nutrients, which have been reduced, deleted, increased or otherwise modified, relating to normal requirements, and the rationale for the reduction, deletion, increase or other modification;  
  C. information on osmolality or osmolarity, renal solute load, potential renal solute load or acid-base balance, wherever applicable;  
  D. instructions for appropriate preparation, feeding, use and storage of the product after the opening of the container;  
  E. a warning that the ‘product is not for parenteral use’; |
| (g) Any other requirement not covered above. | No FBO shall make nutrition and health claims on food for special medical purposes. Further, no food business operator shall advertise the food for special medical purpose for use by general public. |

4.1 FSMP for Weight Reduction

(a) Scope  

(i) This standard applies to formula foods for use in very low energy diets for weight reduction intended as total replacement of diet. These foods are defined as foods for special medical purposes and must be used under medical supervision by individuals with moderate or severe obesity.  

(ii) It does not apply to prepackaged meals presented in the form of conventional foods.

(b) Essential Composition  

When prepared according to instructions,  

i. Energy: a daily energy intake of 450-800 kcal as the only source of energy;
| (c) Nutrients/Ingredients usage level | - |
| (d) Any other requirement not covered above | - |

### (4.2) Foods intended for Special Diagnostic Purpose

| (a) Scope | This standard applies to formula foods used during Special Diagnostic Purpose. |
| (b) Requirements | FBO shall seek approval for Foods intended for Special Diagnostic Purpose in accordance with NSF&FI regulations. |

### (5) Prebiotic and Probiotic Food (Pre-Pro)

| (a) Scope | - |
| (b) Nutrients/Ingredients allowed | - |
| (c) Nutrients/Ingredients usage level | - |
| (d) Delivery format(s) | - |
| (e) Additive(s) | - |
| (f) Labelling | - |

### ii. Protein: 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. 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.

### iii. Fats: 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;

### iv. Carbohydrates: NLT 50 g of available carbohydrates in the recommended daily intake of energy;

### v. Dietary fiber: Product shall have adequate dietary fiber

### ii. Prebiotic Food: These are non-viable food components that confer health benefits by modulating gut microflora.

### ii. Probiotic Food: The foods with added viable microorganisms which when consumed in adequate amount confer health benefits. Provided that the presence of the commonly used starter cultures of lactic acid producing bacteria such as *Lactococcus* spp., earlier known as *Streptococcus* spp., *Lactobacillus* spp. and other such microorganisms used in the preparation of fermented milk (dahi) and related products shall not be considered as probiotics, if the probiotic properties have not been substantiated.

### i. Prebiotic Food: Prebiotic ingredients specified by the Food Authority from time to time.

### ii. Probiotic Food: Probiotic microorganisms specified by the Food Authority from time to time. In addition, it may also contain prebiotics permitted under these regulations.

### i. Prebiotic Food: Not more than 40g/day for adults

### ii. Probiotic Food: Minimum viable number of added probiotic organisms in food shall be ≥10⁸ 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.

### Shall comply with 5(1). However, formats namely, tablet/capsule/pills/liquid drops are permitted only with prior approval of Food Authority.

### Only additives within the limits specified as permitted for category 13.6 of Appendix ‘A’ of FSS (FPS & FA) Regulations, 2011 and GMP table are permitted.

### In addition to 5(12), every package of Probiotic food shall carry the
<table>
<thead>
<tr>
<th>requirement(s)</th>
<th>following information on the label, -</th>
</tr>
</thead>
<tbody>
<tr>
<td>i. <strong>Front or Back of Pack</strong></td>
<td></td>
</tr>
<tr>
<td>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;</td>
<td></td>
</tr>
<tr>
<td>B. viable numbers at the end of the shelf-life of probiotic strain corresponding to the level at which the efficacy is claimed;</td>
<td></td>
</tr>
<tr>
<td>C. the recommended serving size, which shall deliver the effective viable dose of probiotics related to health claims;</td>
<td></td>
</tr>
<tr>
<td>D. proper storage temperature conditions, and time limit for ‘Best Use’ after opening the container;</td>
<td></td>
</tr>
<tr>
<td>(g) Any other requirement not covered above.</td>
<td>Any new approval of new probiotic strain shall be based on data collected in accordance with guidelines issued by the Indian Council of Medical Research and Department of Biotechnology with respect to probiotics and approval under NSF&amp;FI regulations.</td>
</tr>
</tbody>
</table>
### Schedule – I
**Nutrients (Vitamins, Minerals, Amino acids and other nutrients)**

#### List of Vitamins and Minerals

<table>
<thead>
<tr>
<th>S.No.</th>
<th>Vitamins and Minerals</th>
<th>Components</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>A. Vitamins</strong>-</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
| 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 D₃ (cholecalciferol) – Animal source  
(ii) Vitamin D₂(ergocalciferol) – Plant source  
(iii) Vitamin D₃ (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) Phyloquinone  
(ii) Phytomenadione (2-methyl 3-phytyl-1)  
(iii) 1,4-napthoquinone  
(iv) Phytomonadione |
| 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, |
<table>
<thead>
<tr>
<th>S.No.</th>
<th>Vitamins and Minerals</th>
<th>Components</th>
</tr>
</thead>
</table>
| 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
<table>
<thead>
<tr>
<th>S.No.</th>
<th>Vitamins and Minerals</th>
<th>Components</th>
</tr>
</thead>
<tbody>
<tr>
<td>(iii)</td>
<td>Ferric ammonium citrate</td>
<td></td>
</tr>
<tr>
<td>(iv)</td>
<td>Ferrous gluconate</td>
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</tr>
<tr>
<td>(v)</td>
<td>Ferrous fumarate</td>
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<tr>
<td>(vi)</td>
<td>Ferric sodium di-phosphate</td>
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<tr>
<td>(vii)</td>
<td>Ferrous lactate</td>
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</tr>
<tr>
<td>(viii)</td>
<td>Ferrous sulphate</td>
<td></td>
</tr>
<tr>
<td>(ix)</td>
<td>Ferric di-phosphate</td>
<td></td>
</tr>
<tr>
<td>(x)</td>
<td>Ferric saccharate</td>
<td></td>
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<tr>
<td>(xi)</td>
<td>Ferrous bisglycinate</td>
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<tr>
<td>(xii)</td>
<td>Hydrogen reduced iron</td>
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<td>(xiii)</td>
<td>Sodium iron EDTA</td>
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<tr>
<td>(xiv)</td>
<td>Carbonyl iron</td>
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<tr>
<td>(xv)</td>
<td>Ferrous orthophosphate</td>
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<tr>
<td>(xvi)</td>
<td>Ferrous sodium pyrophosphate</td>
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<tr>
<td>(xvii)</td>
<td>Elemental iron</td>
<td></td>
</tr>
<tr>
<td>(xviii)</td>
<td>Electrolytic iron</td>
<td></td>
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<tr>
<td>7. Magnesium</td>
<td>(i) Magnesium aspartate</td>
<td></td>
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<tr>
<td></td>
<td>(ii) Magnesium carbonate</td>
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<tr>
<td></td>
<td>(iii) Magnesium chloride</td>
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<tr>
<td></td>
<td>(iv) Magnesium gluconate</td>
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<tr>
<td></td>
<td>(v) Magnesium phosphate dibasic (Magnesium hydrogen phosphate)</td>
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<tr>
<td></td>
<td>(vi) Magnesium phosphate tribasic (Trimagnesium phosphate)</td>
<td></td>
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<tr>
<td></td>
<td>(vii) Magnesium oxide</td>
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<td></td>
<td>(viii) Magnesium sulphate</td>
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<td>8. Manganese</td>
<td>(i) Manganese carbonate</td>
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<td></td>
<td>(ii) Manganese chloride</td>
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<td></td>
<td>(iii) Manganese citrate</td>
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<td></td>
<td>(iv) Manganese sulphate</td>
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<td></td>
<td>(v) Manganese gluconate</td>
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<td></td>
<td>(vi) As amino acid chelate</td>
<td></td>
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<tr>
<td>9. Molybdenum</td>
<td>(i) Ammonium molybdate (Molybdenum (VI))</td>
<td></td>
</tr>
<tr>
<td></td>
<td>(ii) Sodium molybdate (Molybdenum (VI))</td>
<td></td>
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<tr>
<td></td>
<td>(iii) As amino acid chelate</td>
<td></td>
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<tr>
<td>10. Phosphorous</td>
<td>(i) Potassium glycerophosphate</td>
<td></td>
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<tr>
<td></td>
<td>(ii) Potassium phosphate, monobasic</td>
<td></td>
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<tr>
<td></td>
<td>(iii) Potassium phosphate, dibasic</td>
<td></td>
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<tr>
<td>11. Potassium</td>
<td>(i) Potassium bicarbonate</td>
<td></td>
</tr>
<tr>
<td></td>
<td>(ii) Potassium carbonate</td>
<td></td>
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<td></td>
<td>(iii) Potassium chloride</td>
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<td>(iv) Potassium citrate</td>
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<td>(v) Potassium gluconate</td>
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<td>(vi) Potassium glycerophosphate</td>
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<td></td>
<td>(vii) Potassium lactate</td>
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<td></td>
<td>(viii) Potassium monobasic phosphate</td>
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<tr>
<td></td>
<td>(ix) Potassium dibasic phosphate</td>
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</tr>
<tr>
<td>S.No.</td>
<td>Vitamins and Minerals</td>
<td>Components</td>
</tr>
<tr>
<td>-------</td>
<td>-----------------------</td>
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</tr>
<tr>
<td>12.</td>
<td>Selenium</td>
<td>(i) Sodium selenate</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(ii) Sodium selenite</td>
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<tr>
<td></td>
<td></td>
<td>(iii) Sodium hydrogen selenite</td>
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<tr>
<td></td>
<td></td>
<td>(iv) Selenomethionine</td>
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<tr>
<td></td>
<td></td>
<td>(v) Selenious acid</td>
</tr>
<tr>
<td>13.</td>
<td>Sodium</td>
<td>(i) Sodium bicarbonate</td>
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<tr>
<td></td>
<td></td>
<td>(ii) Sodium carbonate</td>
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<tr>
<td></td>
<td></td>
<td>(iii) Sodium chloride</td>
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<tr>
<td></td>
<td></td>
<td>(iv) Sodium citrate (Trisodium citrate)</td>
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<td></td>
<td></td>
<td>(v) Sodium gluconate</td>
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<tr>
<td></td>
<td></td>
<td>(vi) Sodium lactate</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(vii) Sodium phosphate monobasic (Sodium dihydrogen phosphate)</td>
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<tr>
<td></td>
<td></td>
<td>(viii) Sodium phosphate dibasic (disodium hydrogen phosphate)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(ix) Sodium sulphate</td>
</tr>
<tr>
<td>14.</td>
<td>Zinc</td>
<td>(i) Zinc acetate</td>
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<tr>
<td></td>
<td></td>
<td>(ii) Zinc chloride</td>
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<tr>
<td></td>
<td></td>
<td>(iii) Zinc citrate</td>
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<td></td>
<td></td>
<td>(iv) Zinc gluconate</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(v) Zinc lactate</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(vi) Zinc oxide</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(vii) Zinc carbonate</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(viii) Zinc sulphate</td>
</tr>
<tr>
<td>15.</td>
<td>Boron</td>
<td>(i) Boron proteonate</td>
</tr>
</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>S.No.</th>
<th>Micronutrient</th>
<th>Overage (per cent)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Vitamin A</td>
<td>30</td>
</tr>
<tr>
<td>2.</td>
<td>Vitamin C</td>
<td>20</td>
</tr>
<tr>
<td>3.</td>
<td>Vitamin D</td>
<td>30</td>
</tr>
<tr>
<td>4.</td>
<td>Vitamin E</td>
<td>10</td>
</tr>
<tr>
<td>5.</td>
<td>Thiamine (vitamin B₁)</td>
<td>25</td>
</tr>
<tr>
<td>6.</td>
<td>Riboflavin (vitamin B₂)</td>
<td>25</td>
</tr>
<tr>
<td>7.</td>
<td>Niacin (vitamin B₃)</td>
<td>10</td>
</tr>
<tr>
<td>8.</td>
<td>Vitamin B₆</td>
<td>25</td>
</tr>
<tr>
<td>9.</td>
<td>Vitamin B₁₂</td>
<td>25</td>
</tr>
</tbody>
</table>
10. Folic acid | 25  
11. Pantothenic acid | 10  
12. Vitamin K₁ | 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 |
| ii. | 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-Cystine hydrochloride | xxi. | L-Cystine |
| xxii. | 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 |
| xxx. | 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-Lysine-L-glutamate dihydrate |
| xxxix. | L-Methionine | xl. | L-Ornithine monohydrochloride |
| xli. | L-Phenylalanine | xlii. | L-Serine |
| xliii. | L-Threonine | xliiv. | L-Tryptophan |
| xliv. | L-Tyrosine | xlv. | L-Valine |
| xlvii. | Magnesium L-aspartate | xlviii. | Myo-Inositol (=meso-Inositol) |
| lii. | 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-monophosphate 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 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.
### Schedule – II
#### Plant or botanicals

<table>
<thead>
<tr>
<th>S.No.</th>
<th>Botanical name and part used</th>
<th>Official and common names, Permitted range of usage for adults per day (given in terms of raw herb/material)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Abelmoschus esculentus</em> (L.) Moench. Fruit/Root</td>
<td>Bhindi 5-10 g (as powder)</td>
</tr>
<tr>
<td>2.</td>
<td><em>Abies spectabilis</em> (D.Don) / <em>A. pindrow</em> Royle / <em>A. webbiana</em> Lindl (syn) Leaf/ Fruit</td>
<td>Talis patra / Talis bhed 2-3 g (as powder)</td>
</tr>
<tr>
<td>3.</td>
<td><em>Asculus indica</em> colebr./ <em>A. hippocastanum</em> Fruit /Kernel</td>
<td>Ban-khoda / Indian Horse Chestnut 3 – 5 g (as powder) 300 - 500 mg (as Extract )</td>
</tr>
<tr>
<td>4.</td>
<td><em>Abelmoschus moschatus</em> / <em>Hibiscus abelmoschus</em> (syn) Seed</td>
<td>Lata kasturi 1-2 g</td>
</tr>
<tr>
<td>5.</td>
<td><em>Abutilon indicum</em> (L.) Sweet ssp. <em>indicum</em> / <em>A. fruiticosum</em> Seed/Root / Stem</td>
<td>Atibala / kanghibala 3 – 4 g (as powder)</td>
</tr>
<tr>
<td>6.</td>
<td><em>Acacia arabica</em> Willd. (Now known as <em>Acacia nilotica</em> (L.) Willld. ex Del. ssp. <em>indica</em> (Benth.) Brenan Gum 1-3 g Bark 5-10 g</td>
<td>Babbul</td>
</tr>
<tr>
<td>7.</td>
<td><em>Acacia catechu</em></td>
<td>Khadir/ Katha/khair 1-3 g</td>
</tr>
<tr>
<td>8.</td>
<td><em>Acacia leucophloea</em> Willld/A. <em>farnesiana</em> (syn) Bark/Leaf</td>
<td>Aired/Trimed 3-5 g 2-3 g</td>
</tr>
<tr>
<td>9.</td>
<td><em>Achillea millefolium</em> Linn. / <em>A. Lanulosa</em> Nutt. (syn) Leaf</td>
<td>Gandana/Biranjaasif 2-3 g (as powder)</td>
</tr>
<tr>
<td>10.</td>
<td><em>Achyranthes aspera</em> (L.)/ <em>A. bidentata</em> Seed/Plant</td>
<td>Apamarga / Chirchida 5-8 g (as powder)</td>
</tr>
<tr>
<td>11.</td>
<td><em>Acorus calamus</em> Linn. Leaf</td>
<td>Vachha/Waj/Vacha 60-125 mg (as powder)</td>
</tr>
<tr>
<td>12.</td>
<td><em>Adhatoda zeylanica</em> / <em>A. vasaka</em> Stem/ Leaf /Root/ Flower</td>
<td>Vasa / Adusa 5-10 g</td>
</tr>
<tr>
<td>13.</td>
<td><em>Aegle marmelos</em> (L.) Corr. Unripe fruit pulp</td>
<td>Bilwa / Bael 5-10 g (as pulp)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Ripe fruit pulp 30-50 g (as pulp)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Leaf/Bark 3-6 g (as powder)</td>
</tr>
<tr>
<td>14.</td>
<td><em>Ajuga bracteosa</em> Wall. Plant</td>
<td>Neel Kanthi 0.5 – 1 g</td>
</tr>
<tr>
<td>15.</td>
<td><em>Alangium salvifolium</em> (L.f.) Wang. ssp. <em>salvifolium</em> / <em>A. lamarckii</em> (syn) Fruit</td>
<td>Ankota 2-6 g (as powder)</td>
</tr>
<tr>
<td>16.</td>
<td><em>Albizia lebbeck</em> (L.) Benth/A. <em>procera</em>/<em>A. odoratissima</em> Flower/ Stem bark / Leaf</td>
<td>Shireesh / Siris 3-6 g (as powder)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Seed 1-3 g (as powder)</td>
</tr>
<tr>
<td>No.</td>
<td>Plant Name</td>
<td>Part</td>
</tr>
<tr>
<td>-----</td>
<td>----------------------------</td>
<td>-----------------------</td>
</tr>
<tr>
<td>17</td>
<td><em>Alpinia galanga</em></td>
<td>Rhizome</td>
</tr>
<tr>
<td>18</td>
<td><em>Allium cepa</em> L.</td>
<td>Bulb</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Seed</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Leaf</td>
</tr>
<tr>
<td>19</td>
<td><em>Allium sativum</em> L.</td>
<td>Bulb</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Leaf</td>
</tr>
<tr>
<td>20</td>
<td><em>Allium stracheyi Bakerno</em></td>
<td>Whole plant</td>
</tr>
<tr>
<td>21</td>
<td><em>Alocasia indica</em> Spach</td>
<td>Tuber</td>
</tr>
<tr>
<td>22</td>
<td><em>Aloe barbadensis</em> Mill. / <em>A. Ferox</em> / <em>A. vera</em> / <em>A. indica</em></td>
<td>Leaf</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Dried Pulp</td>
</tr>
<tr>
<td>23</td>
<td><em>Althaea officinalis</em> Linn.</td>
<td>Flower/Root</td>
</tr>
<tr>
<td>24</td>
<td><em>Alternanthera sessilis</em> (L.) R. Br. ex DC.</td>
<td>Whole plant</td>
</tr>
<tr>
<td>25</td>
<td><em>Amaranthus gangeticus</em> L. (Now known as <em>A. tricolor</em> L.) / <em>A. blitum</em> L.</td>
<td>Aerial part</td>
</tr>
<tr>
<td>26</td>
<td><em>Amaranthus spinosus</em> L. / <em>A. paniculatus</em> L. (A. <em>hybridus</em> L.)</td>
<td>Whole plant</td>
</tr>
<tr>
<td>27</td>
<td><em>Amomum subulatum</em> Roxb. / A. aromaticum Roxb.</td>
<td>Fruit</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Seed</td>
</tr>
<tr>
<td>28</td>
<td><em>Amorphophallus campanulatus</em> (Roxb.) Blume ex Decne.</td>
<td>Corm</td>
</tr>
<tr>
<td>29</td>
<td><em>Anacardium occidentale</em> L.</td>
<td>Fruit kernel</td>
</tr>
<tr>
<td>30</td>
<td><em>Anacyclus pyrethrum</em> DC.</td>
<td>Root/ Seed</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>31</td>
<td><em>Ananas comosus</em> (L.) Merr.</td>
<td>Fruit</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>32.</td>
<td>Andrographis paniculata</td>
<td>Whole plant</td>
</tr>
<tr>
<td>33.</td>
<td>Anethum sowa Roxb. ex Flem. (Now known as A. graveolens L.)</td>
<td>Fruit</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Leaf</td>
</tr>
<tr>
<td>34.</td>
<td>Angelica glauca Edgew. / A. archangelica L. / A. himalaica Krishna. &amp; Badhwar.</td>
<td>Root / Root stock</td>
</tr>
<tr>
<td>35.</td>
<td>Annona squamosa L. (Sitaphal) / A. reticulata (Ramphal) / A. muricata (Laxmanphal) / A. cherimola (Hanuman phal)</td>
<td>Fruit pulp</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Leaf</td>
</tr>
<tr>
<td>36.</td>
<td>Apium leptophyllum (Pers.) Muell. / A. graveolens Linn.</td>
<td>Fruit</td>
</tr>
<tr>
<td>37.</td>
<td>Arachis hypogaea L.</td>
<td>Seeds (kernel)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Seed oil</td>
</tr>
<tr>
<td>38.</td>
<td>Argyreia speciosa Sweet / A. nervosa (syn)</td>
<td>Root</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Seed</td>
</tr>
<tr>
<td>39.</td>
<td>Armoracia lapathifolia Gilib / A. rusticana Gaertn. (syn)</td>
<td>Leaf</td>
</tr>
<tr>
<td>40.</td>
<td>Artemisia absinthium Linn / A. vulgaris / A. officinalis Linn / A. maritima / A. dracunculus / A. annua</td>
<td>Whole plant</td>
</tr>
<tr>
<td>41.</td>
<td>Artocarpus heterophyllus Lam. (Jackfruit)</td>
<td>Ripe / unripe fruit</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Seeds</td>
</tr>
<tr>
<td>42.</td>
<td>Artocarpus lakoocha Roxb.</td>
<td>Ripe fruit / Unripe fruit</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Seed</td>
</tr>
<tr>
<td>43.</td>
<td>Arnebia nobilis / A. benthamii</td>
<td>Root</td>
</tr>
<tr>
<td>44.</td>
<td>Asparagus adscendens Roxb.</td>
<td>Tuberous root</td>
</tr>
<tr>
<td>45.</td>
<td>Asparagus officinalis L.</td>
<td>Root</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Tender Shoots</td>
</tr>
<tr>
<td>No.</td>
<td>Name</td>
<td>Part</td>
</tr>
<tr>
<td>-----</td>
<td>----------------------------------------------------------------------</td>
<td>-------------------------------------------</td>
</tr>
<tr>
<td>46.</td>
<td>Asparagus racemosus Willd.</td>
<td>Tuberous root</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Tender Shoots</td>
</tr>
<tr>
<td>47.</td>
<td>Asparagus sarmentosus Linn.</td>
<td>Tuberous root</td>
</tr>
<tr>
<td>48.</td>
<td>Astragalus gummifer Labill.</td>
<td>Gum</td>
</tr>
<tr>
<td>49.</td>
<td>Avena sativa L.</td>
<td>Seed</td>
</tr>
<tr>
<td>50.</td>
<td>Averrhoa carambola L.</td>
<td>Fruit</td>
</tr>
<tr>
<td>51.</td>
<td>Azadirachta indica A. Juss.</td>
<td>Leaf</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>52.</td>
<td>Bambusa arundinacea (Retz.) Willd. / B. bambos Linn. (syn)</td>
<td>Tender shoots (Young leaf)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Seed</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Crystals</td>
</tr>
<tr>
<td>53.</td>
<td>Bacopa monnieri</td>
<td>Whole plant</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Extract</td>
</tr>
<tr>
<td>54.</td>
<td>Basella alba L.</td>
<td>Leaf</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Flower / Buds</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Extract</td>
</tr>
<tr>
<td>56.</td>
<td>Benincasa hispida (Thunb.) Cogn.</td>
<td>Fruit</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Seed</td>
</tr>
<tr>
<td>57.</td>
<td>Berberis aristata DC./B. asiatica / B. lycium / B. vulgaris</td>
<td>Fruit / Leaf / Root / Stem</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Root extract/ Stem extract</td>
</tr>
<tr>
<td>58.</td>
<td>Bergenia linguts Wall / B.ciliatasyn. / Saxifraga lingulata Wall.</td>
<td>Root/ Leaf</td>
</tr>
<tr>
<td>No.</td>
<td>Species/Genus</td>
<td>Part</td>
</tr>
<tr>
<td>-----</td>
<td>---------------</td>
<td>------</td>
</tr>
<tr>
<td>59.</td>
<td>Beta vulgaris L.</td>
<td>Tuber</td>
</tr>
<tr>
<td>60.</td>
<td>Blepharis edulis Pers. / B. linariaefolius</td>
<td>Root</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Seed</td>
</tr>
<tr>
<td>61.</td>
<td>Boerhavia diffusa L. (Now known as B. repens L. var. diffusa (L.) Hook.f.) / B. Verticillata</td>
<td>Aerial part</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Root</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>62.</td>
<td>Bombax malabarica / Salmalia malabarica / B. ceiba L.</td>
<td>Bark</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Flower</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Gum/Root</td>
</tr>
<tr>
<td>63.</td>
<td>Boswellia serrata Roxb.</td>
<td>Oleoresin</td>
</tr>
<tr>
<td>64.</td>
<td>Borassus flabellifer L.</td>
<td>Dried inflorescence</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Seed pulp of unripe fruit</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Exudate of stem / sap</td>
</tr>
<tr>
<td>65.</td>
<td>Brassica campestris L. (Now known as B. rapa L. ssp. campestris (L.) Clapham)</td>
<td>Seed</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Seed oil</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Leaf</td>
</tr>
<tr>
<td>66.</td>
<td>Brassica juncea (L.) Czern./ B. nigra Linn.</td>
<td>Seed</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Leaf</td>
</tr>
<tr>
<td>67.</td>
<td>Brassica rapa L.</td>
<td>Tuber</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Leaf</td>
</tr>
<tr>
<td>68.</td>
<td>Buchanania lanzan Spreng.</td>
<td>Seed</td>
</tr>
<tr>
<td>69.</td>
<td>Butea monosperma Taub / B. frondosa</td>
<td>Seed</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Gum</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Root/Bark</td>
</tr>
<tr>
<td>70.</td>
<td>Bixa orellana Linn.</td>
<td>Seed</td>
</tr>
<tr>
<td>71.</td>
<td>Caesalpinia bonducella (L.) Flem. (Now known as C. bonduc (L.) Roxb. C.crista)</td>
<td>Leaf / Bark / Seed</td>
</tr>
<tr>
<td>72.</td>
<td>Cajanus cajan (Linn.) Millsp.</td>
<td>Seed</td>
</tr>
<tr>
<td>73.</td>
<td><strong>Camellia sinensis</strong></td>
<td></td>
</tr>
<tr>
<td>---</td>
<td>---</td>
<td>---</td>
</tr>
<tr>
<td>Tea leaf</td>
<td>Chai patti</td>
<td>Upto 10 g per day dried or processed leaf as infusion</td>
</tr>
<tr>
<td>Extract</td>
<td>Tea extract</td>
<td>0.5 – 2 g</td>
</tr>
<tr>
<td>Tea catechins</td>
<td>Green tea catechins</td>
<td>0.3-0.7 g</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>74.</th>
<th><strong>Canavalia ensiformis</strong> sensu Baker (Now known as <em>C. gladiata</em> (Jacq.) DC.)</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Fresh pod</td>
<td>Sem</td>
<td>30-50 g</td>
<td></td>
</tr>
<tr>
<td>Seed</td>
<td>5-10 g</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>75.</th>
<th><strong>Canscora decussata</strong> (Roxb.) J.F. and J.H. Schult.</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Leaf</td>
<td>Bangiya / Sankhapsphi</td>
<td>2-4 g (as powder)</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>76.</th>
<th><strong>Capparis decidua</strong> (Forssk.) Edgew./ <strong>C. aphylla</strong> Edgew (syn)</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruit</td>
<td>Kareer / Dela</td>
<td>10-20 g</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>77.</th>
<th><strong>Capparis seppiara</strong> Linn. / <strong>C. spinosa</strong> Linn.</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Root / Plant</td>
<td>Himsraa/ Kakadaani</td>
<td>5 – 10 g (as powder / for decoction)</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>78.</th>
<th><strong>Capsicum annuum</strong> L. var. annum</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Unripe fruit</td>
<td>Hari Mirch</td>
<td>1-5 g (Not recommended for children below 5 years)</td>
<td></td>
</tr>
<tr>
<td>Ripe fruit</td>
<td>Lal Mirch</td>
<td>0.5-1 g (as powder) (Not recommended for children below 5 years)</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>79.</th>
<th><strong>Capsicum frutescens</strong> L.</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruit</td>
<td>Simla mirch</td>
<td>30-50 g (as fresh)</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>80.</th>
<th><strong>Carica papaya</strong> L.</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Ripe fruit</td>
<td>Erand karkaki / Papita</td>
<td>50-100 g</td>
<td></td>
</tr>
<tr>
<td>Unripe fruit</td>
<td>Papita</td>
<td>30-50 g (Not recommended during pregnancy)</td>
<td></td>
</tr>
<tr>
<td>Leaf / Juice</td>
<td>5 – 10 g/ml (for decoction) (Not recommended during pregnancy)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>81.</th>
<th><strong>Carissa carandas</strong> L. / <strong>C. spinarum</strong> L.</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruit</td>
<td>Karmard / Karounda</td>
<td>10 – 20 g</td>
<td></td>
</tr>
<tr>
<td>Bark</td>
<td>Garnaa</td>
<td>10-20 g (for decoction)</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>82.</th>
<th><strong>Carthamus tinctorius</strong> L.</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Flower / Leaf / Seed</td>
<td>Kusumbh / Barre</td>
<td>2-4 g (as powder)</td>
<td></td>
</tr>
<tr>
<td>Seed oil</td>
<td>Barre –tail</td>
<td>5-10 ml</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>83.</th>
<th><strong>Carum carvi</strong> L.</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruit</td>
<td>Krishna jeerak/ Syaha /kala jeera</td>
<td>1-3 g (as powder)</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>84.</th>
<th><strong>Cassia absus</strong> L.</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Seed</td>
<td>Chakshushya / Chaksu</td>
<td>2-5 g</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>85.</th>
<th><strong>Cassia occidentalis</strong> L.</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Leaf</td>
<td>Kasmard / Kasoundi</td>
<td>5-10 g</td>
<td></td>
</tr>
<tr>
<td>Seed / Fruit</td>
<td>1-3 g</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

| 86. | **Cassia tora** L. / **C. alata** L. |  |  |
87. *Cassia fistula* Linn.
- Leaf/Juice: Chakarmard / Chakwad
- Seed: 10-20 g/ml
- 3-5 g (as powder)
- Fruit / Tender fruit: Aaragavadh / Amaltas
- Seed / Bark: Amaltas
- 10-20 g (as pulp)

88. *Cassia angustifolia / C. acutifolia / C. senna* L
- Seed/Leaf Extract: Swarnapatri / Sanay / Senna
- 0.5 – 2 g (as powder)
- 125 – 250 mg

89. *Cedrus deodar* Roxb.
- Seed/Wood/Bark Oil: Devdaru / Devdar
- 3-6 g (as powder)
- 2-4 ml

90. *Celosia argentea* L. var. argentea
- Seed: Shitivaaraka / Surwali / Safed murga
- 3-6 g

91. *Celastrus paniculatus*
- Seed Oil: Jyothishmati / Malkanguni
- 2 – 3 g (as powder)
- 1-2 ml

92. *Celastrus paniculata* willd.
- Seed Seed oil Leaf: Jyothishmati / Malkanguni
- 3-5g
- 5 - 15 drops
- 3-5 g (as powder)

93. *Centella asiatica* (L.) Urban
- Whole Plant Leaf Extract: Mandukaparni / Brahmi (Galpatri) / Manduki
- Brahmi
- 20-30 g (as fresh)
- 3-5 g (as powder)
- 0.5 – 1 g

94. *Centratherum anthelminticum*
- Fruit/Seed: Aranya jeerak/ Kali-jeeri / Van-jeeri
- 1 – 3 g

95. *Chenopodium album* L.
- Whole plant/Leaf: Vasthuka/ Bathua
- Bathua
- 20-30 g (as fresh)
- 2-5 g

96. *Chlorophytum borivillianum / C. arundinaceum/ C. tuberosum*
- Root: Musali safed / Musali
- 3 – 6 g (as powder)

97. *Cicca acida* (L.) Merrill
- Fruit: Harfa rewadi
- 10-20 g

98. *Cicer arietinum* L.
- Tender leaf: Chanak / Chana / Kalachana
- Chana / Kalachana
- 30-50 g (as fresh)
- 20-30 g

99. *Cichorium endivia*
- Seed/Root: Kasani/Chicory
- 5-10 g

100. *Cinnamomum tamala* Nees/ Eberm. / *C. wightii*
- Leaf: Tamalpatra/ Tejapatra
- 2-3 g
<table>
<thead>
<tr>
<th>No.</th>
<th>Common Name</th>
<th>Scientific Name</th>
<th>Parts Used</th>
<th>Dosage</th>
</tr>
</thead>
<tbody>
<tr>
<td>101</td>
<td>Cinnamomum zeylanicum</td>
<td>(Now known as C. verum J. S. Presl.)/ C. cassia (syn) / C. aromaticum</td>
<td>Bark</td>
<td>Twak / Dalchini (Ceyloni)</td>
</tr>
<tr>
<td>102</td>
<td>Cissampelos pareria</td>
<td>L. var. hirsuta (Buch. Ham. ex DC.) Forman.</td>
<td>Leaf / Whole Plant / Root</td>
<td>Patha / Padhi</td>
</tr>
<tr>
<td>103</td>
<td>Cissus quadrangularis</td>
<td>L.</td>
<td>Aerial part</td>
<td>Astisamhara / Hadjod</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Stem</td>
<td>Hadjod</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Extract</td>
<td></td>
</tr>
<tr>
<td>104</td>
<td>Citrullus colocynthis</td>
<td>(L.) Schard.</td>
<td>Fruit / Root / Leaf</td>
<td>Indarvaruni / Indarun / Indrayan</td>
</tr>
<tr>
<td>105</td>
<td>Citrullus vulgaris</td>
<td>Schrad. ex Eckl. and Zeyh. var. fistulosus (Stocks) Stewart</td>
<td>Fruit</td>
<td>Tinda</td>
</tr>
<tr>
<td>106</td>
<td>Citrullus lanatus</td>
<td>(Thunb.) Matsura and Nakai</td>
<td>Fruit</td>
<td>Tarbuj</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Seed</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Seed oil</td>
<td></td>
</tr>
<tr>
<td>107</td>
<td>Citrus aurantifolia</td>
<td>(Christm. and Panz.) Swingle / C. medica / C. acida. Roxb.</td>
<td>Fruit / Leaf / Root</td>
<td>Nimbuca / Nimbu</td>
</tr>
<tr>
<td>108</td>
<td>Citrus limon</td>
<td>(Linn.) Burm.f.</td>
<td>Fruit / Leaf / Root</td>
<td>Jambeer / Jameerinibu</td>
</tr>
<tr>
<td>109</td>
<td>Citrus maxima</td>
<td>(Burm.) Merr./ C. grandis L</td>
<td>Fruit / Leaf</td>
<td>Chakotara / Sadaphala</td>
</tr>
<tr>
<td>110</td>
<td>Citrus medica</td>
<td>L. var. medica</td>
<td>Fruit</td>
<td>Turanuj / Bijoura</td>
</tr>
<tr>
<td>111</td>
<td>Citrus reticulata</td>
<td>Blanc.</td>
<td>Fruit / Leaf</td>
<td>Narangi / Santra</td>
</tr>
<tr>
<td>112</td>
<td>Citrus sinensis</td>
<td>(L.) Osbeck</td>
<td>Fruit / Leaf</td>
<td>Mousami</td>
</tr>
<tr>
<td>113</td>
<td>Clerodendron infortunatum</td>
<td></td>
<td>Whole plant</td>
<td>Bhandiri / Bhaandi / Bhatetchh</td>
</tr>
<tr>
<td>114</td>
<td>Clerodendrum phlomidis</td>
<td></td>
<td>Whole plant</td>
<td>Arani / Laghuagnimandh</td>
</tr>
<tr>
<td>115</td>
<td>Clerodendrum serratum</td>
<td></td>
<td>Whole plant</td>
<td>Bharangi</td>
</tr>
<tr>
<td>116</td>
<td>Clitoria ternatea</td>
<td>Linn.</td>
<td>Root / Seed / Leaf</td>
<td>Girikarnika / Aparajita</td>
</tr>
<tr>
<td>117</td>
<td>Coccinia grandis</td>
<td>(L.) Voigt. / C. indica / C. cardifolia (syn)</td>
<td>Leaf</td>
<td>Bimbi / Kundru phal / Kuntru shak</td>
</tr>
<tr>
<td>No.</td>
<td>Common Name</td>
<td>Plant Part</td>
<td>Medicinal Form</td>
<td></td>
</tr>
<tr>
<td>------</td>
<td>-----------------------------------</td>
<td>-----------------------------</td>
<td>-------------------------</td>
<td></td>
</tr>
<tr>
<td>118.</td>
<td><em>Cocos nucifera</em> L.</td>
<td>Leaf / Whole plant</td>
<td>Chilihintha / Jalajamani (for decoction) 2-4 g (as powder)</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Endosperm</td>
<td>Nariyal</td>
<td>10-20 g</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Water</td>
<td>Nariyal jala</td>
<td>100-200 ml</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Flower</td>
<td>Nariyal</td>
<td>5-10 g</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Shell / Fibre / Whole fruit</td>
<td>Ash</td>
<td>125-250 mg</td>
</tr>
<tr>
<td>119.</td>
<td><em>Cocos hirsutus</em> (L.) Theob.</td>
<td>Leaf / Whole plant</td>
<td>Chilihintha / Jalajamani (for decoction) 10-20 g</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Seed</td>
<td>Millet / Gavedhukaa / Gargari</td>
<td>10-20 g (as powder)</td>
</tr>
<tr>
<td>120.</td>
<td><em>Coix lacryma-jobi</em> L.</td>
<td>Seed</td>
<td>Millet / Gavedhukaa / Gargari</td>
<td>10-20 g</td>
</tr>
<tr>
<td>121.</td>
<td><em>Coffea arabica</em> / <em>C. robusta</em></td>
<td>Seed (Dry/Green)</td>
<td>Kaaphi / Kahava / Coffee</td>
<td>3-5 g (Not recommended for children below 5 years)</td>
</tr>
<tr>
<td>122.</td>
<td><em>Coleus forskohlii</em> / <em>C. aromaticus</em> / <em>C. barbatis</em> (syn)</td>
<td>Root / Leaf / Whole plant</td>
<td>Gandiva / Pathachoor / Parn-yavani</td>
<td>3-5 g (as powder) (Not recommended for children below 5 years)</td>
</tr>
<tr>
<td>123.</td>
<td><em>Colesus vettiveroides</em> K.C. Jacob.</td>
<td>Stem / Leaf / Root</td>
<td>Hrivera / Baalatka</td>
<td>3-5 g (as powder)</td>
</tr>
<tr>
<td>124.</td>
<td><em>Coleticum luteum</em> Baker</td>
<td>Corm</td>
<td>Suranjan / Suranjan-kadvi</td>
<td>0.5-1 g (Not recommended in children below 5 years and pregnant mothers)</td>
</tr>
<tr>
<td>125.</td>
<td><em>Colocasia antiquorum</em> Schott. (Now known as <em>C. esculenta</em> (L.) Schott.)</td>
<td>Rhizome</td>
<td>Pindalaka / Arvi / Aaluki</td>
<td>20-30 g (as fresh) (Not recommended for children below 16 years)</td>
</tr>
<tr>
<td>126.</td>
<td><em>Commelina bengalensis</em> L.</td>
<td>Whole plant</td>
<td>Karnsphota / karnmorata / Kausar</td>
<td>3-6 g</td>
</tr>
<tr>
<td>127.</td>
<td><em>Commiphora wightii</em></td>
<td>Oleoresin</td>
<td>Gugggal</td>
<td>2-4 g (Not recommended for children below 5 years)</td>
</tr>
<tr>
<td>128.</td>
<td><em>Commiphora myrrha</em></td>
<td>Oleoresin</td>
<td>Hirabol</td>
<td>2-4 g (Not recommended for children below 5 years)</td>
</tr>
<tr>
<td>129.</td>
<td><em>Convolvulus pluricaulis / Evolvus alsinoides</em></td>
<td>Whole plant (with white or bluish flowers)</td>
<td>Shankh-pushpi / Vishnukranta</td>
<td>10-20 g (for decoction)</td>
</tr>
<tr>
<td>130.</td>
<td><em>Convolvulus turpethum / Iporius turpethum</em></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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<table>
<thead>
<tr>
<th>No.</th>
<th>Plant Name</th>
<th>Part</th>
<th>Common Name</th>
<th>Dose</th>
</tr>
</thead>
<tbody>
<tr>
<td>131</td>
<td><em>Coptis teeta</em> Wall. / <em>C. chinensis</em> syn</td>
<td>Whole plant</td>
<td>Mamira / Tiktamoola</td>
<td>1-3 g (as powder)</td>
</tr>
<tr>
<td>132</td>
<td><em>Corchorus acutangulus</em> Lam. (Now known as <em>C. aestivalis</em> L.) / <em>C. capularis</em> L. / <em>C. olitorius</em> L.</td>
<td>Aerial part</td>
<td>Chunchu / kaala / shaak / palva saag / Chench</td>
<td>10-20 ml (as juice)</td>
</tr>
<tr>
<td>133</td>
<td><em>Cordia dichotoma</em> Forst. f. (C. <em>wallichii</em> G.Don)</td>
<td>Fruit</td>
<td>Shlashmotaka / Lisora / gondra</td>
<td>10-20 g</td>
</tr>
<tr>
<td>134</td>
<td><em>Cordia rotthii</em> Roem. and Schult. (Now known as <em>C. gharaf</em> (Forssk.) Ehrenb and Asch.)</td>
<td>Fruit</td>
<td>Chhota Lisora / Lasudi</td>
<td>10-20 g</td>
</tr>
<tr>
<td>135</td>
<td><em>Coriandrum sativum</em> L.</td>
<td>Fruit / Seed</td>
<td>Dhanyaka / Dhaniya</td>
<td>1-3 g (as powder)</td>
</tr>
<tr>
<td>136</td>
<td><em>Costus speciosus</em> / <em>C. koeniga</em> (syn)</td>
<td>Rhizome / Root</td>
<td>Kebuka / Kemuk</td>
<td>2-4 g (as powder) (Not recommended for children below 5 years)</td>
</tr>
<tr>
<td>137</td>
<td><em>Crataeva nurvala</em> Buch- ham / <em>C. megna</em> DC</td>
<td>Fruit/Bark/Leaf</td>
<td>Varun / Barana</td>
<td>10-20 g (for decoction)</td>
</tr>
<tr>
<td>138</td>
<td><em>Crocus sativus</em> L.</td>
<td>Style/ Stigma</td>
<td>Kumkum (Kesar)</td>
<td>25-50 mg (Not recommended for children below 16 years)</td>
</tr>
<tr>
<td>139</td>
<td><em>Cucumis melo</em> L. / <em>C. melo</em> L. var. <em>momordica</em> Duthie and Fuller / <em>C. melo</em> L. var. <em>utilissimus</em> (Roxb.) Duthie and Fuller</td>
<td>Fruit</td>
<td>Kharbooja</td>
<td>50-100 g</td>
</tr>
<tr>
<td>140</td>
<td><em>Cucumis sativus</em> L.</td>
<td>Seed</td>
<td>1-3 g (as powder)</td>
<td></td>
</tr>
<tr>
<td>141</td>
<td><em>Cucurbita maxima</em> Duch. ex Lam.</td>
<td>Seed</td>
<td>Triptaka / Khira/cucumber</td>
<td>3-6 g (as powder)</td>
</tr>
<tr>
<td>142</td>
<td><em>Cucurbita pepo</em> L.</td>
<td>Fruit</td>
<td>Kashiphal</td>
<td>50-100 g (as fresh)</td>
</tr>
<tr>
<td>143</td>
<td><em>Cuminum cyminum</em> L.</td>
<td>Seed</td>
<td>Safed petha</td>
<td>5-10 g (as powder)</td>
</tr>
<tr>
<td>144</td>
<td><em>Curculigo orchioides</em> Gaertn.</td>
<td>Tuber</td>
<td>Talmuli / Kalimushli</td>
<td>3-5 g</td>
</tr>
<tr>
<td>No.</td>
<td>Common Name</td>
<td>Part Used</td>
<td>Dosage: Fresh</td>
<td>Dosage: Powder</td>
</tr>
<tr>
<td>-----</td>
<td>--------------------------------------------</td>
<td>-----------</td>
<td>---------------</td>
<td>---------------</td>
</tr>
<tr>
<td>145</td>
<td><em>Curcuma amada</em> Roxb.</td>
<td>Rhizome</td>
<td>Aamra haridra / Ambaahaldi</td>
<td>5-10 g (as fresh)</td>
</tr>
<tr>
<td>146</td>
<td><em>Curcuma angustifolia</em></td>
<td>Root</td>
<td>Tavakasheer/ Tavkshir / Tikhur</td>
<td>2-5 g</td>
</tr>
<tr>
<td>147</td>
<td><em>Curcuma longa</em> L.</td>
<td>Rhizome</td>
<td>Haldi</td>
<td>1-3 g (as powder)</td>
</tr>
<tr>
<td></td>
<td>Fresh Rhizome / Leaf</td>
<td></td>
<td></td>
<td>5-10 ml (as juice)</td>
</tr>
<tr>
<td>148</td>
<td><em>Curcuma zedoaria</em> Roxb. (Now known as <em>C. aromatica</em> Salisb.)</td>
<td>Rhizome</td>
<td>Kachura / Kachur</td>
<td>1-3 g (as powder)</td>
</tr>
<tr>
<td>149</td>
<td><em>Cyamopsis tetragonoloba</em></td>
<td>Pod/Seed</td>
<td>Gaurphali / Guar / Guar gum</td>
<td>20-30 g (as powder)</td>
</tr>
<tr>
<td></td>
<td>Gum</td>
<td></td>
<td></td>
<td>5-10 g (as powder)</td>
</tr>
<tr>
<td>150</td>
<td><em>Cymbopogon citratus</em>(DC.) Stapf / <em>C. coloratus</em>Stapf / <em>C. jwarankusa</em> (Jones) Schult / <em>C. martini</em> (Roxb.)Wats</td>
<td>Whole plant</td>
<td>Lamajjaka / Harichaya / Rosha Ghas / lemon grass</td>
<td>1-3 g (as infusion)</td>
</tr>
<tr>
<td>151</td>
<td><em>Cynodon dactylon</em> (L.) Pers.</td>
<td>Leaf / Whole plant</td>
<td>Durva / Duba</td>
<td>3-5 g</td>
</tr>
<tr>
<td>152</td>
<td><em>Cyperus rotundus</em> L. / <em>C. seariosus</em> R. Br</td>
<td>Rhizome</td>
<td>Mushtaka / Nagarmotha / Bhadramushtaka</td>
<td>2-5 g</td>
</tr>
<tr>
<td>153</td>
<td><em>Daucus carota</em> L.</td>
<td>Tuberous root</td>
<td>Gajar</td>
<td>50-100 g (as fresh)</td>
</tr>
<tr>
<td></td>
<td>Seed</td>
<td></td>
<td></td>
<td>50-100 ml (as juice)</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1-2 g (as powder)</td>
<td>(Not recommended during pregnancy)</td>
</tr>
<tr>
<td>154</td>
<td><em>Desmodium gangeticum</em> / <em>D. latifolium</em></td>
<td>Whole plant / Root</td>
<td>Shaalparnii / Sarvan</td>
<td>5-10 g (for decoction)</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>2-5 g (as powder)</td>
</tr>
<tr>
<td>155</td>
<td><em>Dillenia indica</em> L.</td>
<td>Fleshy fresh sepals / Bark / Leaf</td>
<td>Bhavya /Chalta</td>
<td>10-20 g (for decoction)</td>
</tr>
<tr>
<td></td>
<td>Fruit</td>
<td></td>
<td></td>
<td>40-50 g (as fresh)</td>
</tr>
<tr>
<td>156</td>
<td><em>Dioscorea alata</em> L. / <em>D. deltoidea</em></td>
<td>Tuber / Aerial bulbs</td>
<td>Kathalu / Shingali</td>
<td>10-20 g</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Extract</td>
<td></td>
<td>0.5-1 g</td>
</tr>
<tr>
<td>157</td>
<td><em>Dioscorea bulbifera</em> L.</td>
<td>Tuber / Aerial bulbs</td>
<td>Varahikand / Genthi / Taradi</td>
<td>20-30 g (as fresh)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Extract</td>
<td></td>
<td>5-10 g (as powder)</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>0.5-1 g</td>
</tr>
<tr>
<td>158</td>
<td><em>Dioscorea esculenta</em> (Lour.) Burkill / <em>D. pentaphyla</em> L</td>
<td>Tuber</td>
<td>Madhvaluk / Suthani</td>
<td>5-10 g</td>
</tr>
<tr>
<td>No.</td>
<td>Scientific Name</td>
<td>Parts</td>
<td>Common Name(s)</td>
<td>Weight</td>
</tr>
<tr>
<td>------</td>
<td>-----------------------------------------------------</td>
<td>-------------------</td>
<td>----------------------</td>
<td>---------</td>
</tr>
<tr>
<td>159.</td>
<td><em>Diplezia maxima</em></td>
<td>Tender shoots</td>
<td>Lungru</td>
<td>30-50 g</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Root</td>
<td></td>
<td>5 – 10 g</td>
</tr>
<tr>
<td>160.</td>
<td><em>Diospyros peregrina</em> Gurke (Now known as <em>D. malabarica</em> (Desr.) Kostel)</td>
<td>Ripe fruit</td>
<td>Tinduka / Tendu / Gab</td>
<td>20-30 g</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Unripe fruit</td>
<td>Gab</td>
<td>4-8 g (as powder)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Bark / Leaf / Seed</td>
<td>Gab</td>
<td>3-5 g (as powder)</td>
</tr>
<tr>
<td>161.</td>
<td><em>Dluchea lameolata</em> C.B. Clarke</td>
<td>Aerial parts / Leaf</td>
<td>Razana / Vaaya-surai</td>
<td>5-10 g (as powder)</td>
</tr>
<tr>
<td>162.</td>
<td><em>Dolichos biflorus</em> L. (Now known as <em>Vigna unguiculata</em> (L.) Walp.)</td>
<td>Seed</td>
<td>Kulath / Kulathi Gontha</td>
<td>20-30 g</td>
</tr>
<tr>
<td>163.</td>
<td><em>Dolichos lablab</em> L. (Now known as <em>Lablab purpureus</em> (L.) Sweet)</td>
<td>Seed</td>
<td>Nishpaav/ Sem/ Semphali</td>
<td>20-40 g (as seed)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Tender Pod</td>
<td>Sem</td>
<td>30-40 g (as fresh)</td>
</tr>
<tr>
<td>164.</td>
<td><em>Echinochloa frumentacea</em> Link / <em>Panicum frumentacea</em> (syn)</td>
<td>Fruit</td>
<td>Sanwa / Shyamaka</td>
<td>30-50 g</td>
</tr>
<tr>
<td>165.</td>
<td><em>Eclipta prostata</em> L. / <em>E. alba</em> (syn)</td>
<td>Whole plant</td>
<td>Bhringaraj/ Bhangra</td>
<td>3-6 g (as powder)</td>
</tr>
<tr>
<td>166.</td>
<td><em>Elettaria cardamomum</em> (L.) Maton</td>
<td>Seed</td>
<td>Ela/ Suksha elaa/ Chhoti elaichi</td>
<td>250-500 mg (as powder)</td>
</tr>
<tr>
<td>167.</td>
<td><em>Eleusine coracana</em> (L.) Gaertn. ssp. coracana (Finger millet)</td>
<td>Seed</td>
<td>Madhuli / Madua / Ragi</td>
<td>20-50 g</td>
</tr>
<tr>
<td>168.</td>
<td><em>Elsholtzia cristata</em> Willd. / <em>E. ciliata</em> (syn)</td>
<td>Leaf</td>
<td>Ajobandha</td>
<td>5-10 ml (as juice)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Seed</td>
<td></td>
<td>2-3 g</td>
</tr>
<tr>
<td>169.</td>
<td><em>Emblica officinalis</em> Gaertn. (Now known as <em>Phyllanthus emblica</em> L.)</td>
<td>Fruit</td>
<td>Amalaki/ Anwala / Amla</td>
<td>20-30 g (as fresh)</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>3-6 g (as powder)</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>5-10 ml (as juice)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Extract</td>
<td>1-3 g</td>
<td></td>
</tr>
<tr>
<td>170.</td>
<td><em>Embelia ribes</em> Burm. f.</td>
<td>Fruit</td>
<td>Vidanga / Vai-vidanga / Bhabhiranga</td>
<td>1-2 g (Not recommended for females planning to conceive)</td>
</tr>
<tr>
<td>171.</td>
<td><em>Embelica tsjeriam</em> -cotton A.DC / <em>E. robusta</em> (syn)</td>
<td>Fruit</td>
<td>Vidanga (bhed) / Bai-vidang (bhed)</td>
<td>5-10 g (as powder)</td>
</tr>
<tr>
<td>172.</td>
<td><em>Enicostemma littorale</em> Blume</td>
<td>Whole plant</td>
<td>Maamajaka / Mamejwa / Naai</td>
<td>2-3 g</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Extract</td>
<td></td>
<td>0.5 – 1 g</td>
</tr>
<tr>
<td>173.</td>
<td><em>Ephedra gerardiana</em> Wall.</td>
<td>Leaf/Whole plant</td>
<td>Somlata / Som/</td>
<td>2-3 g (as powder)</td>
</tr>
<tr>
<td>No.</td>
<td>Plant Name</td>
<td>Parts Used</td>
<td>Dosage</td>
<td></td>
</tr>
<tr>
<td>-----</td>
<td>------------</td>
<td>------------</td>
<td>--------</td>
<td></td>
</tr>
<tr>
<td>174</td>
<td><em>Euphorbia hidra</em> Linn. / <em>E. thymifolis</em> Linn.</td>
<td>Whole plant</td>
<td>3-5 g (as powder)</td>
<td></td>
</tr>
<tr>
<td>175</td>
<td><em>Euphorbia neriifolia</em> / <em>E. pilosa</em> / <em>E. royalana</em> / <em>E. dracunculoides</em></td>
<td>Stem (tender) after boiling / Leaf / Latex</td>
<td>10-20 g (as fresh) / 3-5 g (as fresh) (Not recommended for children below 5 years and pregnant women)</td>
<td></td>
</tr>
<tr>
<td>176</td>
<td><em>Euryale ferox</em> Salisb.</td>
<td>Seed</td>
<td>20-30 g (as seed) / 3-5 g (as powder)</td>
<td></td>
</tr>
<tr>
<td>177</td>
<td><em>Fagopyrum esculentum</em> Moench. / <em>F. tataricum</em> Gaertn. / <em>F. essence</em></td>
<td>Seed</td>
<td>30-50 g</td>
<td></td>
</tr>
<tr>
<td>178</td>
<td><em>Ferula asafoetida</em> L. / <em>F. foetida</em> Regal / <em>F. narthex</em> Boiss</td>
<td>Oleo-gum resin</td>
<td>20 – 30 mg</td>
<td></td>
</tr>
<tr>
<td>179</td>
<td><em>Ficus benghalensis</em> L.</td>
<td>Fruit / Shoot / Bark / Aerial root</td>
<td>40-50 g / 5-10 g (for decoction) / 2-5 g (as powder)</td>
<td></td>
</tr>
<tr>
<td>180</td>
<td><em>Ficus carica</em> L. / <em>F. palmata</em></td>
<td>Fruit / Leaf</td>
<td>20-30 g / 3 – 5 g (as powder)</td>
<td></td>
</tr>
<tr>
<td>181</td>
<td><em>Ficus glomerata</em> Roxb. (Now known as <em>F. racemosa</em> L.)</td>
<td>Fruit / Leaf / Bark</td>
<td>20-30 g (as fresh) / 3 – 5 g (as powder)</td>
<td></td>
</tr>
<tr>
<td>182</td>
<td><em>Ficus hispida</em> L.f.</td>
<td>Fruit / Bark / Tender leaf</td>
<td>10-20 g / 3 – 5 g (as powder)</td>
<td></td>
</tr>
<tr>
<td>183</td>
<td><em>Ficus locar</em> Buch. Ham / <em>F. infectoria</em></td>
<td>Fruit / Stem / Bark / Leaf</td>
<td>5-10 g</td>
<td></td>
</tr>
<tr>
<td>184</td>
<td><em>Ficus religiosa</em> L.</td>
<td>Fruit / Tender Leaf / Bark</td>
<td>5-10 g / 3 – 5 g (as powder)</td>
<td></td>
</tr>
<tr>
<td>185</td>
<td><em>Flacourtia ramontchi</em> L’ Herit (Now known as <em>F. indica</em> (Burm.f.) Merr.) / <em>F. jangomas</em> (Lour.) Raeusch</td>
<td>Fruit</td>
<td>5-10 g</td>
<td></td>
</tr>
<tr>
<td>186.</td>
<td><em>Foeniculum vulgare</em> Mill.</td>
<td>Fruit</td>
<td>Mishraya / Sounf / Fennel seed</td>
<td>3-6 g (as powder)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Leaf</td>
<td></td>
<td>20-30 g (as fresh)</td>
</tr>
<tr>
<td>187.</td>
<td><em>Fumaria vaillantii</em> (Lois.) Hook. f. and Thoms. var. <em>indica</em> Haussk. (Now known as <em>F. indica</em> (Haussk.) Pugsley) / <em>F. parviflora</em> (syn)</td>
<td>Whole plant</td>
<td>Parpat / Pittapapda</td>
<td>1-3 g (as powder)</td>
</tr>
<tr>
<td>188.</td>
<td><em>Garcinia indica</em> (Thour.) Choisy / <em>G. cambogia</em></td>
<td>Mature fruit</td>
<td>Vrukshamala / Kokam</td>
<td>10-20 ml (as juice) 5-10 g (as powder)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Butter / Oil</td>
<td></td>
<td>3-5 g/ml</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Extract</td>
<td></td>
<td>1 – 2 g</td>
</tr>
<tr>
<td>189.</td>
<td><em>Garcinia pedunculata</em> Roxb. ex Buch-Ham.</td>
<td>Fruit rind</td>
<td>Vatasamla / Amalbeda</td>
<td>5-10 ml/g (as juice/powder)</td>
</tr>
<tr>
<td>190.</td>
<td><em>Gardenia gummifera</em> Linn. F</td>
<td>Gum</td>
<td>Naadihingu / Dikkamamaali</td>
<td>250 – 500 mg</td>
</tr>
<tr>
<td>191.</td>
<td><em>Gardenia turgida</em> Roxb. (Now known as <em>Ceriscoides turgida</em> (Roxb.) Tirveng.)</td>
<td>Gum</td>
<td>Kharahara / Mahapindi / Kharahatta</td>
<td>1-3 g (as powder)</td>
</tr>
<tr>
<td>192.</td>
<td><em>Gentiana kurroo</em> Royle.</td>
<td>Rhizome / Root</td>
<td>Trayamana / Trayanta</td>
<td>1 – 3 g</td>
</tr>
<tr>
<td>193.</td>
<td><em>Gisekia pharnaceoides</em> L.</td>
<td>Leaf</td>
<td>Elavallukavari / Baluka Saga</td>
<td>5-10 g</td>
</tr>
<tr>
<td>194.</td>
<td><em>Glycine max</em> (L.) Merr.</td>
<td>Seed</td>
<td>Soya / Soyabean</td>
<td>20-40 g</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Soya proteins</td>
<td></td>
<td>10-20 g</td>
</tr>
<tr>
<td>195.</td>
<td><em>Glycyrrhiza glabra</em> L.</td>
<td>Root / Stolon</td>
<td>Madhuyasti / Yashtimadhu / Mulethi / liquorice</td>
<td>5-10 g (as powder)</td>
</tr>
<tr>
<td>196.</td>
<td><em>Gloriosa superba</em> Linn.</td>
<td>Root / Tubers</td>
<td>Langali / Kalihari</td>
<td>125 – 250 mg (not indicated in children and lactating mothers)</td>
</tr>
<tr>
<td>197.</td>
<td><em>Gmelina arborea</em> Roxb. / <em>Premna arborea</em> Roth (syn)</td>
<td>Fruit</td>
<td>Gambhari / Gamhari / Kaashmari</td>
<td>20-30 g</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Stem / Bark / Leaf</td>
<td></td>
<td>3 – 5 g (as powder)</td>
</tr>
<tr>
<td>198.</td>
<td><em>Gmelina asiatica</em> L.</td>
<td>Fruit</td>
<td>Gopabhadra, Badhara</td>
<td>20-30 g</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Stem / Bark / Leaf</td>
<td></td>
<td>1 – 3 g ( as powder)</td>
</tr>
<tr>
<td>199.</td>
<td><em>Gossypium herbaceum</em> / <em>G. arboreum</em> L.</td>
<td>Seed</td>
<td>Karpasi/ Kapas/</td>
<td>10-20 g</td>
</tr>
<tr>
<td>No.</td>
<td>Plant Name</td>
<td>Part(s)</td>
<td>Quantity</td>
<td></td>
</tr>
<tr>
<td>-----</td>
<td>------------------------------------------------</td>
<td>------------------------</td>
<td>---------------------------</td>
<td></td>
</tr>
<tr>
<td>200</td>
<td><em>Grewia hirsuta</em> Vahl</td>
<td>Root / Stem</td>
<td>5-10 g (as powder)</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Fruit</td>
<td>3-5 g</td>
<td></td>
</tr>
<tr>
<td>201</td>
<td><em>Grewia populifolia</em> Vahl (Now known as <em>G. tenax</em> (Forssk.) Fiori)</td>
<td>Bark / Fruit</td>
<td>5-10 g (as powder)</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Fruit</td>
<td>20-30 g</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Bark</td>
<td>3-5 g powder</td>
<td></td>
</tr>
<tr>
<td>202</td>
<td><em>Grewia tiliaefolia</em> Vahl / <em>G. sclerophylla</em> / <em>G. optiva</em></td>
<td>Fruit</td>
<td>3-5 g</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Bark</td>
<td>3-5 g powder</td>
<td></td>
</tr>
<tr>
<td>203</td>
<td><em>Gymnema sylvestre</em> B. Br.</td>
<td>Plant</td>
<td>5-10 g (for decoction)</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Extract</td>
<td>0.5-1 g</td>
<td></td>
</tr>
<tr>
<td>204</td>
<td><em>Gynandropsis gynandra</em> (L.) Briq. (Now known as <em>Cleome gynandra</em> L.) / <em>G. pentaphyla</em> DC</td>
<td>Seed</td>
<td>1-3 g (as powder)</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Whole plant</td>
<td>10-20 ml (as juice)</td>
<td></td>
</tr>
<tr>
<td>205</td>
<td><em>Habenaria intermedia</em> / <em>H. acuminata</em> THW / <em>H. edgeworthi</em></td>
<td>Root tuber / Rhizome</td>
<td>3-5 g</td>
<td></td>
</tr>
<tr>
<td></td>
<td><em>Hedychium spicatum</em> Ham ex Smith / <em>H. album</em></td>
<td>Rhizome</td>
<td>3-5 g</td>
<td></td>
</tr>
<tr>
<td>207</td>
<td><em>Helicteres isora</em> Linn.</td>
<td>Pod (fruit) / Bark / Leaf</td>
<td>3-6 g (as powder)</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Whole plant</td>
<td>3-6 g (as powder)</td>
<td></td>
</tr>
<tr>
<td>208</td>
<td><em>Heliotropium indicum</em> Linn.</td>
<td>Whole plant</td>
<td>3-6 g (as powder)</td>
<td></td>
</tr>
<tr>
<td>209</td>
<td><em>Hemidesmus indicus</em> syn. <em>Periploca indicus</em> L.</td>
<td>Root / Stem</td>
<td>3-6 g</td>
<td></td>
</tr>
<tr>
<td>210</td>
<td><em>Hibiscus rosasinensis</em> L.</td>
<td>Flower</td>
<td>1-3 g (as powder)</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>(Not recommended during pregnancy)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>211</td>
<td><em>Hibiscus sabdariffa</em> L.</td>
<td>Leaf</td>
<td>5-10 g (as powder)</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Seed</td>
<td>1-3 g (as powder)</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Ripe calyx</td>
<td>5-10 g (as powder)</td>
<td></td>
</tr>
<tr>
<td>212</td>
<td><em>Hippophae rhamnoides</em> L. / <em>H. salicifolia</em></td>
<td>Fruit / Leaf</td>
<td>10-20 g</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Extract</td>
<td>0.5-2 g</td>
<td></td>
</tr>
<tr>
<td>213</td>
<td><em>Hordeum vulgare</em> L.</td>
<td>Seed</td>
<td>30-50 g</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Aerial parts (processed)/Ash</td>
<td>2-5 g</td>
<td></td>
</tr>
<tr>
<td>214</td>
<td><em>Hygrophila spinose</em> / <em>H. auriculata</em> syn. / <em>H. schull</em> (ham)</td>
<td>Seed</td>
<td>3-6 g</td>
<td></td>
</tr>
</tbody>
</table>

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<table>
<thead>
<tr>
<th>Plant Name</th>
<th>Part</th>
<th>Source</th>
<th>Dosage</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Hypericum perforatum</em></td>
<td>Leaf/Whole plant</td>
<td>Basant</td>
<td>3-6 g</td>
</tr>
<tr>
<td><em>Hyssopus officinalis</em> Linn.</td>
<td>Whole plant</td>
<td>Zuufea dayaa-kunji</td>
<td>3-5 g</td>
</tr>
<tr>
<td><em>Illicium verum</em> Hook. f.</td>
<td>Fruit</td>
<td>Badiyan Khatai / Aniseed star</td>
<td>250 - 500 mg (as powder)</td>
</tr>
<tr>
<td><em>Inula racemosa</em> Hook / <em>I. royllana</em> non- DC (syn)</td>
<td>Root</td>
<td>Pushkar mool / Pokhar mool</td>
<td>1-3 g (as powder)</td>
</tr>
<tr>
<td><em>Ipomoea aquatica</em> Forssk. / <em>I. raptans</em> por (syn)</td>
<td>Leaf</td>
<td>Kalambi / Kalamisaag</td>
<td>20-30 g</td>
</tr>
<tr>
<td><em>Ipomoea batatas</em> (L.) Lam.</td>
<td>Tuber</td>
<td>Shakarkandi / Mukhaalwka / Sweet potato</td>
<td>20-30 g</td>
</tr>
<tr>
<td><em>Ipomoea digitata</em> auct. non L. (Now known as <em>I. mauritiana</em> Jacq.)</td>
<td>Root/Tuber</td>
<td>Kasheer – vidhara / Vidarikand</td>
<td>3-6 g / 1-2 g</td>
</tr>
<tr>
<td><em>Ipomoea nil</em> Linn. / <em>Convolvulus nil</em> Linn. / <em>Convolvulus biobatus</em> (syn)</td>
<td>Seed</td>
<td>Shankhini / Krishanbeej / Kaaladana</td>
<td>3-5 g (Not recommended in children below 5 years and pregnant women)</td>
</tr>
<tr>
<td><em>Juglans regia</em> Linn. / <em>J. cineraria</em> L.</td>
<td>Fruit/Endosperm</td>
<td>Akshod / Akhrot / Walnut</td>
<td>10-20 g / 3-5 g</td>
</tr>
<tr>
<td><em>Juniperus communis</em></td>
<td>Flower/Leaf</td>
<td>Hapusha / Hauber</td>
<td>2 – 6 g</td>
</tr>
<tr>
<td><em>Jasmin officinale</em> Linn. / <em>J. grandiflorum</em></td>
<td>Leaf / Flower</td>
<td>Jaati / Chameli / Jasmin</td>
<td>3-5 g</td>
</tr>
<tr>
<td><em>Kaempferia galanga</em> Linn.</td>
<td>Rhizome</td>
<td>Sugandhvacha / Chandevmula</td>
<td>500mg – 1 g</td>
</tr>
<tr>
<td><em>Kigelia pinnata</em> Jaeg. DC.</td>
<td>Fruit</td>
<td>Balam kheera</td>
<td>20-30 g / 3-6 g</td>
</tr>
<tr>
<td><em>Lagenaria vulgaris</em> Ser. (Now known as <em>L. siceraria</em> (Mol.) Standl.)</td>
<td>Fresh fruit</td>
<td>Katutumbi / Tumbini</td>
<td>10-20 g</td>
</tr>
<tr>
<td><em>Lagerstroemia indica</em> / <em>L. parviflora</em></td>
<td>Seed</td>
<td>Alabu</td>
<td>1-3 g (as powder)</td>
</tr>
<tr>
<td></td>
<td>Leaf</td>
<td>Jarul</td>
<td>6 - 12 g (as powder)</td>
</tr>
<tr>
<td></td>
<td>Extract</td>
<td>Frash/Faransh</td>
<td>1-2 g</td>
</tr>
<tr>
<td>No.</td>
<td>Plant Name</td>
<td>Part/Extract</td>
<td>Dose</td>
</tr>
<tr>
<td>-----</td>
<td>----------------------------------------------------------------------------</td>
<td>------------------------------</td>
<td>-----------------------------</td>
</tr>
<tr>
<td>231</td>
<td><em>Lens culinaris</em> Medik.</td>
<td>Seed</td>
<td>Masura 20-40 g</td>
</tr>
<tr>
<td>232</td>
<td><em>Lepidium sativum</em> L.</td>
<td>Seed</td>
<td>3-6 g (as powder)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Aerial part</td>
<td>30-50 g (as fresh)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Chansur</td>
<td>2-3 g (as powder)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Chandershoola / Chansur / Halon / Garden cress</td>
<td>Not recommended during pregnancy</td>
</tr>
<tr>
<td>233</td>
<td><em>Leptadenia reticulata</em> (Retz.) W. and A.</td>
<td>Leaf/Aerial part</td>
<td>Chandursur / Halon / Garden cress</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Root / Whole plant</td>
<td>5-10 g (for decoction)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Jeevanti / Dodisaka / Hemavati</td>
<td>3-5 g (as powder)</td>
</tr>
<tr>
<td>234</td>
<td><em>Leucas cephalotus</em> (Koenig ex Roth) Spreng./ <em>L. aspera</em></td>
<td>Leaf</td>
<td>20-30 g (as fresh)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Leaf/Bark extract</td>
<td>3-5 g (as powder)</td>
</tr>
<tr>
<td>235</td>
<td><em>Limonia acidissima</em> L.</td>
<td>Fruit</td>
<td>Kapiytha / Kainth / Wood apple</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Leaf/Bark extract</td>
<td>1-3 g (as powder)</td>
</tr>
<tr>
<td>236</td>
<td><em>Linum usitatissimum</em> L.</td>
<td>Seed</td>
<td>Alasi / Atasi / linseed/flaxseed</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Seed oil</td>
<td>Atasi ka tail</td>
</tr>
<tr>
<td>237</td>
<td><em>Litchi chinensis</em> Sonner</td>
<td>Fruit</td>
<td>Litchi 30-50 g</td>
</tr>
<tr>
<td>238</td>
<td><em>Luffa acutangula</em> (L.) Roxb.</td>
<td>Whole plant</td>
<td>Katu koshatakri / Torai / dhartorai / ridged gourd</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Fruit</td>
<td>Torai 30-50 g (as fresh)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Seed</td>
<td>1-3 g (as powder)</td>
</tr>
<tr>
<td>239</td>
<td><em>Luffa cylindrica</em> (L.) Roem. / <em>L. echinata</em> (devdali)</td>
<td>Fruit</td>
<td>Dhaamargava / Nenua / Rajkoshataki</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Seed</td>
<td>Nenua 1-3 g (as powder)</td>
</tr>
<tr>
<td>240</td>
<td><em>Lycopersicon esculentum</em> Mill. (Now known as <em>L. lycopersicum</em> (L.) Karsten.)</td>
<td>Fruit</td>
<td>Tamatar/tomato</td>
</tr>
<tr>
<td>241</td>
<td><em>Madhuca indica</em> Gmel. (Now known as <em>M. longifolia</em> (Koen.) Macbride var. / <em>M. longifolia</em> (Koenig) Macbride var. <em>latifolia</em>)</td>
<td>Flower</td>
<td>Madhuca / Mahua / jal mahua</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Fruit</td>
<td>Mahua 10-15 g</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Seed oil</td>
<td>Koyna ka tail</td>
</tr>
<tr>
<td>242</td>
<td><em>Malva sylvestris</em> L. / <em>M. rotundifolia</em></td>
<td>Fruit</td>
<td>Suvarchala / Khubharaji / Gulkhair</td>
</tr>
</tbody>
</table>

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<table>
<thead>
<tr>
<th>No.</th>
<th>Scientific Name</th>
<th>Part of Plant</th>
<th>Dosage</th>
</tr>
</thead>
<tbody>
<tr>
<td>243</td>
<td>Mangifera indica L.</td>
<td>Leaf</td>
<td>Gulkhair</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Ripe fruit</td>
<td>Aamar / Aam</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Unripe fruit pulp</td>
<td>Aam</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Seed kernel</td>
<td>Aam Beej / Majja</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Leaf / Bark</td>
<td>Aam</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Extract of leaf</td>
<td>Amara (ghan)</td>
</tr>
<tr>
<td>244</td>
<td>Maranta arundinacea L.</td>
<td>Rhizome</td>
<td>Kookaineer (Sidha)/ Ararota/ Arrow-root</td>
</tr>
<tr>
<td>245</td>
<td>Marrubium vulgare Linn.</td>
<td>Whole plant</td>
<td>Fasaasiyum</td>
</tr>
<tr>
<td>246</td>
<td>Marsilea minuta L.</td>
<td>Leaf / Whole plant</td>
<td>Sunishannak/ Chowpatia</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Extract</td>
<td>Chowpatia</td>
</tr>
<tr>
<td>247</td>
<td>Mentha spicata L. / M. arvensis L. / M. aquatica Linn. / M. suaveolans</td>
<td>Aerial part</td>
<td>Putina/ Pudina</td>
</tr>
<tr>
<td>248</td>
<td>Mentha piperata L./ Mentha spp.</td>
<td>Leaf</td>
<td>Peppermint / Sat pudina</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Distilled oil/Extract</td>
<td>Chowpatia</td>
</tr>
<tr>
<td>249</td>
<td>Mesua ferrea Linn.</td>
<td>Stemen/Flower bud</td>
<td>Nagkesar</td>
</tr>
<tr>
<td>250</td>
<td>Microstylis musifera Ridley</td>
<td>Tuber</td>
<td>Jivaka</td>
</tr>
<tr>
<td>251</td>
<td>Microstylis wallichii Lindl. (Now known as Malaxis acuminate D. Don)</td>
<td>Tuber</td>
<td>Rishabhka</td>
</tr>
<tr>
<td>252</td>
<td>Mimosa pudica</td>
<td>Whole plant/Seed</td>
<td>Lajjalu / Lajwanti</td>
</tr>
<tr>
<td>253</td>
<td>Mimusops elengi L.</td>
<td>Pericarp</td>
<td>Bakula / Maulsiri</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Flower</td>
<td>Maulsiri</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Bark</td>
<td></td>
</tr>
<tr>
<td>254</td>
<td>Mimusops hexandra Roxb. (Now known as Manilkara hexandra (Roxb.) Dub.)</td>
<td>Pericarp</td>
<td>Khirni</td>
</tr>
<tr>
<td>255</td>
<td>Momordica charantia L.</td>
<td>Fresh fruit / seed</td>
<td>Karabelwa / Karela</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Dried fruit / seed</td>
<td>Karabelwa / Karela</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Extract</td>
<td></td>
</tr>
<tr>
<td>256</td>
<td>Momordica dioica Roxb. ex Willd.</td>
<td></td>
<td></td>
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<tr>
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<td></td>
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<tr>
<td>-----</td>
<td>-----</td>
<td>-----</td>
<td></td>
</tr>
<tr>
<td>Root</td>
<td>Karkotaka / Khekhasa/ Karkoda</td>
<td>3-6 g (as powder)</td>
<td></td>
</tr>
<tr>
<td>Fruit</td>
<td>Khekhasa</td>
<td>30-50 g</td>
<td></td>
</tr>
<tr>
<td>257.</td>
<td><em>Monochoria vaginalis</em> (Burm.f.)Presl.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rhizome</td>
<td>Indivara</td>
<td>3-6 g</td>
<td></td>
</tr>
<tr>
<td>258.</td>
<td><em>Moringa oleifera</em> Lam. / <em>M. concanensis</em> Nimmo</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Leaf</td>
<td>Shiguru/ Sahijan / Muringya / Lal sehanjan</td>
<td>10-20 g (as fresh or paste) 2-5 g (as powder)</td>
<td></td>
</tr>
<tr>
<td>Seed</td>
<td>Sahijan / Muringya</td>
<td>2-6 g (as fresh)</td>
<td></td>
</tr>
<tr>
<td>Pod</td>
<td>40-80 g (as fresh) 2-5 g (as powder)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Flower</td>
<td>10-20 g (as fresh)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Extract of Bark/ Leaf/Fruit</td>
<td>0.5-1 g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>259.</td>
<td><em>Morus alba</em> L. / <em>M. Indica</em> / <em>M. nigra</em></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fruit</td>
<td>Shahtoot / Toot</td>
<td>20-30 g 3-5 g</td>
<td></td>
</tr>
<tr>
<td>260.</td>
<td><em>Morchella esculenta/M. elata</em></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Flowering body</td>
<td>Guchhi</td>
<td>10-20 g</td>
<td></td>
</tr>
<tr>
<td>Root</td>
<td>Atma Gupta / Kapikachhu / Kawach/ Concha</td>
<td>10-20 g (for decoction after processing)</td>
<td></td>
</tr>
<tr>
<td>Pod</td>
<td>Kawach</td>
<td>20-30 g (as fresh after processing)</td>
<td></td>
</tr>
<tr>
<td>Seed</td>
<td>3-6 g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Extract</td>
<td>0.5-1 g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>262.</td>
<td><em>Murraya koenigii</em> (L.) Spreng. / <em>M. exotica</em> Linn (Kamini)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Leaf / Fruit</td>
<td>Kaidarya/meetha neem/ Kadhipatta</td>
<td>5-10 g</td>
<td></td>
</tr>
<tr>
<td>263.</td>
<td><em>Musa paradisiaca</em> L.</td>
<td></td>
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</tr>
<tr>
<td>Flower</td>
<td>Kadali / Kela / banana / plantain</td>
<td>20-30 g</td>
<td></td>
</tr>
<tr>
<td>Fresh shoot</td>
<td>Kela</td>
<td>20-50 g 10-20 ml (as juice)</td>
<td></td>
</tr>
<tr>
<td>Ripe Fruit</td>
<td>30-50 g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Unripe Fruit</td>
<td>10-20 g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fruit</td>
<td>Kataphala / Kaiphal</td>
<td>5-10 g</td>
<td></td>
</tr>
<tr>
<td>Bark</td>
<td>Kaiphal</td>
<td>2-3 g</td>
<td></td>
</tr>
<tr>
<td>Seed (kernel)</td>
<td>Jatiphalha / Jaiphala / Jatipatra</td>
<td>0.25-1.0 g (Caution: excessive use may cause giddiness)</td>
<td></td>
</tr>
<tr>
<td>Aril (outer part of fruit)</td>
<td>Javitri</td>
<td>0.25-1 g (as powder)</td>
<td></td>
</tr>
<tr>
<td>266.</td>
<td><em>Myristica malabarica</em> Lam.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Seed</td>
<td>Pashika / Pashupati / Jangali Jayaphala</td>
<td>0.5-2 g</td>
<td></td>
</tr>
<tr>
<td>No.</td>
<td>Plant Name</td>
<td>Part</td>
<td>Dosage</td>
</tr>
<tr>
<td>------</td>
<td>---------------------------------------------------------------------------</td>
<td>--------------------</td>
<td>-------------------------</td>
</tr>
<tr>
<td>267.</td>
<td>Nardostachys jatamansi DC / N. grandiflora</td>
<td>Stem/Aerial parts</td>
<td>2-5 g</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Extract</td>
<td>0.25-0.50 g</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Jatamansi / mansi</td>
<td></td>
</tr>
<tr>
<td>268.</td>
<td>Nasturtium officinale / N. aquaticum</td>
<td>Leaf</td>
<td>10-20 g</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Chhu-nalli / Water-</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>cress /</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Piriya - haalim</td>
<td></td>
</tr>
<tr>
<td>269.</td>
<td>Nelumbo nucifera Gaertn.</td>
<td>Flower</td>
<td>3-6 g (as powder)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Kamal / Padam</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Rhizome</td>
<td>30-50 g (as fresh)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Bhen / Bhain</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Stalk</td>
<td>30-50 g (as fresh)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Murar / Kamalgatta</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Seed</td>
<td>3-6 g (as powder)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>kamalbeej</td>
<td></td>
</tr>
<tr>
<td>270.</td>
<td>Nymphaea alba Linn / N. rubra / N. stellate</td>
<td>Rhizome/ Seed</td>
<td>10-20 g</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Kumud – utpala /</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Kamlini/ Nilofar</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>/Shavet/ rakta/ neel kamal</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Flower</td>
<td>3-6 g</td>
</tr>
<tr>
<td>271.</td>
<td>Nigella sativa L.</td>
<td>Seed</td>
<td>1-3 g (Not recommended during pregnancy)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Kalaunji / Kaala jaaji</td>
<td></td>
</tr>
<tr>
<td>272.</td>
<td>Nilgirianthus ciliatus (Nees) / Strobilanthes ciliatus (syn)</td>
<td>Fruit</td>
<td>3-5 g (as powder)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Sehachara</td>
<td></td>
</tr>
<tr>
<td>273.</td>
<td>Nyctanthes arbortristis L.</td>
<td>Flower</td>
<td>1-2 g</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Parijat / Shephaali/ Harshringara</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Leaf / Seed</td>
<td>1-3 g</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Harshringara</td>
<td></td>
</tr>
<tr>
<td>274.</td>
<td>Ocimum basilicum L. / O. pilosum Wild.</td>
<td>Leaf</td>
<td>3-6 ml (as juice)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Barbari/Bhavari Tulsi/ Niajboo</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Seed</td>
<td>1-3 g (as powder)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Extract</td>
<td>125-250 mg</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Vriddha tulasi / Ram Tulasi</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>0.25-0.50 g</td>
<td></td>
</tr>
<tr>
<td>275.</td>
<td>Ocimum gratissimum L.</td>
<td>Leaf / Seed</td>
<td>1-3 g (as powder)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Vriddha tulasi / Ram Tulasi</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Extract</td>
<td>0.25-0.50 g</td>
</tr>
<tr>
<td>276.</td>
<td>Ocimum sanctum L. (Now known as Ocimum tenuiflorum L.)</td>
<td>Leaf</td>
<td>2-5 g</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Tulasi / Suras / vrinda</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Seed</td>
<td>1-2 g</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Tulasi</td>
<td>0.25-0.50 g</td>
</tr>
<tr>
<td>277.</td>
<td>Olea europaea</td>
<td>Seed</td>
<td>10-20 g</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Oil</td>
<td>10 – 20 ml</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Leaf</td>
<td>3-5 g (as powder)</td>
</tr>
<tr>
<td>278.</td>
<td>Onosma bracteatum</td>
<td>Whole plant/Leaf</td>
<td>5-10 g</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Gojihraa / Gaozabaan</td>
<td></td>
</tr>
<tr>
<td>279.</td>
<td>Onosma hispidum / O. echioides Linn.</td>
<td>Seed</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Oil</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Leaf</td>
<td></td>
</tr>
</tbody>
</table>

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<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>280.</strong></td>
<td><em>Opeculina turpethum / Ipomea turpethum</em> (syn)</td>
<td></td>
</tr>
<tr>
<td>Root/Seed</td>
<td>Root</td>
<td>Trivrat / Nishoth</td>
</tr>
<tr>
<td></td>
<td>Seed</td>
<td>(Not recommended for children below 5 years)</td>
</tr>
<tr>
<td><strong>281.</strong></td>
<td><em>Ophiocordyceps sinensis / O. indica</em> D.Don</td>
<td></td>
</tr>
<tr>
<td>Whole plant</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>282.</strong></td>
<td><em>Opuntia vulgaris / O. dillenii</em></td>
<td></td>
</tr>
<tr>
<td>Ripe fruit</td>
<td></td>
<td>Nagphani / Chhiter thohar</td>
</tr>
<tr>
<td><strong>283.</strong></td>
<td><em>Orchis latifolia</em> L. (Now known as <em>Dactylorhiza hategeria</em> (D. Don) Soo)</td>
<td></td>
</tr>
<tr>
<td>Tuber</td>
<td>Whole plant</td>
<td>Mynjataka / Salampanja / Salam-mishu</td>
</tr>
<tr>
<td><strong>284.</strong></td>
<td><em>Origanum majorana L. / Majorana hostensis</em> (syn)</td>
<td></td>
</tr>
<tr>
<td>Leaf</td>
<td></td>
<td>Marubaka / Marnaa</td>
</tr>
<tr>
<td><strong>285.</strong></td>
<td><em>Oroxylum indicum</em></td>
<td></td>
</tr>
<tr>
<td>Bark/Seed</td>
<td></td>
<td>Shyonok / Sonapatha / Talvarphali / Tataplang</td>
</tr>
<tr>
<td><strong>286.</strong></td>
<td><em>Oryza sativa L.</em></td>
<td></td>
</tr>
<tr>
<td>Seed</td>
<td></td>
<td>Shali-tandul / Chawal - shali</td>
</tr>
<tr>
<td>Root stock</td>
<td></td>
<td>10-20 g (for decoction)</td>
</tr>
<tr>
<td><strong>287.</strong></td>
<td><em>Oxalis corniculata</em> L.</td>
<td></td>
</tr>
<tr>
<td>Leaf</td>
<td></td>
<td>Changeri / Chukraa / Tinpatia</td>
</tr>
<tr>
<td><strong>288.</strong></td>
<td><em>Paederia foetida</em> Linn.</td>
<td></td>
</tr>
<tr>
<td>Whole Plant</td>
<td></td>
<td>Prasarini / Gandh Prasarini</td>
</tr>
<tr>
<td><strong>289.</strong></td>
<td><em>Panax pseudo ginseng</em> Wall / <em>P. quinquefolium</em> Linn. / <em>P. schinseg</em> Knees.</td>
<td></td>
</tr>
<tr>
<td>Root</td>
<td></td>
<td>Laxmana</td>
</tr>
<tr>
<td><strong>290.</strong></td>
<td><em>Parmelia perlata</em> (Huds) Ach.</td>
<td></td>
</tr>
<tr>
<td>Oil</td>
<td></td>
<td>Kethaki / Koedaa / Kewada</td>
</tr>
<tr>
<td>Flower</td>
<td></td>
<td>2-5 g</td>
</tr>
<tr>
<td><strong>291.</strong></td>
<td><em>Panicum miliaceum</em> L. (Millet)</td>
<td></td>
</tr>
<tr>
<td>Seed (grains)</td>
<td></td>
<td>Chinast / Cheenaa</td>
</tr>
<tr>
<td><strong>292.</strong></td>
<td><em>Papaver somniferum</em> L.</td>
<td></td>
</tr>
<tr>
<td>Seed</td>
<td></td>
<td>Posta-daana / Khas-Khas</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2-5 g (as powder – occasionally)</td>
</tr>
<tr>
<td><strong>293.</strong></td>
<td><em>Parmelia perlata</em> (Huds) Ach.</td>
<td></td>
</tr>
<tr>
<td>Whole plant</td>
<td></td>
<td>Lichen / Shaileya / Shailpushp / Chhareela</td>
</tr>
<tr>
<td>Page</td>
<td>Description</td>
<td></td>
</tr>
<tr>
<td>------</td>
<td>-------------</td>
<td></td>
</tr>
<tr>
<td>294.</td>
<td><em>Paspalum scrobiculatum</em> L. (Kodo millet)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Seed</td>
<td>Kodrava / Kodon / Kodo</td>
</tr>
<tr>
<td></td>
<td>Fruit</td>
<td>Brihat Gokshura / Bada gokharu</td>
</tr>
<tr>
<td>296.</td>
<td><em>Pennisetum typhoideum</em> L. C. Rich. (Now known as <em>P. americanum</em> (L.) K. Schum.) (Millet)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Seed</td>
<td>Bajra</td>
</tr>
<tr>
<td>297.</td>
<td><em>Peucedanum graveolens</em> (L.) Benth. and Hook.f</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Seed</td>
<td>Shepu</td>
</tr>
<tr>
<td>298.</td>
<td><em>Phaseolus aconitifolius</em> Jacq. (Now known as <em>Vigna aconitifolia</em> (Jacq.) Marechal)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Seed</td>
<td>Makushtha / Moth - dal</td>
</tr>
<tr>
<td>299.</td>
<td><em>Phaseolus aureus</em> Roxb. (Now known as <em>Vigna radiata</em> (L.) Wilczek var. radiata)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Seed</td>
<td>Jangali moong</td>
</tr>
<tr>
<td>300.</td>
<td><em>Phaseolus lunatus</em> L.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Pod / Sem</td>
<td>25-50 g (as pulse)</td>
</tr>
<tr>
<td>301.</td>
<td><em>Phaseolus mungo</em> L. (Now known as <em>Vigna mungo</em> (L.) Hepper)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Seed</td>
<td>Masha / Urad - kale</td>
</tr>
<tr>
<td></td>
<td>Seed</td>
<td>Mudga / Mudgaparni / Moong</td>
</tr>
<tr>
<td></td>
<td>Pod / Seed</td>
<td>Lobia / Rajma / Kidney bean</td>
</tr>
<tr>
<td>304.</td>
<td><em>Phoenix dactilifera</em> L.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Fruit</td>
<td>Kharjuura / Khajur / Chuhara</td>
</tr>
<tr>
<td>305.</td>
<td><em>Phoenix sylvestris</em> (L.) Roxb. / <em>P. acaulis</em></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Fruit</td>
<td>Kharjuura / Khajoor – jungli</td>
</tr>
<tr>
<td></td>
<td>Nira (Sap)</td>
<td>Khajoor</td>
</tr>
<tr>
<td>306.</td>
<td><em>Phyllanthus amarus</em> / <em>P. urinaria</em> / <em>P. fraternus</em> Webster</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Plant</td>
<td>Tamlaki / Bhumyamalaki / Bhui - amla</td>
</tr>
<tr>
<td></td>
<td>Extract</td>
<td>Tamlaki</td>
</tr>
<tr>
<td>307.</td>
<td><em>Physalis alkekengi</em> L.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Fruit</td>
<td>Raajabutraka / Winter cherry / Kaknaj</td>
</tr>
<tr>
<td>308.</td>
<td><em>Physalis minima</em> L.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Fruit</td>
<td>Tankaari / Papoto</td>
</tr>
<tr>
<td>309.</td>
<td><em>Physalis peruviana</em> L.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Fruit</td>
<td>Parpoti (var) / Rashhari</td>
</tr>
</tbody>
</table>
### 310. Picorhiza kurroa Royle Ex. Benth / P. scrophularii flora

<table>
<thead>
<tr>
<th>Part</th>
<th>Common Names</th>
<th>Dosage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Root</td>
<td>Katuk / Kutaki / Kulaki (Bheda)</td>
<td>1-3 g (as powder)</td>
</tr>
</tbody>
</table>

### 311. Pimpinella anisum L.

<table>
<thead>
<tr>
<th>Part</th>
<th>Common Names</th>
<th>Dosage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruit</td>
<td>Aniseon / Aniseed</td>
<td>1-3 g</td>
</tr>
<tr>
<td>Oil</td>
<td></td>
<td>0.5 - 1 ml</td>
</tr>
</tbody>
</table>

### 312. Pinus excelsa / P. wallichiana (syn)

<table>
<thead>
<tr>
<th>Part</th>
<th>Common Names</th>
<th>Dosage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruit</td>
<td>Kail / Saral (var)</td>
<td>5-10 g</td>
</tr>
<tr>
<td>Oil</td>
<td></td>
<td>1-2 ml</td>
</tr>
<tr>
<td>Bark</td>
<td></td>
<td>2 – 3 g</td>
</tr>
<tr>
<td></td>
<td>(Not recommended for children below 5 years)</td>
<td></td>
</tr>
</tbody>
</table>

### 313. Pinus gerardiana Wall.

<table>
<thead>
<tr>
<th>Part</th>
<th>Common Names</th>
<th>Dosage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Endosperm</td>
<td>Nikochaka / Chilgoja / Neerachail</td>
<td>10-20 g</td>
</tr>
<tr>
<td>Oil</td>
<td></td>
<td>1-2 ml</td>
</tr>
<tr>
<td>Bark</td>
<td></td>
<td>2-3 g</td>
</tr>
</tbody>
</table>

### 314. Pinus roxburghii / P. longifolia Roxb

<table>
<thead>
<tr>
<th>Part</th>
<th>Common Names</th>
<th>Dosage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruit / Oleoresin</td>
<td>Saral / Cheer / Cheel</td>
<td>10-20 g</td>
</tr>
<tr>
<td>Oil</td>
<td></td>
<td>1-2 g</td>
</tr>
<tr>
<td>Bark</td>
<td></td>
<td>1-2 ml</td>
</tr>
<tr>
<td></td>
<td>(Not recommended for children below 5 years)</td>
<td></td>
</tr>
</tbody>
</table>

### 315. Piper betle L.

<table>
<thead>
<tr>
<th>Part</th>
<th>Common Names</th>
<th>Dosage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Leaf</td>
<td>Tambula / Pana-patta / Paan</td>
<td>2-5 g</td>
</tr>
<tr>
<td></td>
<td>(Not recommended for children below 5 years)</td>
<td></td>
</tr>
</tbody>
</table>

### 316. Piper chaba Hunter (non Blume) (Now known as P. r retrofractum Vahl)/ P. officinarum

<table>
<thead>
<tr>
<th>Part</th>
<th>Common Names</th>
<th>Dosage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Leaf</td>
<td>Chabya / Chabh / Chavika</td>
<td>1-3 g (as powder)</td>
</tr>
</tbody>
</table>

### 317. Piper cubeba L.f.

<table>
<thead>
<tr>
<th>Part</th>
<th>Common Names</th>
<th>Dosage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruit</td>
<td>Kankola / Kabab chini</td>
<td>1-3 g (as powder)</td>
</tr>
</tbody>
</table>

### 318. Piper longum L. / P. retrofractum Linn.

<table>
<thead>
<tr>
<th>Part</th>
<th>Common Names</th>
<th>Dosage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruit</td>
<td>Pippaali / Long pepper / Magha</td>
<td>0.5-2 g (as powder)</td>
</tr>
<tr>
<td></td>
<td>(Not recommended for prolonged use)</td>
<td></td>
</tr>
</tbody>
</table>

### 319. Piper nigrum L.

<table>
<thead>
<tr>
<th>Part</th>
<th>Common Names</th>
<th>Dosage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruit</td>
<td>Maricha / Kali Maricha / Black pepper</td>
<td>0.5-2 g</td>
</tr>
</tbody>
</table>

### 320. Pistacia integerrima Stewart (Now known as P. chinensis Bunge ssp. integerrima (Stewart) Rech.f.

<table>
<thead>
<tr>
<th>Part</th>
<th>Common Names</th>
<th>Dosage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gall</td>
<td>Karkatasharingi / Kakadasingi / kakdain</td>
<td>1-2 g</td>
</tr>
</tbody>
</table>

### 321. Pistacia lentiscum Linn.
<table>
<thead>
<tr>
<th>No.</th>
<th>Plant Name</th>
<th>Part(s)</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>322</td>
<td><em>Pistacia vera</em> L.</td>
<td>Seed endosperm</td>
<td>5-10 g</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Mastagi / Roomi-mastagi</td>
<td>2-3 g</td>
</tr>
<tr>
<td>323</td>
<td><em>Pisum sativum</em> L.</td>
<td>Seed and pod</td>
<td>30-50 g</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Matar</td>
<td>(as fresh)</td>
</tr>
<tr>
<td>324</td>
<td><em>Plantago ovata</em> Forssk. / <em>P. major</em> Linn. / <em>P. lanceolata</em> Linn.</td>
<td>Seed</td>
<td>5-10 g</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Husk</td>
<td>5 – 10 g</td>
</tr>
<tr>
<td>325</td>
<td><em>Plumbago zeylanica</em> Linn. / <em>P. indica</em></td>
<td>Root</td>
<td>1-2 g (as powder) after purification</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Chitraka / Chitra-sfed / Lal-pushp</td>
<td>(Not recommended for children below 5 years and pregnant women)</td>
</tr>
<tr>
<td>326</td>
<td><em>Podophyllum hexandrum</em> Poyle. / <em>P. emodii</em> Wall. (syn)</td>
<td>Fruit / Rhizome / Root</td>
<td>125-250 mg</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Ban-kakadi / Giriparpat</td>
<td>(Not recommended for children below 5 years and pregnant women)</td>
</tr>
<tr>
<td>327</td>
<td><em>Pongania pinnorta</em> Pierre. / <em>P. glabra</em> syn</td>
<td>Seed</td>
<td>1-3 g (as powder)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Leaf / Stem / Bark</td>
<td>3-5 g</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Oil</td>
<td>1-2ml</td>
</tr>
<tr>
<td>328</td>
<td><em>Polygonatum cirrhifolium</em> (Wall.) Royle</td>
<td>Rhizome</td>
<td>5-10 g</td>
</tr>
<tr>
<td>329</td>
<td><em>Polygonatum verticillatum</em> (L.) All.</td>
<td>Rhizome</td>
<td>5-10 g</td>
</tr>
<tr>
<td>330</td>
<td><em>Portulaca oleracea</em> L. / <em>P. quadrifida</em> L.</td>
<td>Aerial part</td>
<td>20-30 g</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Kulpha - sag / Nonia - sag</td>
<td>(as fresh)</td>
</tr>
<tr>
<td>331</td>
<td><em>Premna integrifolia</em> / <em>P. latifolia</em> / <em>P. tomentosa</em></td>
<td>Whole plant / Bark / Leaf</td>
<td>5-10 g (as powder)</td>
</tr>
<tr>
<td>332</td>
<td><em>Prosopis spicegera</em> Linn. / <em>P. cineriaria</em> Druce / <em>P. stephanianna</em> (syn)</td>
<td>Pods / Leaf / Bark / Flower</td>
<td>Pods 20-30 g (as fresh)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Shami / Khekjadii</td>
<td>3-6 g</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(as powder)</td>
<td>3-6 g</td>
</tr>
<tr>
<td>333</td>
<td><em>Prunus amygdalus</em> Baill. var. <em>dulcin</em></td>
<td>Fruit / seed</td>
<td>10-20 g</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Vaataama / Badam</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Seed oil</td>
<td>3 - 5 ml</td>
</tr>
<tr>
<td>334</td>
<td><em>Prunus armeniaca</em> L.</td>
<td>Pericarp</td>
<td>10-20 g</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Khumani / Aaluka / Apricot</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Kernel</td>
<td>3-5 g</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Seed oil</td>
<td>3-5 ml</td>
</tr>
<tr>
<td>335</td>
<td><em>Prunus cerasoides</em> D. Dons / <em>P. puddum</em> Roxb. (syn)</td>
<td>Wood</td>
<td>1-3 g (as powder)</td>
</tr>
<tr>
<td>No.</td>
<td>Plant Name</td>
<td>Plant Part</td>
<td>Dosage</td>
</tr>
<tr>
<td>-----</td>
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</tr>
<tr>
<td>336.</td>
<td><em>Prunus domestika</em> Linn. / <em>P. communis</em> Huds.</td>
<td>Flower</td>
<td>Padamkasht / Pajja/ Wild Himalaya cherry</td>
</tr>
<tr>
<td></td>
<td>Fruit</td>
<td>Aarak/ Aaluuchar / Aaluubhukaara</td>
<td>5-10 g (as dried fruit)</td>
</tr>
<tr>
<td></td>
<td>Seed Oil</td>
<td>2-3 ml</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Stem extract</td>
<td>200 mg , Max (not recommended for usage beyond 30 days.)</td>
<td></td>
</tr>
<tr>
<td>337.</td>
<td><em>Prunus persica</em> (L.) Batsch. / <em>P. vulgaris</em> Nutt.</td>
<td>Pericarp / Fruit</td>
<td>Aarun / Adu/ Aaluka/ Aru-adu</td>
</tr>
<tr>
<td>338.</td>
<td><em>Psidium guajava</em> L.</td>
<td>Fruit</td>
<td>Peruka / Peru/ Amruda</td>
</tr>
<tr>
<td></td>
<td>Leaf</td>
<td>Amruda</td>
<td>3-5 g</td>
</tr>
<tr>
<td>339.</td>
<td><em>Pterocarpus marsupium</em> Roxb.</td>
<td>Heart wood</td>
<td>Asana / Vijaysar / Beejaka - bejja</td>
</tr>
<tr>
<td></td>
<td>Extract</td>
<td>0.5-1 g</td>
<td></td>
</tr>
<tr>
<td>340.</td>
<td><em>Pterocarpus santalinus</em> Linn.</td>
<td>Heart wood</td>
<td>Rakt Chandan/ Lal chandan</td>
</tr>
<tr>
<td>341.</td>
<td><em>Pterospermum cerifolium</em> Willd.</td>
<td>Flower</td>
<td>Muchukund</td>
</tr>
<tr>
<td></td>
<td>Leaf</td>
<td>5-10 g</td>
<td></td>
</tr>
<tr>
<td>342.</td>
<td><em>Pueraria tuberosa</em> (Roxb. ex Willd.) DC.</td>
<td>Tuber</td>
<td>Vidaari / Patal Kohda / Bhumi-kushmand / Lasood</td>
</tr>
<tr>
<td>343.</td>
<td><em>Punica granatum</em> L.</td>
<td>Seed</td>
<td>Dadima/ Dadaka/ Anar</td>
</tr>
<tr>
<td></td>
<td>Fruit rind</td>
<td>Anar</td>
<td>5-10 g</td>
</tr>
<tr>
<td></td>
<td>Leaf</td>
<td>5 -10 g (for decoction)</td>
<td></td>
</tr>
<tr>
<td>344.</td>
<td><em>Putranjiva roxburghii</em></td>
<td>Fruit seed kernel</td>
<td>Putrajivak / Jiya-pota</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(Not recommended for children below 5 years)</td>
<td></td>
</tr>
<tr>
<td>345.</td>
<td><em>Pyrus communis</em> L.</td>
<td>Fruit</td>
<td>Nashpaati / Babbughosha</td>
</tr>
<tr>
<td></td>
<td>Seed</td>
<td>1 – 3 g</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Leaf</td>
<td>1-5 g (for decoction)</td>
<td></td>
</tr>
<tr>
<td>346.</td>
<td><em>Pyrus malus</em> L. (Now known as <em>Malus pumila</em> Mill.)</td>
<td>Flower</td>
<td>Dadima/ Dadaka/ Anar</td>
</tr>
<tr>
<td></td>
<td>Seed</td>
<td>5-10 g (for decoction)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Name</td>
<td>Description</td>
<td></td>
</tr>
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<td></td>
</tr>
<tr>
<td>347.</td>
<td><em>Ranunculus scleratus</em> Linn.</td>
<td>Fruit: Seb 100-200 g, 20-40 ml (as juice)  &lt;br&gt;Whole plant / Root: Kaandir / Jal dhaniya 1-3 g (as powder)</td>
<td></td>
</tr>
<tr>
<td>348.</td>
<td><em>Raphanus sativus</em> L.</td>
<td>Root / Leaf: Muulika / Muli 20-50 g (as fresh)  &lt;br&gt;Seed: 125-250 mg</td>
<td></td>
</tr>
<tr>
<td>349.</td>
<td><em>Reinwardtia indica</em></td>
<td>Whole plant / Leaf: Basanti 5-10 g (as powder)  &lt;br&gt;Extract: Burans 1-2 g</td>
<td></td>
</tr>
<tr>
<td>350.</td>
<td><em>Rhododendron arboreum</em> Sm. / <em>R. companulatum</em> / <em>R. lepidotum</em> Wall.</td>
<td>Flower: Rodo / Burans / Baraha 10-20 g  &lt;br&gt;Extract: Burans 1-2 g</td>
<td></td>
</tr>
<tr>
<td>351.</td>
<td><em>Rheum emodi</em> Wall. ex Meissn. / <em>R. officinale</em></td>
<td>Leaf: Revand chini / Peatmuli 0.5-1 g  &lt;br&gt;Root / Stem: 1-2 g</td>
<td></td>
</tr>
<tr>
<td>352.</td>
<td><em>Rhus parviflora</em> Roxb. ex DC. / <em>R. coriaria</em> Linn.</td>
<td>Fruit: Tinda / Samakdana 30-75 g</td>
<td></td>
</tr>
<tr>
<td>353.</td>
<td><em>Ricinus communis</em></td>
<td>Seed / Root: Erand / Arand / Castor seed 5-10 g  &lt;br&gt;Leaf: 5-10 ml (as juice)  &lt;br&gt;Oil: 1-5 ml (as laxative occasionally)  &lt;br&gt;(Not recommended for children below 5 years)</td>
<td></td>
</tr>
<tr>
<td>355.</td>
<td><em>Roscoea procera</em> Wall.</td>
<td>Root tuber: Kakoli / Kandamula / Ksheerakakoli 5-10 g (as powder)</td>
<td></td>
</tr>
<tr>
<td>356.</td>
<td><em>Rubia cordifolia</em></td>
<td>Root / Stem: Manjishta / Manjeeth 1-2 g</td>
<td></td>
</tr>
<tr>
<td>357.</td>
<td><em>Rumex vesicarius</em> L. / <em>R. nepalensis</em> / <em>R. maritimus</em> / <em>R. acetosella</em></td>
<td>Leaf: Ambat chukka / Chukra 10-20 g  &lt;br&gt;(Not recommended for children below 5 years)</td>
<td></td>
</tr>
<tr>
<td>358.</td>
<td><em>Saccharum Munja</em> Roxb. / <em>S. spontaneum</em> Linn.</td>
<td>Root: Shara-munja / Kaasha 10-20 g (for decoction)  &lt;br&gt;Stem - Juice: 6-10 g (as powder)</td>
<td></td>
</tr>
<tr>
<td>359.</td>
<td><em>Saccharum officinarum</em> L.</td>
<td>Stem - Juice: Iiksashu / Ganna 100-200 ml (as juice)  &lt;br&gt;5-15 g (for decoction)  &lt;br&gt;(Not recommended for children below 5 years)</td>
<td></td>
</tr>
<tr>
<td>No.</td>
<td>Plant Name</td>
<td>Part Used</td>
<td>Use</td>
</tr>
<tr>
<td>-----</td>
<td>---------------------------------------------------------------------------</td>
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<td>----------------------------------------------------------------------</td>
</tr>
<tr>
<td>360</td>
<td><em>Salacia chinensis</em> L. / <em>Salacia oblonga</em> Wall. ex Wight and Arn / <em>Salacia reticulata</em> Wight. / <em>S. roxburghii</em> / <em>S. macroasperma</em></td>
<td>Root / Stem</td>
<td>5-10 g (for decoction)</td>
</tr>
<tr>
<td></td>
<td>Jaggery</td>
<td>Gud</td>
<td>15-30 g (Not recommended for diabetics)</td>
</tr>
<tr>
<td></td>
<td>Sugar</td>
<td>Chini / Shakkar</td>
<td>15-30 g (Not recommended for diabetics)</td>
</tr>
<tr>
<td>361</td>
<td><em>Salix alba</em> Linn. / <em>S. babylonica</em> / <em>S. caprals</em> / <em>S. frag. Lis</em> / <em>S. tetraspermi</em></td>
<td>Leaf / Bark / Root</td>
<td>10-20 g (for decoction)</td>
</tr>
<tr>
<td></td>
<td>Extract of root or stem</td>
<td>Saptrangi</td>
<td>0.5-1 g</td>
</tr>
<tr>
<td>362</td>
<td><em>Salvadora persica</em> / <em>S. oleoides</em></td>
<td>Fruit / Leaf</td>
<td>5-10 g</td>
</tr>
<tr>
<td>363</td>
<td><em>Salvia aegiptica</em> Linn. / <em>S. moorcrafliana</em> / <em>S. officinalis</em></td>
<td>Seed</td>
<td>1-2 g</td>
</tr>
<tr>
<td></td>
<td>Plant</td>
<td>Tukhm-malanga / sage</td>
<td>3-5 g (as leaf powder)</td>
</tr>
<tr>
<td>364</td>
<td><em>Santalum album</em> L.</td>
<td>Oil</td>
<td>3-5 drops</td>
</tr>
<tr>
<td></td>
<td>Hard wood</td>
<td>Chandan ka tail</td>
<td>1-2 g (as powder)</td>
</tr>
<tr>
<td>365</td>
<td><em>Saraca asoca</em> Roxb. / <em>S. indica</em></td>
<td>Bark / Leaf</td>
<td>5-10 g (Not recommended for children below 5 years)</td>
</tr>
<tr>
<td></td>
<td>Oil</td>
<td>Ashok</td>
<td>3-5 g (Not recommended for children below 5 years)</td>
</tr>
<tr>
<td></td>
<td>Hard wood</td>
<td>Chandan ka tail</td>
<td>1-2 g (as powder)</td>
</tr>
<tr>
<td>366</td>
<td><em>Saussurea lappa</em> (Deeni) / <em>S. costus</em></td>
<td>Root / Rhizome</td>
<td>3-5 g (Not recommended for children below 5 years)</td>
</tr>
<tr>
<td></td>
<td>Oil</td>
<td>Kushta / Kuth</td>
<td>5-10 drops</td>
</tr>
<tr>
<td>367</td>
<td><em>Scindapsus officinalis</em> (Schoft)</td>
<td>Stem</td>
<td>3-5 g</td>
</tr>
<tr>
<td></td>
<td>Oil</td>
<td>Gajapipplai / Gaj pippali / Gaj krishna</td>
<td>5-10 drops</td>
</tr>
<tr>
<td>368</td>
<td><em>Scirpus kysoor</em> Roxb. (Now known as <em>S. grossus</em> (L.f.) Palla) / <em>S. tuberosus</em> Desf.</td>
<td>Rhizome / Tuber</td>
<td>20-50 g (as fresh)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Kasheruk / Kasheru / Rajkasheruka</td>
<td></td>
</tr>
<tr>
<td>369</td>
<td><em>Selinum tenuifolium</em> / <em>S. vaginatum</em> / <em>S. Monnieri</em> Linn.</td>
<td>Rhizome / Root</td>
<td>1-3 g</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Murra-Maangi / Bhuutakoshi</td>
<td></td>
</tr>
<tr>
<td>370</td>
<td><em>Semicarpus anacardium</em> Linn.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>No.</td>
<td>Name</td>
<td>Description</td>
<td>Use</td>
</tr>
<tr>
<td>------</td>
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<td>------------------------------------------------------------------------------</td>
<td>----------------------------------------------</td>
</tr>
<tr>
<td>371.</td>
<td><em>Sesamum indicum</em> L. (Now known as <em>S. orientale</em> L.)</td>
<td><strong>Seed</strong> Tila / Sesame / Gingelly 10-20 g</td>
<td>Detoxified fruit 1-2 g in milk confection (Not recommended for children below 5 years and pregnant women)</td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>Oil</strong> Tila 5-10 ml</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>Whole plant</strong> 2-3 g (as ash)</td>
<td></td>
</tr>
<tr>
<td>372.</td>
<td><em>Sesbania grandiflora</em> (L.) Poir. / <em>S. susben</em> Linn.</td>
<td><strong>Flower</strong> Agasthya / Jayanti / Agathi / Jait 10-20 g (as fresh)</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>Leaf</strong> Agathi 10-20 g</td>
<td></td>
</tr>
<tr>
<td>373.</td>
<td><em>Setaria italic</em> (L.) P. Beauv. (Millet)</td>
<td><strong>Seed</strong> Kanguni / Kangu 10-50 g</td>
<td></td>
</tr>
<tr>
<td>374.</td>
<td><em>Shoria robusta</em> Gaertn.</td>
<td><strong>Raisin</strong> Saala / Shaala 1-3 g</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>Fruit / Bark / Wood Oil</strong> 3-5 g (as powder) 1-3 ml</td>
<td></td>
</tr>
<tr>
<td>375.</td>
<td><em>Sida cordifolia</em> L. / <em>S. rhombifolis</em> Linn. / <em>S. acuta</em> / <em>S. spinose</em> / <em>S. veronica</em> folia</td>
<td><strong>Whole plant</strong> Balla / Mahaballa / Nagaballa / Rajaballa / Bariyara 10-20 g (for decoction)</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>Extract</strong> Bariyara 1-2 g</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>Seed</strong> Bariyara 1-2 g</td>
<td></td>
</tr>
<tr>
<td>376.</td>
<td><em>Sisymbrium rio</em> Linn. / <em>S. losetii</em> Linn.</td>
<td><strong>Seed</strong> Khuub Kalan 1-3 g</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>Plant</strong> 3-6 g (as powder)</td>
<td></td>
</tr>
<tr>
<td>377.</td>
<td><em>Smilax china</em> Linn. / <em>S. glabra</em> Roxb. / <em>S. lanceifolia</em> Roxb.</td>
<td><strong>Tuber</strong> Chobachini / Deepanter Vaacha 60-125 mg (as powder)</td>
<td></td>
</tr>
<tr>
<td>378.</td>
<td><em>Solanum indicum</em> / <em>S. surattense</em> / <em>S. torvum</em> / <em>S. trilobetum</em> Linn.</td>
<td>**Whole plant/ Root / Fruit Bruhati / Kantkari-shavet 5-10 g (for decoction)</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>Extract</strong> Kateli 0.5-1 g</td>
<td></td>
</tr>
<tr>
<td>379.</td>
<td><em>Solanum nigrum</em> L.</td>
<td><strong>Whole Plant</strong> Kakamachi / Chhoti Makoy / Mako 10-20 g</td>
<td></td>
</tr>
<tr>
<td>380.</td>
<td><em>Sorghum vulgare</em> Pers. (Millet)</td>
<td><strong>Seed</strong> Jwara / Yaava - naal 50-100 g</td>
<td></td>
</tr>
<tr>
<td>381.</td>
<td><em>Sphaeranthus indicus</em></td>
<td><strong>Flower</strong> Mundi / Mundika 5-10 g</td>
<td></td>
</tr>
<tr>
<td>No.</td>
<td>Plant Name</td>
<td>Part(s) Used</td>
<td>Common Names</td>
</tr>
<tr>
<td>-----</td>
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</tr>
<tr>
<td>382.</td>
<td><em>Spinacia oleracea</em> L.</td>
<td>Leaf</td>
<td>Palak / Spinach</td>
</tr>
<tr>
<td>383.</td>
<td><em>Spondias mangifera</em> Willd. (Now known as <em>S. pinnata</em> (L.f.) Kurz.)</td>
<td>Fruit, Leaf / Bark</td>
<td>Aamrataka / Ambada / Kapitania</td>
</tr>
<tr>
<td>384.</td>
<td><em>Stephania glabra</em> Miers.</td>
<td>Tuber / Rhizome / Leaf</td>
<td>Raaja paatha / Kithakanchar</td>
</tr>
<tr>
<td>385.</td>
<td><em>Strychnos potatorum</em> L.</td>
<td>Seed</td>
<td>Kataki / Nirmali</td>
</tr>
<tr>
<td>386.</td>
<td><em>Swertia chirayita</em> / <em>S. ciliata</em> / <em>S. angustifolia</em></td>
<td>Whole plant</td>
<td>Kiratik / Cheretta / Bhuunimba / Chiraita</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Extract</td>
<td>Chiraita</td>
</tr>
<tr>
<td>387.</td>
<td><em>Symplocos racemose</em> Roxb. / <em>S. paniculata</em> Thunb.</td>
<td>Bark, Leaf</td>
<td>Lodhara / Lodhera - pathani</td>
</tr>
<tr>
<td>388.</td>
<td><em>Syzygium aromaticum</em> (L.) Merr. and L. Perry</td>
<td>Flower bud</td>
<td>Lavanga / Laung</td>
</tr>
<tr>
<td>389.</td>
<td><em>Syzygium cumini</em> (L.) Skeels</td>
<td>Pericarp and mesocarp</td>
<td>Jambu / Jamun</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Seed</td>
<td>Jamun</td>
</tr>
<tr>
<td>390.</td>
<td><em>Tacca aspera</em> Roxb.</td>
<td>Tuber</td>
<td>Bhevara ke kand</td>
</tr>
<tr>
<td>391.</td>
<td><em>Tamarindus indica</em> L. / <em>T. officinalis</em> Hk (syn)</td>
<td>Fruit pulp</td>
<td>Amlika / Chincha / Imali / Tamarind</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Seed</td>
<td>Imali</td>
</tr>
<tr>
<td>392.</td>
<td><em>Taraxacum officinale</em></td>
<td>Leaf, Whole Plant</td>
<td>Dugdh - pheni / Dudhli / Dandelion</td>
</tr>
<tr>
<td>393.</td>
<td><em>Taxus baccata</em></td>
<td>Leaf, Bark</td>
<td>Talis patra / Sthavneyak / Thunera / Birmi</td>
</tr>
<tr>
<td>394.</td>
<td><em>Tecomella undulata</em> Seem.</td>
<td>Bark</td>
<td>Rohitaka / Roheda</td>
</tr>
<tr>
<td>395.</td>
<td><em>Tephrosia purpurea</em></td>
<td>Whole plant</td>
<td>Sarponkha</td>
</tr>
<tr>
<td>396.</td>
<td><em>Teramnus labialis</em> (L.f.) Spreng.</td>
<td>Whole plant</td>
<td>Mashaparni</td>
</tr>
<tr>
<td></td>
<td>Bark/Leaf/Fruit</td>
<td>Extract</td>
<td></td>
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<tr>
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</tr>
<tr>
<td>398.</td>
<td><em>Terminalia belerica</em> (Gaertn.) Roxb.</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Fruit pericarp</td>
<td>Bibitaki / Bahera</td>
<td>3-5 g</td>
</tr>
<tr>
<td></td>
<td>Extract</td>
<td>Bahera</td>
<td>0.5-1 g</td>
</tr>
<tr>
<td>399.</td>
<td><em>Terminalia catappa</em> L.</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Kernel</td>
<td>Jungali badaama / Desi badama</td>
<td>10-20 g</td>
</tr>
<tr>
<td>400.</td>
<td><em>Terminalia chebula</em> Retz.</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Fruit pericarp</td>
<td>Haritaki / Harad / Shiva</td>
<td>3-5 g (as powder)</td>
</tr>
<tr>
<td></td>
<td>Extract</td>
<td>Harar</td>
<td>0.5-1 g</td>
</tr>
<tr>
<td></td>
<td>Stem/Bark/Leaf</td>
<td>Asana / Jarandrum / Asan</td>
<td>5-10 g (for decoction)</td>
</tr>
<tr>
<td>402.</td>
<td><em>Tetragonia expansa</em> / <em>T. tetragonoides</em> Pall.</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Shoots / Seed / Root / Flower</td>
<td>Van-paalak</td>
<td>20-50 g (as fresh)</td>
</tr>
<tr>
<td>403.</td>
<td><em>Thalictrum foliolosum</em> DC.</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Plant / Root</td>
<td>Peetranga / Mamirii</td>
<td>1-2 g (as powder)</td>
</tr>
<tr>
<td>404.</td>
<td><em>Thespesia populnea</em> soland.</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Stem / Bark</td>
<td>Paarisha / kapitana / Paarish-pippala</td>
<td>10-20 g (for decoction)</td>
</tr>
<tr>
<td>405.</td>
<td><em>Thymus serpyllum</em> auct. non L. (Now known as <em>T. linearis</em> Benth.) / <em>T. vulgaris</em></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Leaf</td>
<td>Banya-ajwain / Ban ajwain</td>
<td>1-3 g (as powder)</td>
</tr>
<tr>
<td>406.</td>
<td><em>Tilia cordata</em> Linn. / <em>T. Vulgaris</em></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Flower</td>
<td>Telia</td>
<td>2-5 g (as powder)</td>
</tr>
<tr>
<td>407.</td>
<td><em>Trachyspermum ammi</em> (L.) Sprague</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Seed</td>
<td>Yavani / Ajwain / Desi ajwain</td>
<td>1-3 g (as powder)</td>
</tr>
<tr>
<td></td>
<td>Leaf</td>
<td>Ajwain</td>
<td>3-5 g</td>
</tr>
<tr>
<td></td>
<td>Oil</td>
<td>5-10 drop</td>
<td></td>
</tr>
<tr>
<td>408.</td>
<td><em>Trapa bispinosa</em> Roxb. (Now known as <em>T. natans</em> L. var. <em>bispinosa</em> (Roxb.) Makino)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Endosperm / Fruit</td>
<td>Shrunagataka / Singhada / Sigadu</td>
<td>30-60 g</td>
</tr>
<tr>
<td>409.</td>
<td><em>Trianthema portulacastrum</em> L.</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Whole plant</td>
<td>Varsha vhun / Vishakhaparna</td>
<td>1-3 g</td>
</tr>
<tr>
<td>410.</td>
<td><em>Tribulus terrestris</em> Linn.</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Fruit/Whole plant</td>
<td>Gokhru / Gokshura</td>
<td>2-4 g (as powder)</td>
</tr>
<tr>
<td>411.</td>
<td><em>Tricholepis glaberrima</em> DC.</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Plant</td>
<td>Brahmadandi / Brahm dandi</td>
<td>3-6 g</td>
</tr>
<tr>
<td>412.</td>
<td><em>Trichosanthes anguina</em> L.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
| No. | Name | Parts | Weight
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>413</td>
<td><em>Trichosanthes dioica</em> Roxb.</td>
<td>Fruit/Leaf</td>
<td>30-60 g</td>
</tr>
<tr>
<td>414</td>
<td><em>Trigonella foenum-graceum</em> L.</td>
<td>Seed</td>
<td>1-2 g (soaked in water or germinated or roasted)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Leaf</td>
<td>50-100 g (as fresh)</td>
</tr>
<tr>
<td>415</td>
<td><em>Triticum aestivum</em> L.</td>
<td>Seed</td>
<td>50-100 g</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Tender shoot/spout</td>
<td>10-30 g</td>
</tr>
<tr>
<td>416</td>
<td><em>Typhonium trilobatum</em> (L.) Schott.</td>
<td>Tuber</td>
<td>20-50 g</td>
</tr>
<tr>
<td>417</td>
<td><em>Tinospora cardifolia</em> Miers. (menispermaceae) syn. <em>T. glabra</em> (n. Burm) / <em>T. crispa</em> Linn.</td>
<td>Roots/Stem</td>
<td>5-10 g (as powder)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Extract</td>
<td>0.5-1 g</td>
</tr>
<tr>
<td>418</td>
<td><em>Trichosanthes bracteata</em> Lam. / <em>T. palmata</em> Roxb. (syn)</td>
<td>Root / Fruit</td>
<td>0.5-1 g (as powder)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(Not recommended for children below 5 years and pregnant women)</td>
<td></td>
</tr>
<tr>
<td>419</td>
<td><em>Urtica parviflora</em> / <em>U. dioica</em></td>
<td>Tender Leaf</td>
<td>10-20 g (for decoction)</td>
</tr>
<tr>
<td>420</td>
<td><em>Uraria picta</em> / <em>U. crinita</em> Desv. / <em>U. pililifera</em> Linn.</td>
<td>Whole plant</td>
<td>5-10 g (for decoction)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Extract</td>
<td>3-5 g (as powder)</td>
</tr>
<tr>
<td>421</td>
<td><em>Urginea indica</em> Roxb. / <em>Drimia indica</em> Roxb. (syn)</td>
<td>Bulb / Root / Leaf</td>
<td>125-250 mg</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(Not recommended for children below 5 years and pregnant women)</td>
<td></td>
</tr>
<tr>
<td>422</td>
<td><em>Valeriana jatamansi</em> Jones / <em>V. wallichii</em></td>
<td>Rhizome</td>
<td>1-3 g (as powder)</td>
</tr>
<tr>
<td>423</td>
<td><em>Veronika officinalis</em> / <em>V. teres</em> Wall.</td>
<td>Whole plant / Leaf</td>
<td>0.25 – 1 g</td>
</tr>
<tr>
<td>424</td>
<td><em>Vetiveria zizanioides</em></td>
<td>Whole plant</td>
<td>5 - 10 g (for decoction)</td>
</tr>
<tr>
<td>425.</td>
<td><em>Vigna trilobata</em> (L.) Verdc.</td>
<td>Whole plant</td>
<td>Mudadaparni / Mugvan</td>
</tr>
<tr>
<td>426.</td>
<td><em>Viola odorata</em> / <em>V. pilosa</em> / <em>V. sylvestris</em></td>
<td>Whole plant Flower</td>
<td>Banafsha / Vanksha</td>
</tr>
<tr>
<td>427.</td>
<td><em>Vitex agnus-castus</em> Linn.</td>
<td>Seed Leaf</td>
<td>Renuka beej / Sage</td>
</tr>
<tr>
<td>428.</td>
<td><em>Vitex negundo</em> / <em>V. trifolia</em></td>
<td>Fruit/Seed/Leaf</td>
<td>Nirgundi /Sambhaalu</td>
</tr>
<tr>
<td>429.</td>
<td><em>Vitis vinifera</em> L.</td>
<td>Fruit dry Seed / Fruit skin</td>
<td>Draksha /Munakka Munakka</td>
</tr>
<tr>
<td>430.</td>
<td><em>Wedelia calendulacea</em> (L.) Less. (Now known as <em>W. chinensis</em> (Osbeck) Mer.)/ <em>W. biflora</em> DC.</td>
<td>Leaf</td>
<td>Peet-bhiringraja/ Pila bhagra</td>
</tr>
<tr>
<td>431.</td>
<td><em>Withania coagulans</em> (Stocks) Dunal</td>
<td>Fruit</td>
<td>Desi – asgandh / Paneer doda</td>
</tr>
<tr>
<td>432.</td>
<td><em>Withania somnifera</em> (L.) Dunal</td>
<td>Root Extract</td>
<td>Ashwagandha /Asgandh / Nagauri / asgandha Asgandh</td>
</tr>
<tr>
<td>433.</td>
<td><em>Woodfordia fruticosa</em></td>
<td>Flower</td>
<td>Dhataki pushp /Dhay ke phool</td>
</tr>
<tr>
<td>434.</td>
<td><em>Wrightia tinctoria</em> / <em>W. tomentosa</em></td>
<td>Bark/Leaf Seed</td>
<td>Svet kutaj / Meetha kutaj / Inderyava</td>
</tr>
<tr>
<td>435.</td>
<td><em>Zanthoxylum alatum</em> Roxb. (Now known as <em>Zanthoxylum armatum</em> DC.)</td>
<td>Seed / Bark</td>
<td>Timura /Tejovati /Tismira</td>
</tr>
<tr>
<td>436.</td>
<td><em>Zea mays</em> L.</td>
<td>Seed Anthers / Corn silk</td>
<td>Makka</td>
</tr>
<tr>
<td>437.</td>
<td><em>Zingiber officinale</em> Rosc.</td>
<td>Rhizome</td>
<td>Adrakh /Shunti</td>
</tr>
</tbody>
</table>
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 Food Safety and Standards (Contaminants, Toxins and Residues) Regulations, 2011.

Note 4. - Permitted range of usage for children between 5-16 years is ½ of the permitted range of usage for adults.

Note 5. - Permitted range of usage for children between 2-5 years is ¼ of the permitted range of usage for adults.”

<table>
<thead>
<tr>
<th></th>
<th>Extract</th>
<th>hypotenision and bleeding disorders</th>
</tr>
</thead>
<tbody>
<tr>
<td>438. Zizyphus jujuba Lam.</td>
<td>Pericarp</td>
<td>Unnaba / unnab ber</td>
</tr>
<tr>
<td></td>
<td></td>
<td>10-50 g (as fresh)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>10-20 g (as powder)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>15-30 g (as fresh fruit)</td>
</tr>
<tr>
<td></td>
<td>Leaf</td>
<td>3-6 g (as powder)</td>
</tr>
</tbody>
</table>
### Schedule – III

**Molecules/isolates/extracts other than Schedule II**

#### PART A

<table>
<thead>
<tr>
<th>S. No.</th>
<th>Nutraceutical ingredients</th>
<th>Official / Common name</th>
<th>Purity Criteria</th>
<th>Permitted Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>American ginseng <em>(Panax quinquefolius L.)</em></td>
<td>Ginseng extract (American).</td>
<td>American ginseng extract (containing NLT 10% of total ginsenosides on dried basis).</td>
<td>90 - 400 mg /day, Max</td>
</tr>
<tr>
<td>2.</td>
<td>Astaxanthin <em>(from Haematococcus pluvialis)</em>, powder or oleoresin</td>
<td>-</td>
<td>Astaxanthin content</td>
<td>2 - 12 mg/day, Max</td>
</tr>
<tr>
<td>3.</td>
<td>Beta Alanine</td>
<td>-</td>
<td>-</td>
<td>4 - 6 g / day, Max (not more than 4 weeks at a stretch)</td>
</tr>
<tr>
<td>4.</td>
<td>Betaine (N,N,N,-trimethylglycine)</td>
<td>-</td>
<td>-</td>
<td>600 - 650 mg /day, Max</td>
</tr>
<tr>
<td>5.</td>
<td>Boswellia serrata -gum resin extract</td>
<td>Salai guggul / Kundru</td>
<td>Total boswellic acids or 11-keto-beta boswellic acids content</td>
<td>250 - 1,500 mg extract/day, Max</td>
</tr>
<tr>
<td>6.</td>
<td>Caffeine</td>
<td>Caffeine</td>
<td>Caffeine Per cent</td>
<td>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).</td>
</tr>
<tr>
<td>7.</td>
<td>Calcium hydroxy methyl butyrate (CaHMB)</td>
<td>-</td>
<td>CaHMB content</td>
<td>3 - 6 g / day, Max (Not recommended for use by pregnant women and lactating mothers)</td>
</tr>
<tr>
<td>8.</td>
<td><em>Chlorella vulgaris</em> – dried powder</td>
<td>Green algae / Shaiwal</td>
<td>-</td>
<td>1 – 4 g/day, Max</td>
</tr>
<tr>
<td>9.</td>
<td>Chromium picolinate/ nicotinate</td>
<td>-</td>
<td>Chromium picolinate/ nicotinate content</td>
<td>200 - 400 mcg / day, Max</td>
</tr>
<tr>
<td>10.</td>
<td><em>Cimicifuga racemosa</em> <em>(or Actaea racemosa)</em>, Extracted from rhizomes and roots</td>
<td>Black cohosh</td>
<td>Total triterpene glycosides (minimum 0.4%), calculated as 23-epi-26-deoxyactein).</td>
<td>40 - 200 mg /day, Max</td>
</tr>
<tr>
<td>11.</td>
<td>Citrus bioflavonoids <em>(Citrus paradisi, C.)</em></td>
<td>Citrus / Jambir</td>
<td>Bioflavinoids and total polyphenol content</td>
<td>150 - 600 mg / day, Max</td>
</tr>
<tr>
<td>S. No.</td>
<td>Nutraceutical ingredients</td>
<td>Official / Common name</td>
<td>Purity Criteria</td>
<td>Permitted Range</td>
</tr>
<tr>
<td>-------</td>
<td>---------------------------</td>
<td>------------------------</td>
<td>----------------</td>
<td>-----------------</td>
</tr>
<tr>
<td>12.</td>
<td>CoQ10 from non GM source and Ubiquinol acetate</td>
<td>Co enzyme Q10</td>
<td>Ubiquinone and ubiquinol content</td>
<td>60 -300 mg / day, Max</td>
</tr>
<tr>
<td>13.</td>
<td>Colostrum</td>
<td>-</td>
<td>-</td>
<td>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.</td>
</tr>
<tr>
<td>14.</td>
<td>Creatine (source- Creatine monohydrate, Creatine hydrochloride and Creatine nitrate)</td>
<td>-</td>
<td>-</td>
<td>3 g / day, Max (for adults only)</td>
</tr>
<tr>
<td>15.</td>
<td>Cryptoxanthin / Mesoxanthin</td>
<td>-</td>
<td>-</td>
<td>3 mg / day, Max</td>
</tr>
<tr>
<td>16.</td>
<td>Echinacea (E. angustifolia, E. purpurea, and E. pallida) Liquid/powder extract</td>
<td>Echinacea</td>
<td>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.</td>
<td>900 mg /day, Max</td>
</tr>
<tr>
<td>17.</td>
<td>Ginkgo biloba extract obtained from dried leaves of Ginkgo (Ginkgo biloba. L.).</td>
<td>Ginkgo biloba extract</td>
<td>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.</td>
<td>120-240 mg/ day, Max</td>
</tr>
<tr>
<td>18.</td>
<td>Glucosamine</td>
<td>Glucosamine</td>
<td>Glucosamine content</td>
<td>1,500-3,000</td>
</tr>
<tr>
<td>S. No.</td>
<td>Nutraceutical ingredients</td>
<td>Official / Common name</td>
<td>Purity Criteria</td>
<td>Permitted Range</td>
</tr>
<tr>
<td>-------</td>
<td>---------------------------</td>
<td>------------------------</td>
<td>----------------</td>
<td>-----------------</td>
</tr>
<tr>
<td>19.</td>
<td>Glucosamine sulphate</td>
<td>Glucosamine</td>
<td>Glucosamine content</td>
<td>2,500-5,000 mg/day, Max</td>
</tr>
<tr>
<td>20.</td>
<td>Glutathione / S-acetyl glutathione</td>
<td>-</td>
<td>-</td>
<td>50 - 600 mg / day, Max</td>
</tr>
<tr>
<td>21.</td>
<td><em>Gymnema sylvestre</em> extract powder</td>
<td>Madhunashini, Gudmar (extract)</td>
<td>Gymnemic acid content</td>
<td>500-1,500 mg / day, Max</td>
</tr>
<tr>
<td>22.</td>
<td>Lactase (β-galactosidase)*</td>
<td>-</td>
<td>Enzyme activity</td>
<td>3,000 – 9,000 IU (or FCC units) / day, Max</td>
</tr>
<tr>
<td>23.</td>
<td>L-carnosine</td>
<td>-</td>
<td>-</td>
<td>130 - 600 mg / day, Max</td>
</tr>
<tr>
<td>24.</td>
<td>L-theanine</td>
<td>Chai suksham satva</td>
<td>-</td>
<td>50- 200 mg/day, Max</td>
</tr>
<tr>
<td>25.</td>
<td>Melatonin</td>
<td>-</td>
<td>-</td>
<td>2 – 10 mg / day, Max</td>
</tr>
<tr>
<td>26.</td>
<td>Methyl sulfonyl methane</td>
<td>-</td>
<td>-</td>
<td>1000 - 3000 mg / day, Max (Not recommended for use by pregnant women and lactating mothers)</td>
</tr>
<tr>
<td>27.</td>
<td>Panax ginseng (Syn;Korean Ginseng) extract - (obtained from 0.6 to 2.0 g of Ginseng root, <em>Panax ginseng</em>.C A. Meyer, Araliaceae)</td>
<td>Ginseng extract</td>
<td>Ginsenoside content ranging from 3 - 10 % and adjusted to potency basis 3% total ginsenoside content</td>
<td>90 - 400 mg /day, Max</td>
</tr>
<tr>
<td>28.</td>
<td>Phycocyanin from <em>Spirulina plantesis</em> (<em>Aethrospira plantesis</em>) Dried powder</td>
<td>Spirulina</td>
<td>Protein: 50-70 %; Carbohydrates: 20-40%; Minerals (Ash): 5.0 – 15%; Moisture: 3.0 – 6.0 %</td>
<td>50 – 250 mg /day, Max</td>
</tr>
<tr>
<td>29.</td>
<td><em>Piper nigrum / Piper longum</em> extract</td>
<td>Pippali/Pepper</td>
<td>Piperine content</td>
<td>15 mg/day of piperine, Max (Duration of use: maximum 30 days)</td>
</tr>
<tr>
<td>30.</td>
<td>Quercetin obtained from extracts of citrus fruits, vegetables and other plant sources.</td>
<td>-</td>
<td>Quercetin content</td>
<td>100 mg / day, Max</td>
</tr>
<tr>
<td>31.</td>
<td>Schizandra berry</td>
<td>Five-flavor</td>
<td>Schizandrin berries</td>
<td>1 – 3 g / day, Max</td>
</tr>
<tr>
<td>S. No.</td>
<td>Nutraceutical ingredients</td>
<td>Official / Common name</td>
<td>Purity Criteria</td>
<td>Permitted Range</td>
</tr>
<tr>
<td>-------</td>
<td>---------------------------</td>
<td>------------------------</td>
<td>----------------</td>
<td>-----------------</td>
</tr>
<tr>
<td>32.</td>
<td><em>Scutellaria bicalensis</em></td>
<td>Patwar topi, Skullcap</td>
<td>Aq. extract standardized to bicallin content 30 - 50 % and adjusted to potency basis 50 % bicallin content</td>
<td>250 – 1,000 mg/day, Max</td>
</tr>
<tr>
<td>33.</td>
<td>Selenium Yeast</td>
<td>-</td>
<td>Selenium content and number of yeast counts (Cfu/g)</td>
<td>2 mg/day of selenium, Max</td>
</tr>
<tr>
<td>34.</td>
<td>Siberian ginseng-</td>
<td>Ginseng extract</td>
<td>Eleutherosides content</td>
<td>100 – 450 mg / day, Max</td>
</tr>
<tr>
<td></td>
<td>obtained from 0.6 to</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>2.0 g of Ginseng root (<em>Acanthopanax senticosus</em>, belonging to panax type, C A. Meyer, Araliaceae)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>35.</td>
<td><em>Silybum marianum</em></td>
<td>Milk Thistle extract</td>
<td>Standardized extract – silimar content</td>
<td>250 - 1,000 mg/day, Max</td>
</tr>
<tr>
<td></td>
<td>extract (silymarin</td>
<td></td>
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</tr>
<tr>
<td></td>
<td>extract)</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>36.</td>
<td>Spirulina (algae) from</td>
<td>Shaiwal/ Spirulina</td>
<td>(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)</td>
<td>500 - 3,000 mg / day, Max</td>
</tr>
<tr>
<td></td>
<td>(*Spirulina platensis, *</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td><em>Arthrospira platensis</em>)</td>
<td></td>
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</tr>
<tr>
<td>37.</td>
<td>Undenatured type II</td>
<td>-</td>
<td></td>
<td>40 mg/day, Max</td>
</tr>
<tr>
<td></td>
<td>collagen</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>38.</td>
<td><em>Vaccinium myrstillus</em></td>
<td><em>Bilberry extract</em></td>
<td>Anthocyanin content</td>
<td>50 - 600 mg / day, Max</td>
</tr>
<tr>
<td></td>
<td>extract</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>39.</td>
<td>Zeaxanthin</td>
<td>-</td>
<td></td>
<td>4 mg/day, Max</td>
</tr>
<tr>
<td>40.</td>
<td>Camellia sinensis-</td>
<td>Chai &amp; tea extract</td>
<td></td>
<td>0.5 g - 2 g/day, Max</td>
</tr>
<tr>
<td></td>
<td>Black /green tea</td>
<td></td>
<td></td>
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</tr>
<tr>
<td></td>
<td>extract, standardized</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>powder</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>41.</td>
<td>Camellia sinensis-Tea</td>
<td>Chai satva</td>
<td></td>
<td>0.7 g/day, Max&quot;</td>
</tr>
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<td>-------</td>
<td>------------------------------------------------------------------</td>
<td>-----------------------------------------</td>
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</tr>
<tr>
<td>1.</td>
<td>(+) Hydroxycitric acid</td>
<td>-</td>
<td></td>
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</tr>
<tr>
<td>2.</td>
<td><em>Albizia lebbeck</em> - extract</td>
<td>Shireesh</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3.</td>
<td><em>Allium sativum</em> – bulbs dried standardized powder / extract</td>
<td>Rason/ Lashun/Garlic</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4.</td>
<td><em>Aloe vera</em> – juice /concentrate /powder of sap /gel</td>
<td>Ghrit Kumari /Indian aloe</td>
<td></td>
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</tr>
<tr>
<td>5.</td>
<td>Alpha amylase*</td>
<td>-</td>
<td></td>
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</tr>
<tr>
<td>6.</td>
<td>Alpha mangostin</td>
<td>-</td>
<td></td>
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</tr>
<tr>
<td>7.</td>
<td>Alpha-galactosidase*</td>
<td>-</td>
<td></td>
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<tr>
<td>8.</td>
<td>Alpha-lipoic acid</td>
<td>-</td>
<td></td>
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</tr>
<tr>
<td>9.</td>
<td><em>Amaranthus tricolor</em> – leaf powder / extract</td>
<td>Marisha-Rakt Extract</td>
<td></td>
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</tr>
<tr>
<td>10.</td>
<td>Amylase*</td>
<td>-</td>
<td></td>
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<tr>
<td>11.</td>
<td>Amyloglucosidase*</td>
<td>-</td>
<td></td>
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</tr>
<tr>
<td>12.</td>
<td><em>Anethum graveolens</em> L. - seeds and oil</td>
<td>Shatahva/ Sowa /Soa /Dill</td>
<td></td>
<td></td>
</tr>
<tr>
<td>13.</td>
<td>Anthocyanin</td>
<td>-</td>
<td></td>
<td></td>
</tr>
<tr>
<td>14.</td>
<td>Arabinogalactan</td>
<td>-</td>
<td></td>
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<tr>
<td>15.</td>
<td>Arachidonic acid</td>
<td>-</td>
<td></td>
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<tr>
<td>16.</td>
<td><em>Asparagus densiflorus</em> - extract</td>
<td>Asparagus / Shatavari</td>
<td></td>
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<tr>
<td>17.</td>
<td><em>Bacopa monnieri</em> - leaf extract</td>
<td>Brahmi</td>
<td></td>
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</tr>
<tr>
<td>18.</td>
<td>Barley seed powder</td>
<td>Yava /Barley</td>
<td></td>
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<tr>
<td>19.</td>
<td><em>Bauhinia variegata</em> - extract</td>
<td>Kachnar</td>
<td></td>
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<tr>
<td>21.</td>
<td>Beta carotene – standardized soft concentrate / emulsified concentrate / powder</td>
<td>-</td>
<td></td>
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<tr>
<td>22.</td>
<td>Beta ecdysterone</td>
<td>-</td>
<td></td>
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<tr>
<td>23.</td>
<td>β-glucans</td>
<td>-</td>
<td></td>
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<tr>
<td>24.</td>
<td><em>Beta vulgaris</em> – root extract</td>
<td>Palanki/Beet</td>
<td></td>
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<tr>
<td>25.</td>
<td>β-sitosterol</td>
<td>-</td>
<td></td>
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<tr>
<td>26.</td>
<td>*Betula platyphylla/B.utilis - bark extract</td>
<td>Bhojapatra/Birch</td>
<td></td>
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<tr>
<td>27.</td>
<td><em>Biota orientalis</em> - seed powder</td>
<td>Biota</td>
<td></td>
<td></td>
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<tr>
<td>28.</td>
<td><em>Borago officinalis</em> - oil</td>
<td>Borage</td>
<td></td>
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<tr>
<td>29.</td>
<td>Campestanol</td>
<td>-</td>
<td></td>
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<tr>
<td>30.</td>
<td>Campesterol</td>
<td>-</td>
<td></td>
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<tr>
<td>31.</td>
<td><em>Capsicum annum</em> - extract / standardized to capsicin content</td>
<td>Lanka/Cayenne pepper / Lal mirchi</td>
<td></td>
<td></td>
</tr>
<tr>
<td>32.</td>
<td><em>Caricus papaya</em> – leaf extract</td>
<td>Papaya / Papeeta, Erand-karkati</td>
<td></td>
<td></td>
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<tr>
<td>33.</td>
<td>Carotenoids (natural mixed, including from algal sources)</td>
<td>-</td>
<td></td>
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<tr>
<td>34.</td>
<td>Casein and caseinates</td>
<td>-</td>
<td></td>
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<tr>
<td>35.</td>
<td><em>Caulophyllum thalictroides</em> - root extract</td>
<td>Blue cohosh</td>
<td></td>
<td></td>
</tr>
<tr>
<td>36.</td>
<td>Cellulase*</td>
<td>-</td>
<td></td>
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<tr>
<td>S.No.</td>
<td>Nutraceuticals / Ingredients</td>
<td>Official and Common names</td>
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<tr>
<td>37.</td>
<td><em>Centella asiatica</em> – leaf/aerial parts standardized extract</td>
<td>Mandukparni / Gotu Kola</td>
<td></td>
<td></td>
</tr>
<tr>
<td>38.</td>
<td><em>Matricaria chamomilla (Matricaria recutita)</em> – aerial parts extract</td>
<td>-</td>
<td></td>
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</tr>
<tr>
<td>39.</td>
<td><em>Malpighia emarginata</em> (Cherry acerola)</td>
<td>Acerola</td>
<td></td>
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</tr>
<tr>
<td>40.</td>
<td>Chlorogenic acids</td>
<td>-</td>
<td></td>
<td></td>
</tr>
<tr>
<td>41.</td>
<td>Caffeic acid</td>
<td>-</td>
<td></td>
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<tr>
<td>42.</td>
<td>Chondroitin sulphate</td>
<td>Chondroitin</td>
<td></td>
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<tr>
<td>43.</td>
<td><em>Cichorium intybus</em> – roasted root powder</td>
<td>Kasani / Chicory</td>
<td></td>
<td></td>
</tr>
<tr>
<td>44.</td>
<td><em>Cinnamomum verum</em> – bark powder / extract</td>
<td>Tvak bhed/Cinnamon</td>
<td></td>
<td></td>
</tr>
<tr>
<td>45.</td>
<td>Citrulline/ L-citrulline DL-malate (2:1)</td>
<td>-</td>
<td></td>
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<tr>
<td>46.</td>
<td><em>Citrus aurantium</em> – peel extract / bioflavonoids standardized</td>
<td>Bitter orange</td>
<td></td>
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<tr>
<td>47.</td>
<td>Citrus naringenin</td>
<td>-</td>
<td></td>
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<tr>
<td>48.</td>
<td>D-Mannose</td>
<td>-</td>
<td></td>
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<tr>
<td>49.</td>
<td><em>Syzygum aromaticum</em>- Clove powder &amp; oil</td>
<td>Lavang tail</td>
<td></td>
<td></td>
</tr>
<tr>
<td>50.</td>
<td><em>Cnicus benedictus</em> – aerial parts extract / root extract</td>
<td>Blessed tail</td>
<td></td>
<td></td>
</tr>
<tr>
<td>51.</td>
<td><em>Theobroma cacao</em>-Cocoa (chocolate) bean - extract</td>
<td>-</td>
<td></td>
<td></td>
</tr>
<tr>
<td>52.</td>
<td><em>Coccinia grandis</em> (L.) Voigt - extract</td>
<td>Bimbi/Kunduru/Ivy gourd</td>
<td></td>
<td></td>
</tr>
<tr>
<td>53.</td>
<td>Collagen and its hydrolysed peptides and chelates</td>
<td>-</td>
<td></td>
<td></td>
</tr>
<tr>
<td>54.</td>
<td>Conjugated linoleic acid concentrate</td>
<td>-</td>
<td></td>
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<tr>
<td>55.</td>
<td><em>Crataeva nurvala</em> - extract</td>
<td>Varun</td>
<td></td>
<td></td>
</tr>
<tr>
<td>56.</td>
<td>Crustacean shells</td>
<td>-</td>
<td></td>
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<tr>
<td>57.</td>
<td><em>Cuminum cyminum</em> L – oil / extract</td>
<td>Jeerak/Safed Jeera/Cumin</td>
<td></td>
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</tr>
<tr>
<td>58.</td>
<td><em>Curcuma longa</em> – rhizome powder / extract standardized</td>
<td>Haridra/Haldi/Turmeric</td>
<td></td>
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<tr>
<td>59.</td>
<td>Curcuminoids – soft extract / powder and curcumin complex</td>
<td>-</td>
<td></td>
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<tr>
<td>60.</td>
<td><em>Cyperus rotundus</em> - extract</td>
<td>Mustak/Nagar motha</td>
<td></td>
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</tr>
<tr>
<td>61.</td>
<td>Diastase*</td>
<td>-</td>
<td></td>
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<tr>
<td>62.</td>
<td>D-Pinitol</td>
<td>-</td>
<td></td>
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<tr>
<td>63.</td>
<td><em>Dioscorea bulbifera</em> - extract</td>
<td>Varahi kand</td>
<td></td>
<td></td>
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<tr>
<td>64.</td>
<td>Protein isolates/concentrates/hydrolysates</td>
<td>-</td>
<td></td>
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<tr>
<td>65.</td>
<td>Ellagic acid</td>
<td>-</td>
<td></td>
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<tr>
<td>66.</td>
<td><em>Emblica officinalis</em> – dried fruit extract / spray dried pulp powder</td>
<td>Indian gooseberry/ amlaki</td>
<td></td>
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<tr>
<td>67.</td>
<td>Eriocitrin (from citrus fruit)</td>
<td>-</td>
<td></td>
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<tr>
<td>68.</td>
<td><em>Oenothera biennis</em>- Evening primrose oil</td>
<td>-</td>
<td></td>
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<tr>
<td>69.</td>
<td><em>Fagopyrum esculentum</em> - seed</td>
<td>Buckwheat</td>
<td></td>
<td></td>
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<tr>
<td>70.</td>
<td>Fish oil</td>
<td>-</td>
<td></td>
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<tr>
<td>71.</td>
<td><em>Foeniculum vulgare</em> - oil / extract</td>
<td>Fennel / Saunf</td>
<td></td>
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<tr>
<td>72.</td>
<td>Freeze-dried banana powder</td>
<td>-</td>
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<tr>
<td>73.</td>
<td>Galactomannan</td>
<td>-</td>
<td></td>
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</tr>
<tr>
<td>74.</td>
<td>Gallic acid</td>
<td>-</td>
<td></td>
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</tr>
<tr>
<td>75.</td>
<td>Gamma-linoleic acid (GLA)</td>
<td>-</td>
<td></td>
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<tr>
<td>76.</td>
<td>Gamma-oryzanol</td>
<td>-</td>
<td></td>
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</tr>
<tr>
<td>77.</td>
<td><em>Garcinia gummi-gutta and Garcinia cambogia/G.indica – fruit rind extract standardized to hydroxyl citric acid, powder</em></td>
<td>Kokum / Vrikshamalak / Malabar tamarind</td>
<td></td>
<td></td>
</tr>
<tr>
<td>78.</td>
<td><em>Garcinia mangostana – seed extract standardized</em></td>
<td>Mangosteen</td>
<td></td>
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<tr>
<td>79.</td>
<td>Glucoamylase*</td>
<td>-</td>
<td></td>
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<tr>
<td>80.</td>
<td>Glucomannan</td>
<td>-</td>
<td></td>
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<tr>
<td>81.</td>
<td><em>Glycyrrhiza glabra - extract</em></td>
<td>Madhuyashti/Licorice / Mulethi</td>
<td></td>
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</tr>
<tr>
<td>82.</td>
<td>Grape seed extract</td>
<td>-</td>
<td></td>
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</tr>
<tr>
<td>83.</td>
<td><em>Coffea arabica, C. robusta- Green coffee seed extract standardized, including decaffeinated coffee bean powder/extract</em></td>
<td>Kaphi</td>
<td></td>
<td></td>
</tr>
<tr>
<td>84.</td>
<td><em>Grifola frondosa – standardized extract</em></td>
<td>Maitake mushroom</td>
<td></td>
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<tr>
<td>85.</td>
<td>Guar gum and gum arabic and its derivatives as a source of fibers; Maltodextrin/Resistant maltodextrin/ Limit Dextrin; chia seed fiber and fibers from other food sources</td>
<td>-</td>
<td></td>
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</tr>
<tr>
<td>86.</td>
<td>Hemicellulase*</td>
<td>-</td>
<td></td>
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</tr>
<tr>
<td>87.</td>
<td>Hesperidin</td>
<td>-</td>
<td></td>
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<tr>
<td>88.</td>
<td>High oleic sunflower oil and other vegetable oils with high oleic content</td>
<td>-</td>
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<tr>
<td>89.</td>
<td><em>Hippophae rhamnoides – leaf/fruit dried powder/extract / juice</em></td>
<td>Amalvetas / Sea buckthorn</td>
<td></td>
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<tr>
<td>90.</td>
<td><em>Humulus lupulus L – powder / extract</em></td>
<td>Phaph/Hops</td>
<td></td>
<td></td>
</tr>
<tr>
<td>91.</td>
<td>Hyaluronic acid and its salts</td>
<td>-</td>
<td></td>
<td></td>
</tr>
<tr>
<td>92.</td>
<td>Hydrolysed whey peptide</td>
<td>Whey</td>
<td></td>
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<tr>
<td>93.</td>
<td><em>Hypericum perforatum – aerial parts standardized extract</em></td>
<td>Basant/St. Johns Wort</td>
<td></td>
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<tr>
<td>94.</td>
<td>Inula racemosa - root extract</td>
<td>Pushkarmoola extract</td>
<td></td>
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<tr>
<td>95.</td>
<td>Invertase*</td>
<td>-</td>
<td></td>
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<tr>
<td>96.</td>
<td>Isoflavones (genistein, daidzein)</td>
<td>-</td>
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<tr>
<td>97.</td>
<td>Kelp (brown algae)</td>
<td>-</td>
<td></td>
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<tr>
<td>98.</td>
<td>Krill oil - standardized for DHA / EPA</td>
<td>-</td>
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<tr>
<td>99.</td>
<td>Lactalbumin</td>
<td>-</td>
<td></td>
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<tr>
<td>100.</td>
<td>Lactoferrin</td>
<td>-</td>
<td></td>
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<tr>
<td>101.</td>
<td>Lactoperoxidase*</td>
<td>-</td>
<td></td>
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<tr>
<td>102.</td>
<td>Lagerstroemia speciosa L (leaf extract)</td>
<td>Jarul/Banaba</td>
<td></td>
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</tr>
<tr>
<td>103.</td>
<td>Lecithins</td>
<td>-</td>
<td></td>
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<tr>
<td>104.</td>
<td>Lignans</td>
<td>-</td>
<td></td>
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<tr>
<td>105.</td>
<td>Linum usitatissimum - seed powder and oil</td>
<td>Atasi/Alasi/Flaxseed</td>
<td></td>
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<tr>
<td>S.No.</td>
<td>Nutraceuticals / Ingredients</td>
<td>Official and Common names</td>
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<tr>
<td>106.</td>
<td>Lipase*</td>
<td>-</td>
<td></td>
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<tr>
<td>107.</td>
<td>Lutein</td>
<td>-</td>
<td></td>
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</tr>
<tr>
<td>108.</td>
<td>Lutein/zeaxanthin complex</td>
<td>-</td>
<td></td>
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</tr>
<tr>
<td>109.</td>
<td>Lycopene</td>
<td>-</td>
<td></td>
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</tr>
<tr>
<td>110.</td>
<td>*Lycium barbarum/ Lycium europaeum/ Lycium ruthenicum fruit - dried powder/concentrate standardized</td>
<td>Goji berry (wolfberry)</td>
<td></td>
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</tr>
<tr>
<td>111.</td>
<td>Maltase*</td>
<td>-</td>
<td></td>
<td></td>
</tr>
<tr>
<td>112.</td>
<td>*Mangifera indica – mangiferine, leaf extract</td>
<td>-</td>
<td></td>
<td></td>
</tr>
<tr>
<td>113.</td>
<td>*Medicago sativa extract</td>
<td>Ashar-bala/Alfalfa</td>
<td></td>
<td></td>
</tr>
<tr>
<td>114.</td>
<td>Medium chain triglycerides</td>
<td>-</td>
<td></td>
<td></td>
</tr>
<tr>
<td>115.</td>
<td>*Menyanthes trifoliata - Leaf powder</td>
<td>Buckbean / bogbean</td>
<td></td>
<td></td>
</tr>
<tr>
<td>116.</td>
<td>Millets and their powder</td>
<td>-</td>
<td></td>
<td></td>
</tr>
<tr>
<td>117.</td>
<td>*Momordica charantia - fruit / seed extract</td>
<td>Karvalli/Kodon,/bitter gourd/, Karela</td>
<td></td>
<td></td>
</tr>
<tr>
<td>118.</td>
<td>*Monodora myristica (Gaertn.) Dunal – oil / extract</td>
<td>Nutmeg</td>
<td></td>
<td></td>
</tr>
<tr>
<td>119.</td>
<td>*Morinda citrifolia extract</td>
<td>Akshiki/Noni</td>
<td></td>
<td></td>
</tr>
<tr>
<td>120.</td>
<td>*Moringa oleifera leaf / pods / seed extract powder</td>
<td>Shigru/Moringa / drum stick</td>
<td></td>
<td></td>
</tr>
<tr>
<td>121.</td>
<td>*Morus alba- Mulberry tea– leaf / fruit extract</td>
<td>Toot/Mulberry</td>
<td></td>
<td></td>
</tr>
<tr>
<td>122.</td>
<td>*Myrica cerifera/M. nagi – bark extract</td>
<td>Katphala/Bayberry</td>
<td></td>
<td></td>
</tr>
<tr>
<td>124.</td>
<td>N-Acetyl d-glucosamine</td>
<td>-</td>
<td></td>
<td></td>
</tr>
<tr>
<td>125.</td>
<td>*Nardostachys jatamansi - extract</td>
<td>Jatamansi</td>
<td></td>
<td></td>
</tr>
<tr>
<td>126.</td>
<td>*Nasturtium officinale - extract</td>
<td>Chhu nail/Watercress</td>
<td></td>
<td></td>
</tr>
<tr>
<td>127.</td>
<td>Nattokinase enzyme (as Soy bean Fibrinase)</td>
<td>-</td>
<td></td>
<td></td>
</tr>
<tr>
<td>128.</td>
<td>*Ocimum tenuiflorum /Ocimum sanctum – aerial parts / seed extract</td>
<td>Surasa/ Basil /Tulasi</td>
<td></td>
<td></td>
</tr>
<tr>
<td>129.</td>
<td>Omega-3 fatty acids (docosahexaenoic acid - eicosapentaenoic acid - alpha - linolenic acid)</td>
<td>-</td>
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</tr>
<tr>
<td>130.</td>
<td>Omega-6-fatty acids (linoleic acid, arachidonic acid and conjugated linoleic acid)</td>
<td>-</td>
<td></td>
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</tr>
<tr>
<td>131.</td>
<td>Oyster shell powder</td>
<td>Shukti/Seep</td>
<td></td>
<td></td>
</tr>
<tr>
<td>132.</td>
<td>Pancreatin*</td>
<td>-</td>
<td></td>
<td></td>
</tr>
<tr>
<td>133.</td>
<td>Pancrelipase*</td>
<td>-</td>
<td></td>
<td></td>
</tr>
<tr>
<td>134.</td>
<td>Papain*</td>
<td>-</td>
<td></td>
<td></td>
</tr>
<tr>
<td>135.</td>
<td>*Passiflora foetida - extract</td>
<td>Passion flower</td>
<td></td>
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<tr>
<td>136.</td>
<td>*Arachis hypogaea - (roasted) powder</td>
<td>Mandapi/Pea nut/ Munghphali</td>
<td></td>
<td></td>
</tr>
<tr>
<td>137.</td>
<td>Pectin</td>
<td>-</td>
<td></td>
<td></td>
</tr>
<tr>
<td>138.</td>
<td>Pepsin*</td>
<td>-</td>
<td></td>
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</tr>
<tr>
<td>139.</td>
<td>*Perna canaliculus (Green lipped mussel / Mussel Oil)</td>
<td>-</td>
<td></td>
<td></td>
</tr>
<tr>
<td>140.</td>
<td>*Phellodendron amurense leaf oil</td>
<td>Phellodendron</td>
<td></td>
<td></td>
</tr>
<tr>
<td>141.</td>
<td>Phosphatides /Phospholipids</td>
<td>-</td>
<td></td>
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<tr>
<td>142.</td>
<td><em>Phyllanthus amarus</em> - extract</td>
<td>Tamalaki/ Bhuiamalaki</td>
<td></td>
<td></td>
</tr>
<tr>
<td>143.</td>
<td>Phytase*</td>
<td>-</td>
<td></td>
<td></td>
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<tr>
<td>144.</td>
<td><em>Picrorhiza kurroa-Picrorhiza</em> - extract</td>
<td>Katuka/Kutaki</td>
<td></td>
<td></td>
</tr>
<tr>
<td>145.</td>
<td><em>Pimento officinalis</em> L. - extract/powder</td>
<td>Allspice</td>
<td></td>
<td></td>
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<tr>
<td>146.</td>
<td><em>Pinus gerardiana</em> - bark extract</td>
<td>Nikochak/Pine nut</td>
<td></td>
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</tr>
<tr>
<td>147.</td>
<td><em>Piper longum</em> - extract</td>
<td>Pippali/ Magha/Long pepper</td>
<td></td>
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</tr>
<tr>
<td>148.</td>
<td><em>Piper nigrum</em> - green extract</td>
<td>Green pepper, Krishan Marich</td>
<td></td>
<td></td>
</tr>
<tr>
<td>149.</td>
<td><em>Piper nigrum</em> - powder / standardized extract</td>
<td>Krishan Marich/ Marich/ Black pepper</td>
<td></td>
<td></td>
</tr>
<tr>
<td>150.</td>
<td>Policosanol</td>
<td>-</td>
<td></td>
<td></td>
</tr>
<tr>
<td>151.</td>
<td>Protease*</td>
<td>-</td>
<td></td>
<td></td>
</tr>
<tr>
<td>152.</td>
<td><em>Prunus serotina</em> - extract</td>
<td>Black cherry</td>
<td></td>
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<tr>
<td>153.</td>
<td><em>Plantago ovata</em> (major) – <em>Psyllium (Isaphula)</em> - seed husk</td>
<td>Isaphgul-Asabgol</td>
<td></td>
<td></td>
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<tr>
<td>154.</td>
<td><em>Cucurbita pepo, C. maxima</em> - Pumpkin seed oil /meal</td>
<td>Kaddu beej tail</td>
<td></td>
<td></td>
</tr>
<tr>
<td>155.</td>
<td><em>Panica granatum</em> – fruit /seed /skin extract /leaf /powder</td>
<td>Dadima/Pomegranate</td>
<td></td>
<td></td>
</tr>
<tr>
<td>156.</td>
<td><em>Raphanus sativus var. niger</em> - root powder/ extract</td>
<td>Mulika/ Muli /Black radish</td>
<td></td>
<td></td>
</tr>
<tr>
<td>157.</td>
<td>Red wine - extract /concentrate</td>
<td>-</td>
<td></td>
<td></td>
</tr>
<tr>
<td>158.</td>
<td>Red yeast rice</td>
<td>-</td>
<td></td>
<td></td>
</tr>
<tr>
<td>159.</td>
<td>Resveratrol</td>
<td>-</td>
<td></td>
<td></td>
</tr>
<tr>
<td>160.</td>
<td><em>Rhododendron arboreum/R. campanulata</em> - juice/extract</td>
<td>Buras/Rhododendron</td>
<td></td>
<td></td>
</tr>
<tr>
<td>161.</td>
<td>Rice bran</td>
<td>-</td>
<td></td>
<td></td>
</tr>
<tr>
<td>162.</td>
<td>Rice bran arabinoxylan compound</td>
<td>-</td>
<td></td>
<td></td>
</tr>
<tr>
<td>163.</td>
<td>Rose hips</td>
<td>-</td>
<td></td>
<td></td>
</tr>
<tr>
<td>164.</td>
<td><em>Rosmarinus officinalis</em> – leaves/ needles extract /oil</td>
<td>Rosemary</td>
<td></td>
<td></td>
</tr>
<tr>
<td>165.</td>
<td>Royal Jelly</td>
<td>-</td>
<td></td>
<td></td>
</tr>
<tr>
<td>166.</td>
<td>Rutin from fruit peels</td>
<td>-</td>
<td></td>
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<tr>
<td>167.</td>
<td><em>Salvia officinalis</em> – leaf extract</td>
<td>Renuka Leaf Extract/Sage</td>
<td></td>
<td></td>
</tr>
<tr>
<td>168.</td>
<td><em>Sambucus nigra</em> - extract</td>
<td>Khaman Kabir /Elderberry/ Black elderberry</td>
<td></td>
<td></td>
</tr>
<tr>
<td>169.</td>
<td>Shark cartilage /squalene oil</td>
<td>-</td>
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<td></td>
</tr>
<tr>
<td>170.</td>
<td>Shiitake mushroom - extract</td>
<td>-</td>
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<tr>
<td>171.</td>
<td><em>Solanum lycopersicum/ S. esculentum</em> – fruit powder/ extract</td>
<td>Tamatar/Tomato</td>
<td></td>
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</tr>
<tr>
<td>172.</td>
<td>Soy sprouts – dried powder</td>
<td>-</td>
<td></td>
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</tr>
<tr>
<td>173.</td>
<td>Soya protein isolate/ edible legume seed protein isolate</td>
<td>-</td>
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<td></td>
</tr>
<tr>
<td>174.</td>
<td>Spearmint – leaf and distillate</td>
<td>-</td>
<td></td>
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</tr>
<tr>
<td>175.</td>
<td>Sterols/Stanols including their esters</td>
<td>-</td>
<td></td>
<td></td>
</tr>
<tr>
<td>176.</td>
<td><em>Tagetes sp.</em> – petals oleo resin / extract</td>
<td>Marigold</td>
<td></td>
<td></td>
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<tr>
<td>-------</td>
<td>-------------------------------------------------------------------</td>
<td>---------------------------------------------</td>
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<td></td>
</tr>
<tr>
<td>177.</td>
<td><em>Terminalia arjuna</em> - bark/leaf extract (standardized extract)</td>
<td>Arjuna extract</td>
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<tr>
<td>178.</td>
<td><em>Terminalia bellerica</em> - fruit extract</td>
<td>Bibhitak/Baheda/Myrobalan</td>
<td></td>
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<tr>
<td>179.</td>
<td><em>Terminalia chebulia</em> - fruit extract</td>
<td>Haritaki / Harad/Myrobalan</td>
<td></td>
<td></td>
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<tr>
<td>180.</td>
<td>Theaflavin</td>
<td>Chai sukshara satva</td>
<td></td>
<td></td>
</tr>
<tr>
<td>181.</td>
<td>Theobromine</td>
<td>-</td>
<td></td>
<td></td>
</tr>
<tr>
<td>182.</td>
<td>Tocopherols</td>
<td>-</td>
<td></td>
<td></td>
</tr>
<tr>
<td>183.</td>
<td><em>Trigonella foenum-graecum</em> – seeds extract</td>
<td>Methika/Methi/Fenugreek</td>
<td></td>
<td></td>
</tr>
<tr>
<td>184.</td>
<td><em>Triticum sativum</em> - bran</td>
<td>Godhum/Wheat/Gehu</td>
<td></td>
<td></td>
</tr>
<tr>
<td>185.</td>
<td>Trypsin*</td>
<td>-</td>
<td></td>
<td></td>
</tr>
<tr>
<td>186.</td>
<td><em>Vaccinium corymbosum</em> - fruit - dried powder / concentrate standardized</td>
<td>Blueberry</td>
<td></td>
<td></td>
</tr>
<tr>
<td>187.</td>
<td><em>Vaccinium oxyccos/Vaccinium macroccaron</em> - fruit - dried powder / concentrate standardized</td>
<td>-</td>
<td></td>
<td></td>
</tr>
<tr>
<td>188.</td>
<td><em>Valeriana wallichii</em> - extract</td>
<td>Tagar</td>
<td></td>
<td></td>
</tr>
<tr>
<td>189.</td>
<td><em>Vitis alba and Vitis vinifera</em> - fruit - dried powder / concentrate standardized</td>
<td>Draksha/ Munakka/Blue grapes</td>
<td></td>
<td></td>
</tr>
<tr>
<td>190.</td>
<td>Wheat germ</td>
<td>-</td>
<td></td>
<td></td>
</tr>
<tr>
<td>191.</td>
<td><em>Zingiber officinale</em> - rhizome standardized extracts</td>
<td>Shunti/Ginger</td>
<td></td>
<td></td>
</tr>
<tr>
<td>192.</td>
<td>Mucopolysaccharides</td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

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.-The sources for ingredients listed under Schedule-III shall only be from those listed/specified under Food Safety and Standards Regulations. The chemically synthesized nutraceutical ingredients shall only be used with prior approval of the Food Authority.
### Schedule IV

#### Prebiotics and Probiotics

**List of Prebiotic compounds**

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

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

**List of strains as probiotics**

<table>
<thead>
<tr>
<th>S.No.</th>
<th>Name of the Microorganism</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td><em>Lactobacillus</em> acidophilus</td>
</tr>
<tr>
<td>2.</td>
<td><em>Lactiplantibacillus</em> <em>plantarum</em></td>
</tr>
<tr>
<td>3.</td>
<td><em>Limosilactobacillus</em> <em>reuteri</em></td>
</tr>
<tr>
<td>4.</td>
<td><em>Lacticaseibacillus</em> <em>rhamnosus</em></td>
</tr>
<tr>
<td>5.</td>
<td><em>Ligilactobacillus</em> <em>salivarius</em></td>
</tr>
<tr>
<td>6.</td>
<td><em>Lacticaseibacillus</em> <em>casei</em></td>
</tr>
<tr>
<td>7.</td>
<td><em>Levilactobacillus</em> <em>brevis</em></td>
</tr>
<tr>
<td>8.</td>
<td><em>Lactobacillus</em> <em>johnsonii</em></td>
</tr>
<tr>
<td>9.</td>
<td><em>Lactobacillus</em> <em>delbrueckii</em> <em>sub</em>- <em>sp. bulgaricus</em></td>
</tr>
<tr>
<td>10.</td>
<td><em>Bacillus</em> <em>coagulans</em></td>
</tr>
<tr>
<td>11.</td>
<td><em>Limosilactobacillus</em> <em>fermentum</em></td>
</tr>
<tr>
<td>12.</td>
<td><em>Lactobacillus</em> <em>caucasicus</em></td>
</tr>
<tr>
<td>13.</td>
<td><em>Lactobacillus</em> <em>helveticus</em></td>
</tr>
<tr>
<td>14.</td>
<td><em>Lactobacillus</em> <em>lactis</em></td>
</tr>
<tr>
<td>15.</td>
<td><em>Lactobacillus</em> <em>amylovorus</em></td>
</tr>
<tr>
<td>16.</td>
<td><em>Lactobacillus</em> <em>galinarum</em></td>
</tr>
<tr>
<td>17.</td>
<td><em>Lactobacillus</em> <em>delbrueckii</em> <em>(Lactobacillus</em> <em>delbrueckii</em> <em>subsp. delbrueckii)</em></td>
</tr>
<tr>
<td>18.</td>
<td><em>Bifidobacterium</em> <em>bifidum</em></td>
</tr>
<tr>
<td>19.</td>
<td><em>Bifidobacterium</em> <em>lactis</em> <em>(Bifidobacterium</em> <em>animalis</em> <em>subsp. lactis)</em></td>
</tr>
<tr>
<td>20.</td>
<td><em>Bifidobacterium</em> <em>breve</em></td>
</tr>
<tr>
<td>21.</td>
<td><em>Bifidobacterium</em> <em>longum</em> <em>(Bifidobacterium</em> <em>longum</em> <em>subsp. longum)</em></td>
</tr>
<tr>
<td></td>
<td>Organism/Strain</td>
</tr>
<tr>
<td>---</td>
<td>-------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>22.</td>
<td><em>Bifidobacterium animalis (Bifidobacterium animalis subsp. animalis)</em></td>
</tr>
<tr>
<td>23.</td>
<td><em>Bifidobacterium infantis (Bifidobacterium longum subsp. infantis)</em></td>
</tr>
<tr>
<td>24.</td>
<td><em>Streptococcus thermophilus (Streptococcus salivarius subsp. thermophilus)</em></td>
</tr>
<tr>
<td>25.</td>
<td><em>Saccharomyces boulardii (Saccharomyces cerevisiae subsp. boulardii)</em></td>
</tr>
<tr>
<td>26.</td>
<td><em>Saccharomyces cerevisiae (Saccharomyces cerevisiae subsp. cerevisiae)</em></td>
</tr>
<tr>
<td>27.</td>
<td><em>Lacticaseibacillus paracasei</em></td>
</tr>
<tr>
<td>28.</td>
<td><em>Lactobacillus gasseri</em></td>
</tr>
<tr>
<td>29.</td>
<td><em>Bacillus clausii</em></td>
</tr>
<tr>
<td>30.</td>
<td><em>Established probiotic strains of Bacillus subtilis</em></td>
</tr>
<tr>
<td>31.</td>
<td><em>Bacillus indicus</em></td>
</tr>
</tbody>
</table>

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 - The Food Authority may add any new strain of microorganism, possessing probiotic properties, after proper scientific evaluation, and include in this Schedule.”
# Annexure 3

List of food additives for Food for Special Medical Purpose including dietetic formulae for slimming purposes and weight reduction

<table>
<thead>
<tr>
<th>S.No.</th>
<th>Food Additive</th>
<th>INS No</th>
<th>Max. Permitted Level</th>
<th>Note</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Acesulfame potassium</td>
<td>950</td>
<td>500 mg/kg</td>
<td>450 mg/kg for slimming and weight reduction products</td>
</tr>
<tr>
<td>2.</td>
<td>ASCORBYL ESTERS</td>
<td></td>
<td>500 mg/kg</td>
<td>allowed for slimming and weight reduction products only</td>
</tr>
<tr>
<td>3.</td>
<td>Aspartame</td>
<td>951</td>
<td>1,000 mg/kg</td>
<td>1000 mg/kg for slimming and weight reduction products only</td>
</tr>
<tr>
<td>4.</td>
<td>Aspartame-acesulfame salt</td>
<td>962</td>
<td>500 mg/kg</td>
<td>450 mg/kg for slimming and weight reduction products</td>
</tr>
<tr>
<td>5.</td>
<td>BENZOATES</td>
<td></td>
<td>1,500 mg/kg</td>
<td></td>
</tr>
<tr>
<td>6.</td>
<td>beta-Carotenes (vegetable)</td>
<td>160a(ii)</td>
<td>600 mg/kg</td>
<td></td>
</tr>
<tr>
<td>7.</td>
<td>Brilliant blue FCF</td>
<td>133</td>
<td>50 mg/kg</td>
<td></td>
</tr>
<tr>
<td>8.</td>
<td>Caramel III – Ammonia caramel</td>
<td>150c</td>
<td>20,000 mg/kg</td>
<td></td>
</tr>
<tr>
<td>9.</td>
<td>Caramel IV - Sulfite Ammonia caramel</td>
<td>150d</td>
<td>20,000 mg/kg</td>
<td></td>
</tr>
<tr>
<td>10.</td>
<td>CAROTENOIDS</td>
<td></td>
<td>50 mg/kg</td>
<td></td>
</tr>
<tr>
<td>11.</td>
<td>Diacetyltartaric and fatty acid esters of glycerol</td>
<td>472e</td>
<td>5,000 mg/kg</td>
<td></td>
</tr>
<tr>
<td>12.</td>
<td>Grape skin extract</td>
<td>163(ii)</td>
<td>250 mg/kg</td>
<td></td>
</tr>
<tr>
<td>13.</td>
<td>Indigotine (Indigo carmine)</td>
<td>132</td>
<td>50 mg/kg</td>
<td></td>
</tr>
<tr>
<td>14.</td>
<td>Neotame</td>
<td>961</td>
<td>33 mg/kg</td>
<td></td>
</tr>
<tr>
<td>15.</td>
<td>PHOSPHATES</td>
<td></td>
<td>2.200 mg/kg</td>
<td></td>
</tr>
<tr>
<td>16.</td>
<td>Polymethylsiloxane</td>
<td>900a</td>
<td>50 mg/kg</td>
<td></td>
</tr>
<tr>
<td>17.</td>
<td>POLYSORBATES</td>
<td></td>
<td>1,000 mg/kg</td>
<td></td>
</tr>
<tr>
<td>18.</td>
<td>Ponceau 4R (Cochineal red A)</td>
<td>124</td>
<td>50 mg/kg</td>
<td></td>
</tr>
<tr>
<td>19.</td>
<td>Propylene glycol esters of fatty acids</td>
<td>477</td>
<td>5,000 mg/kg</td>
<td></td>
</tr>
<tr>
<td>20.</td>
<td>RIBOFLAVINS</td>
<td></td>
<td>300 mg/kg</td>
<td></td>
</tr>
<tr>
<td>21.</td>
<td>SACCHARINS</td>
<td></td>
<td>200 mg/kg</td>
<td>300 mg/kg for slimming and weight</td>
</tr>
<tr>
<td></td>
<td>Ingredient</td>
<td>Amount</td>
<td>Description</td>
<td></td>
</tr>
<tr>
<td>---</td>
<td>-----------------------------------</td>
<td>---------</td>
<td>--------------------------------------------------</td>
<td></td>
</tr>
<tr>
<td>22.</td>
<td>SORBATES</td>
<td>1,500 mg/kg</td>
<td></td>
<td></td>
</tr>
<tr>
<td>23.</td>
<td>Steviol glycosides</td>
<td>960</td>
<td>350 mg/kg for slimming and weight reduction products</td>
<td></td>
</tr>
<tr>
<td>24.</td>
<td>Sucralose (Trichloro galacto sucrase)</td>
<td>955</td>
<td>400 mg/kg for slimming and weight reduction products</td>
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<td>25.</td>
<td>Sucroglycerides</td>
<td>474</td>
<td>5,000 mg/kg</td>
<td></td>
</tr>
<tr>
<td>26.</td>
<td>Sunset yellow FCF</td>
<td>110</td>
<td>50 mg/kg</td>
<td></td>
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</table>
List of food additives for Food for special Dietary Use

<table>
<thead>
<tr>
<th>S.No.</th>
<th>Food Additive</th>
<th>INS No</th>
<th>Max. Permitted Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Acesulfame potassium</td>
<td>950</td>
<td>450 mg/kg</td>
</tr>
<tr>
<td>2.</td>
<td>Alitame</td>
<td>956</td>
<td>300 mg/kg</td>
</tr>
<tr>
<td>3.</td>
<td>ASCORBYL ESTERS</td>
<td></td>
<td>500 mg/kg</td>
</tr>
<tr>
<td>4.</td>
<td>Aspartame</td>
<td>951</td>
<td>1,000 mg/kg</td>
</tr>
<tr>
<td>5.</td>
<td>Aspartame-acesulfame salt</td>
<td>962</td>
<td>450 mg/kg</td>
</tr>
<tr>
<td>6.</td>
<td>BENZOATES</td>
<td></td>
<td>2,000 mg/kg</td>
</tr>
<tr>
<td>7.</td>
<td>Brilliant blue FCF</td>
<td>133</td>
<td>300 mg/kg</td>
</tr>
<tr>
<td>8.</td>
<td>Caramel III – Ammonia caramel</td>
<td>150c</td>
<td>20,000 mg/kg</td>
</tr>
<tr>
<td>9.</td>
<td>Caramel IV - Sulfite ammonia caramel</td>
<td>150d</td>
<td>20,000 mg/kg</td>
</tr>
<tr>
<td>10.</td>
<td>Beta-Carotenes (vegetable)</td>
<td>160a(ii)</td>
<td>600 mg/kg</td>
</tr>
<tr>
<td>11.</td>
<td>CAROTENOIDs</td>
<td></td>
<td>300 mg/kg</td>
</tr>
<tr>
<td>12.</td>
<td>Diacetyltartaric and fatty acid esters of glycerol</td>
<td>472e</td>
<td>5,000 mg/kg</td>
</tr>
<tr>
<td>13.</td>
<td>Grape skin extract</td>
<td>163(ii)</td>
<td>250 mg/kg</td>
</tr>
<tr>
<td>14.</td>
<td>Indigotine (Indigo carmine)</td>
<td>132</td>
<td>300 mg/kg</td>
</tr>
<tr>
<td>15.</td>
<td>Neotame</td>
<td>961</td>
<td>65 mg/kg</td>
</tr>
<tr>
<td>16.</td>
<td>PHOSPHATES</td>
<td></td>
<td>2,200 mg/kg</td>
</tr>
<tr>
<td>17.</td>
<td>Polydimethylsiloxane</td>
<td>900a</td>
<td>50 mg/kg</td>
</tr>
<tr>
<td>18.</td>
<td>Ponceau 4R (Cochineal red A)</td>
<td>124</td>
<td>300 mg/kg</td>
</tr>
<tr>
<td>19.</td>
<td>RIBOFLAVINS</td>
<td></td>
<td>300 mg/kg</td>
</tr>
<tr>
<td>20.</td>
<td>SACCHARINS</td>
<td></td>
<td>200 mg/kg</td>
</tr>
<tr>
<td>21.</td>
<td>SORBATES</td>
<td></td>
<td>1,500 mg/kg</td>
</tr>
<tr>
<td>22.</td>
<td>Steviol glycosides</td>
<td>960</td>
<td>660 mg/kg</td>
</tr>
<tr>
<td>23.</td>
<td>Sucralose (Trichloro galactosucrose)</td>
<td>955</td>
<td>400 mg/kg</td>
</tr>
<tr>
<td>24.</td>
<td>Sunset yellow FCF</td>
<td>110</td>
<td>300 mg/kg</td>
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</tbody>
</table>
### List of food additives for use for Health supplements, Nutraceuticals, Prebiotics and Probiotics

<table>
<thead>
<tr>
<th>S.No.</th>
<th>Food Additive</th>
<th>INS No</th>
<th>Max. Permitted Level</th>
<th>Note</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Acesulfame potassium</td>
<td>950</td>
<td>2,000 mg/kg</td>
<td></td>
</tr>
<tr>
<td>2.</td>
<td><strong>ASCORBYL ESTERS</strong></td>
<td></td>
<td>500 mg/kg</td>
<td></td>
</tr>
<tr>
<td>3.</td>
<td>Aspartame</td>
<td>951</td>
<td>5,500 mg/kg</td>
<td></td>
</tr>
<tr>
<td>4.</td>
<td>Aspartame-Acesulfame salt</td>
<td>962</td>
<td>2,000 mg/kg</td>
<td></td>
</tr>
<tr>
<td>5.</td>
<td>Beeswax</td>
<td>901</td>
<td>GMP</td>
<td></td>
</tr>
<tr>
<td>6.</td>
<td><strong>BENZOATES</strong></td>
<td></td>
<td>2,000 mg/kg</td>
<td></td>
</tr>
<tr>
<td>7.</td>
<td>beta-Carotenes (vegetable)</td>
<td>160a(ii)</td>
<td>600 mg/kg</td>
<td></td>
</tr>
<tr>
<td>8.</td>
<td>Brilliant blue FCF</td>
<td>133</td>
<td>300 mg/kg</td>
<td></td>
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<tr>
<td>9.</td>
<td>Butylated hydroxyanisole (BHA)</td>
<td>320</td>
<td>400 mg/kg</td>
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<td>10.</td>
<td>Butylated hydroxytoluene (BHT)</td>
<td>321</td>
<td>400 mg/kg</td>
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<tr>
<td>11.</td>
<td>Candelilla wax</td>
<td>902</td>
<td>GMP</td>
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<tr>
<td>12.</td>
<td>Caramel III – Ammonia caramel</td>
<td>150c</td>
<td>20,000 mg/kg</td>
<td></td>
</tr>
<tr>
<td>13.</td>
<td>Caramel IV – Sulfite ammonia caramel</td>
<td>150d</td>
<td>20,000 mg/kg</td>
<td></td>
</tr>
<tr>
<td>14.</td>
<td>Carnauba wax</td>
<td>903</td>
<td>5,000 mg/kg</td>
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<tr>
<td>15.</td>
<td><strong>CAROTENOIDS</strong></td>
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<td>300 mg/kg</td>
<td></td>
</tr>
<tr>
<td>16.</td>
<td>Castor oil</td>
<td>1503</td>
<td>1,000 mg/kg</td>
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<tr>
<td>17.</td>
<td><strong>CHLOROPHYLLS AND CHLOROPHYLLINS, COPPER COMPLEXES</strong></td>
<td></td>
<td>500 mg/kg</td>
<td></td>
</tr>
<tr>
<td>18.</td>
<td>Diacetyltartaric and fatty acid esters of glycerol</td>
<td>472e</td>
<td>5,000 mg/kg</td>
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</tr>
<tr>
<td>19.</td>
<td><strong>ETHYLENE DIAMINE TETRA ACETATES</strong></td>
<td></td>
<td>150 mg/kg</td>
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<td>20.</td>
<td>Fast green FCF</td>
<td>143</td>
<td>600 mg/kg</td>
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<tr>
<td>21.</td>
<td>Grape skin extract</td>
<td>163(ii)</td>
<td>500 mg/kg</td>
<td></td>
</tr>
<tr>
<td>22.</td>
<td>Indigotine (Indigo carmine)</td>
<td>132</td>
<td>300 mg/kg</td>
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</tr>
<tr>
<td>23.</td>
<td><strong>IRON OXIDES</strong></td>
<td></td>
<td>7,500 mg/kg</td>
<td>For use in surface treatment only</td>
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<tr>
<td>24.</td>
<td>Neotame</td>
<td>961</td>
<td>90 mg/kg</td>
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<tr>
<td>25.</td>
<td><strong>PHOSPHATES</strong></td>
<td></td>
<td>2,200 mg/kg</td>
<td></td>
</tr>
<tr>
<td>26.</td>
<td>Polydimethylsiloxane</td>
<td>900a</td>
<td>50 mg/kg</td>
<td></td>
</tr>
<tr>
<td>27.</td>
<td>Polyethylene Glycol</td>
<td>1521</td>
<td>70,000 mg/kg</td>
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<td>28.</td>
<td><strong>POLYSORBATES</strong></td>
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<td>25,000 mg/kg</td>
<td></td>
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<tr>
<td>29.</td>
<td>Polyvinyl alcohol</td>
<td>1203</td>
<td>45,000 mg/kg</td>
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<tr>
<td>30.</td>
<td>Polyvinyl pyrrolidone</td>
<td>1201</td>
<td>GMP</td>
<td></td>
</tr>
<tr>
<td>31.</td>
<td>Ponceau 4R (Cochineal red A)</td>
<td>124</td>
<td>300 mg/kg</td>
<td></td>
</tr>
<tr>
<td>32.</td>
<td>Propyl gallate</td>
<td>310</td>
<td>400 mg/kg</td>
<td></td>
</tr>
<tr>
<td>33.</td>
<td><strong>RIBOFLAVINS</strong></td>
<td></td>
<td>300 mg/kg</td>
<td></td>
</tr>
<tr>
<td>34.</td>
<td><strong>SACCHARINS</strong></td>
<td></td>
<td>1,200 mg/kg</td>
<td></td>
</tr>
<tr>
<td>35.</td>
<td>Shellac, Bleached</td>
<td>904</td>
<td>GMP</td>
<td></td>
</tr>
<tr>
<td>36.</td>
<td><strong>SORBATES</strong></td>
<td></td>
<td>2,000 mg/kg</td>
<td></td>
</tr>
<tr>
<td>37.</td>
<td>Steviol Glycosides</td>
<td>960</td>
<td>2,500 mg/kg</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Additive Name</td>
<td>IFC</td>
<td>Maximum Acceptable Daily Intake</td>
<td></td>
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<td>---------------------------------------------</td>
<td>------</td>
<td>---------------------------------</td>
<td></td>
</tr>
<tr>
<td>38</td>
<td>Sucralose (Trichloro galactosucrose)</td>
<td>955</td>
<td>2,400 mg/kg</td>
<td></td>
</tr>
<tr>
<td>39</td>
<td>Sucroglycerides</td>
<td>474</td>
<td>2,500 mg/kg</td>
<td></td>
</tr>
<tr>
<td>40</td>
<td>Sunset yellow FCF</td>
<td>110</td>
<td>300 mg/kg</td>
<td></td>
</tr>
</tbody>
</table>

Note: The FBO shall use the additives as permitted for different food categories as given in the above lists till the time the additives are notified in the FSS (FPS&FA) Regulations, 2011.
<table>
<thead>
<tr>
<th>S. No.</th>
<th>Additive (Pharmaceutical Aid)</th>
<th>Functionality</th>
<th>Maximum Permitted Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Acacia gum</td>
<td>Binding agent</td>
<td>GMP</td>
</tr>
<tr>
<td>2.</td>
<td>Acetone</td>
<td>Solvent for coating</td>
<td>GMP (does not remain in the tablet and residual levels to be as per IP)</td>
</tr>
<tr>
<td>3.</td>
<td>Ascorbic acid and its esters and salts</td>
<td>Antioxidant</td>
<td>0.5%</td>
</tr>
<tr>
<td>4.</td>
<td>Benzoic acid and its salts</td>
<td>Preservative</td>
<td>0.5%</td>
</tr>
<tr>
<td>5.</td>
<td>BHA</td>
<td>Antioxidant</td>
<td>0.5%</td>
</tr>
<tr>
<td>6.</td>
<td>BHT</td>
<td>Antioxidant</td>
<td>0.5%</td>
</tr>
<tr>
<td>7.</td>
<td>Bronopol</td>
<td>Preservative</td>
<td>0.5%</td>
</tr>
<tr>
<td>8.</td>
<td>Calcium carbonate</td>
<td>Diluent, Disintegrant</td>
<td>GMP</td>
</tr>
<tr>
<td>9.</td>
<td>Calcium stearate</td>
<td>Lubricant</td>
<td>1%</td>
</tr>
<tr>
<td>10.</td>
<td>Carboxymethyl cellulose Calcium</td>
<td>Binding agent</td>
<td>5-15%</td>
</tr>
<tr>
<td>11.</td>
<td>Carrageenan gum</td>
<td>Binding agent</td>
<td>2%</td>
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<tr>
<td>12.</td>
<td>Cellulose acetate phthalate</td>
<td>Coating agent</td>
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<tr>
<td>13.</td>
<td>Citric acid</td>
<td>Disintegrant</td>
<td>2%</td>
</tr>
<tr>
<td>14.</td>
<td>Citric and fatty acid esters of glycerol</td>
<td>Stabilizer</td>
<td>2%</td>
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<td>15.</td>
<td>Copovidone</td>
<td>Binding agent</td>
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<td>16.</td>
<td>Corn oil</td>
<td>Vehicle</td>
<td>GMP</td>
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<tr>
<td>17.</td>
<td>Corn starch</td>
<td>Diluent, Binding agent, Disintegrant</td>
<td>GMP</td>
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<tr>
<td>18.</td>
<td>Cross carmellose sodium</td>
<td>Disintegrant</td>
<td>0.5 to 5%</td>
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<td>19.</td>
<td>Cyclodextrin</td>
<td>Diluent</td>
<td>GMP</td>
</tr>
<tr>
<td>20.</td>
<td>Dextrose</td>
<td>Diluent</td>
<td>GMP</td>
</tr>
<tr>
<td>21.</td>
<td>Dicalcium phosphate</td>
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<td>GMP</td>
</tr>
<tr>
<td>22.</td>
<td>Ethyl acetate</td>
<td>Solvent for coating</td>
<td>GMP (does not remain in the tablet and residual levels to be as per IP)</td>
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<tr>
<td>23.</td>
<td>Ethyl alcohol</td>
<td>Solvent for coating</td>
<td>GMP (does not remain in the tablet and residual levels to be as per IP)</td>
</tr>
<tr>
<td>24.</td>
<td>Ethyl cellulose</td>
<td>Coating agent, Ingredient of capsule shells</td>
<td>GMP</td>
</tr>
<tr>
<td>25.</td>
<td>Fructose</td>
<td>Diluent</td>
<td>GMP</td>
</tr>
<tr>
<td>26.</td>
<td>Gelatin</td>
<td>Binding agent, Ingredient of capsule shells</td>
<td>GMP</td>
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<td></td>
<td>Ingredient</td>
<td>Description</td>
<td>GMP</td>
</tr>
<tr>
<td>----</td>
<td>-------------------------------------------------</td>
<td>----------------------------------</td>
<td>------</td>
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<tr>
<td>27</td>
<td>Glycerin</td>
<td>Vehicle, Humectant for capsule shells</td>
<td>GMP</td>
</tr>
<tr>
<td>28</td>
<td>Guar gum</td>
<td>Binding agent</td>
<td>GMP</td>
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<tr>
<td>29</td>
<td>Hydrogenated castor oil</td>
<td>Lubricant</td>
<td>2%</td>
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<tr>
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<td>Hydrogenated vegetable oil</td>
<td>Lubricant</td>
<td>1%</td>
</tr>
<tr>
<td>31</td>
<td>Hydroxy propyl methylcellulose</td>
<td>Coating agent, Ingredient of capsule shells</td>
<td>GMP</td>
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<tr>
<td>32</td>
<td>Isomalt</td>
<td>Soluble fiber</td>
<td>15%</td>
</tr>
<tr>
<td>33</td>
<td>Kaolin</td>
<td>Diluent</td>
<td>GMP</td>
</tr>
<tr>
<td>34</td>
<td>Lactitol</td>
<td>Diluent</td>
<td>200 mg per capsule</td>
</tr>
<tr>
<td>35</td>
<td>Lactose</td>
<td>Diluent</td>
<td>GMP</td>
</tr>
<tr>
<td>36</td>
<td>Lecithin and its salts/esters from soya or other sources</td>
<td>Emulsifier, Stabilizer</td>
<td>GMP</td>
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<tr>
<td>37</td>
<td>Light magnesium carbonate</td>
<td>Anticaking agent</td>
<td>0.5%</td>
</tr>
<tr>
<td>38</td>
<td>Light magnesium oxide</td>
<td>Anticaking agent</td>
<td>0.5%</td>
</tr>
<tr>
<td>39</td>
<td>Liquid glucose</td>
<td>Binding agent</td>
<td>GMP</td>
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<tr>
<td>40</td>
<td>Magnesium carbonate</td>
<td>Adsorbant</td>
<td>0.3%</td>
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<td>41</td>
<td>Magnesium stearate</td>
<td>Antisticking agent, Glidant</td>
<td>2%</td>
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<td>42</td>
<td>Maize Starch</td>
<td>Diluent, Binding agent, Dissintegrant</td>
<td>GMP</td>
</tr>
<tr>
<td>43</td>
<td>Maltitol</td>
<td>Sweetener, Diluent</td>
<td>GMP</td>
</tr>
<tr>
<td>44</td>
<td>Maltodextrin</td>
<td>Diluent</td>
<td>GMP</td>
</tr>
<tr>
<td>45</td>
<td>Maltose</td>
<td>Diluent</td>
<td>GMP</td>
</tr>
<tr>
<td>46</td>
<td>Manitol</td>
<td>Diluent, Sweetener</td>
<td>GMP</td>
</tr>
<tr>
<td>47</td>
<td>Methyl paraben and its salts</td>
<td>Preservative</td>
<td>0.2%</td>
</tr>
<tr>
<td>48</td>
<td>Microcrystalline cellulose</td>
<td>Diluent</td>
<td>GMP</td>
</tr>
<tr>
<td>49</td>
<td>Peanut oil</td>
<td>Vehicle</td>
<td>GMP</td>
</tr>
<tr>
<td>50</td>
<td>Pectin</td>
<td>Binding agent</td>
<td>GMP</td>
</tr>
<tr>
<td>51</td>
<td>PEG 4000</td>
<td>Diluent for direct compression tablets</td>
<td>GMP</td>
</tr>
<tr>
<td>52</td>
<td>Colors permitted under Rule 127 of Drugs &amp; Cosmetics Rules including lake colours</td>
<td>Coloring agents</td>
<td>GMP</td>
</tr>
<tr>
<td>53</td>
<td>Poly ethylene glycol (PEG)</td>
<td>Vehicle, Humectant for capsule shells</td>
<td>GMP</td>
</tr>
<tr>
<td>54</td>
<td>Povidone</td>
<td>Binding agent</td>
<td>5%</td>
</tr>
<tr>
<td>55</td>
<td>Propyl paraben and its salts</td>
<td>Preservative</td>
<td>0.02%</td>
</tr>
<tr>
<td>56</td>
<td>Propylene glycol</td>
<td>Vehicle, Humectant for capsule shells</td>
<td>GMP</td>
</tr>
<tr>
<td>57</td>
<td>Purified Talc</td>
<td>Glidant, Dusting powder for coating</td>
<td>2%</td>
</tr>
<tr>
<td></td>
<td>Ingredient</td>
<td>Description</td>
<td>Quantity</td>
</tr>
<tr>
<td>---</td>
<td>-----------------------------</td>
<td>--------------------------------------------------</td>
<td>-----------</td>
</tr>
<tr>
<td>58.</td>
<td>Safflower oil</td>
<td>Vehicle</td>
<td>GMP</td>
</tr>
<tr>
<td>59.</td>
<td>Sodium alginate</td>
<td>Binding agent</td>
<td>5%</td>
</tr>
<tr>
<td>60.</td>
<td>Sodium starch glycolate</td>
<td>Disintegrant, Binder, Thickening agent</td>
<td>2%</td>
</tr>
<tr>
<td>61.</td>
<td>Sorbitan crystalline</td>
<td>Diluent</td>
<td>15%</td>
</tr>
<tr>
<td>62.</td>
<td>Polysorbates (Tweens)</td>
<td>Solubalizers</td>
<td>0.5%</td>
</tr>
<tr>
<td>63.</td>
<td>Sorbitol liquid</td>
<td>Vehicle, Humectant for capsule shells</td>
<td>GMP</td>
</tr>
<tr>
<td>64.</td>
<td>Starch, pregelatinized</td>
<td>Disintegrant</td>
<td>1%</td>
</tr>
<tr>
<td>65.</td>
<td>Stearic acid</td>
<td>Antisticking agent, Glidant</td>
<td>2%</td>
</tr>
<tr>
<td>66.</td>
<td>Sucrose</td>
<td>Diluent, Coating agent</td>
<td>GMP</td>
</tr>
<tr>
<td>67.</td>
<td>Sunflower oil</td>
<td>Vehicle</td>
<td>GMP</td>
</tr>
<tr>
<td>68.</td>
<td>TBHQ</td>
<td>Antioxidant</td>
<td>0.5%</td>
</tr>
<tr>
<td>69.</td>
<td>Tocopherol and its esters</td>
<td>Antioxidant</td>
<td>0.5%</td>
</tr>
<tr>
<td>70.</td>
<td>Tragacanth gum</td>
<td>Binding agent</td>
<td>GMP</td>
</tr>
<tr>
<td>71.</td>
<td>Tribasic calcium phosphate</td>
<td>Diluent, anticaKagng agent</td>
<td>GMP</td>
</tr>
<tr>
<td>72.</td>
<td>Tricalcium phosphate</td>
<td>Diluent</td>
<td>GMP</td>
</tr>
<tr>
<td>73.</td>
<td>Vegetable oils</td>
<td>Vehicle</td>
<td>GMP</td>
</tr>
<tr>
<td>74.</td>
<td>Xanthan gum</td>
<td>Binding agent</td>
<td>GMP</td>
</tr>
<tr>
<td>75.</td>
<td>Xylitol</td>
<td>Diluent, Sweetner</td>
<td>GMP</td>
</tr>
<tr>
<td>76.</td>
<td>Zinc stearate</td>
<td>Lubricant</td>
<td>0.5-1.5%</td>
</tr>
<tr>
<td>77.</td>
<td>Glycerol palmito stearate</td>
<td>-</td>
<td>GMP</td>
</tr>
<tr>
<td>78.</td>
<td>Medium chain triglyceride</td>
<td>-</td>
<td>GMP</td>
</tr>
<tr>
<td>79.</td>
<td>Glyceryl behenate</td>
<td>-</td>
<td>GMP</td>
</tr>
<tr>
<td>80.</td>
<td>Triethyl citrate</td>
<td>-</td>
<td>GMP</td>
</tr>
<tr>
<td>81.</td>
<td>Methacrylate copolymers</td>
<td>-</td>
<td>GMP</td>
</tr>
<tr>
<td>82.</td>
<td>Propane 1, 2 diol alginate (INS 405)</td>
<td>-</td>
<td>1200mg/kg</td>
</tr>
<tr>
<td>83.</td>
<td>Isopropyl alcohol</td>
<td>Solvent for coating</td>
<td>GMP</td>
</tr>
<tr>
<td>84.</td>
<td>Dichloromethane</td>
<td>Solvent for coating</td>
<td>GMP</td>
</tr>
<tr>
<td>85.</td>
<td>Potassium chloride</td>
<td>Gelling agent</td>
<td>GMP</td>
</tr>
<tr>
<td>86.</td>
<td>Magnesium Aluminometasilicate</td>
<td>-</td>
<td>1 %</td>
</tr>
</tbody>
</table>
**Purity criteria for the ingredients listed under these regulations**

(1) **Psyllium (Isabgol) husk:** (i) Psyllium (Isabgol) husk means product manufactured from dry seed coats of *Plantago ovate* Forsk. (Fam. *Plantaginaceae*) obtained by crushing the clean seeds and separating the husks by winnowing.

(ii) The product shall be white or translucent, odourless, thin boat shaped structures, 2 to 3 mm long and 0.5 to 1 mm wide. The taste shall be bland and mucilaginous. It should not give any gritty feeling during sensorial (organoleptic) evaluation.

(iii) It shall be free from insect infestation, fungal contamination and fermented, musty or other odours. It shall also be free from any added additives, colours, flavours and harmful foreign materials.

(iv) The product shall conform to the following requirements:

<table>
<thead>
<tr>
<th>S. No.</th>
<th>Characteristics</th>
<th>Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td>i)</td>
<td>Moisture, per cent by mass</td>
<td>Not more than 11.5</td>
</tr>
<tr>
<td>ii)</td>
<td>Total ash (on dry basis), per cent by mass</td>
<td>Not more than 4.0</td>
</tr>
<tr>
<td>iii)</td>
<td>Acid Insoluble Ash (on dry basis), per cent by mass</td>
<td>Not more than 0.45</td>
</tr>
<tr>
<td>iv)</td>
<td>Swell Volume, ml/gram</td>
<td>Not less than 40</td>
</tr>
<tr>
<td>v)</td>
<td>Organic extraneous matter*, per cent by mass</td>
<td>Not more than 2</td>
</tr>
</tbody>
</table>

*Organic extraneous matter includes broken or entire embryo, fragments of endosperm or capsular wall of fruits belonging to isabgol crop.”