

[To be published in the Gazette of India, Extraordinary, Part III, Section 4]

Government of India
Ministry of Health and Family Welfare
Food Safety and Standards Authority of India

Notification

New Delhi, the _____, 2015.

No. 1-4/ Nutraceutical/ FSSAI-2013.- The following draft of the Food Safety and Standards (*Food or Health Supplements, Nutraceuticals, Foods for Special Dietary Uses, Foods for Special Medical purpose, Functional Foods, and Novel Food*) Regulations, 2015, which the Food Safety and Standards Authority of India proposes to make in exercise of the powers conferred by clause (v) of sub-section (2) of section 92 read with sub-section (1) of section 22 of the Food Safety and Standards Act, 2006 (34 of 2006), with the previous approval of the Central Government, is hereby published as required by sub-section (1) of section 92 of the said Act, for the information of all persons likely to be affected thereby; and notice is hereby given that the said draft regulations shall be taken into consideration after the expiry of a period of sixty days from the date on which the copies of the Official Gazette in which this notification is published are made available to the public;

Objections or suggestions, if any, duly supported with scientific evidence, may be addressed to the Chief Executive Officer, Food Safety and Standards Authority of India, Food and Drug Administration Bhawan, Kotla Road, New Delhi – 110 002;

The objections and suggestions, which may be received from any person with respect to the said draft regulations before the expiry of the period specified above, shall be considered by the Food Authority.

Draft Regulations

1. Short title and commencement. - (1) These regulations may be called as the *Food Safety and Standards (Food or Health Supplements, Nutraceuticals, Foods for Special Dietary Uses, Foods for Special Medical purpose, Functional Foods, and Novel Food) Regulations, 2015.*

(2) They shall come into force with effect from the ensuing 1st January or 1st July of the year, as the case may be, subject to a minimum of 180 days from the date of final notification of these regulations in the Official Gazette.

CHAPTER – I

2. Definitions.-

In these regulations,- unless the context otherwise requires,-

- (a) **Foods containing prebiotic ingredients means** foods that contain approved prebiotics and are a non-viable food component which confers a health benefit to the consumer by modulation of gut micro biota.
- (b) **“Foods containing Probiotic Ingredients”** means foods with live micro-organisms beneficial to human health, which when ingested in adequate amounts (as a single strain or as a combination of cultures) confer one or more specified/or demonstrated health benefits in human beings; and the microorganism strain used in these foods shall be deemed to possess probiotic property when it is capable of surviving passage through the digestive tract, and has the capability to adhere and proliferate in the gut and be able to confer a physiological benefit.
- (c) **“Foods for Special Dietary Uses (FSDU) (other than infants, and those to be taken under medical advice)”** (i) means and includes the foods specially processed or formulated to satisfy particular dietary requirements which may exist or arise because of certain physiological or specific health conditions like low weight, obesity, diabetes, high blood pressure and foods like gluten free foods, etc and these foods may be taken without medical advice unless otherwise stated; (ii) do not include the normal foods which are merely enriched or modified with nutrients and meant for mass consumption, intended for improvement of general health and are meant for day to day use and do not claim to be targeted to consumers with specific diseased conditions and also these not include the foods intended to replace complete diet covered under Food for Special Medical Purpose in these regulations.
- (d) **“Food or health supplements”** means the foods which are intended to supplement the normal diet of a person, and which are concentrated sources of one or more nutrients, like minerals, vitamins, proteins, mineral complexes, amino acids or enzymes, other dietary substances, plants or botanicals, substances from animal origin or other similar substances with known and established nutritional or beneficial physiological effect, and which are presented as such and are offered alone or in combination, but are not drugs as defined in the Drugs and Cosmetics Act, 1940 and the rules made thereunder.

- (e) **“Foods for Special Medical Purposes (FSMP)”** means (i) the foods intended for particular dietary uses specially processed or formulated and intended for the dietary management of patients and shall be used only under medical advice and they are intended for the exclusive or partial feeding of patients with a limited, impaired or disturbed capacity to take, digest, absorb, metabolize or excrete ordinary foodstuffs or certain nutrients contained therein or metabolites, or with other medically determined nutrient requirements, whose dietary management cannot be achieved only by modification of the normal diet, by foods for specific nutritional use, or a combination of them; (ii) include the foods specially prepared for weight reduction and intended as total replacement of normal diet.
- (f) **“Nutraceuticals”** means a naturally occurring chemical compound having a physiological benefit or provide protection against chronic disease, isolated and purified from food or non-food source and may be prepared and marketed in the food-format of granules, powder, tablet, capsule, liquid or gel and may be packed in sachet, ampoule, bottle, etc and to be taken as measured unit quantities.
- (g) **“Novel Foods”** means the food that does not have a history of human consumption or has any other ingredient used in it which or the source from which it is derived does not have a history of human consumption as a food ingredient or foods or has ingredients obtained by new technologies or processes and includes the foods and food ingredients which have been produced by a new technology with innovative engineering processes, where the process gives rise to significant changes in the composition or structure or size of the foods or food ingredients which affect the nutritional value, metabolism or level of undesirable substances and not apply to any reformulation of food products produced from the existing food ingredients by altering the composition, percentage or amounts of food ingredients and additives.
- (h) **“Schdules”** means the schdules to the regulations.
- (i) **Specialty Foods containing ingredients based on Ayurveda, Unani and Siddha and Traditional Health Systems of India** means the foods which are shown to be safe by science based evidence and health uses referred in the authoritative texts (books of Schedule I of the Drugs and Cosmetic Act, 1940) and other Standard texts (History of evidence based use and *not for curative purposes*).

CHAPTER- II

3. Foods for Special Nutritional purposes or dietary uses (Generic). - 1)

The foods for special nutritional purposes or dietary uses, means food which are clearly distinguishable from foods intended for normal consumption by their special composition, shall indicate their suitability for their supplementary or dietary purposes and composition of these foodstuffs must differ significantly from the composition of normal foods of comparable nature, if such normal foods exist.

(2) All foods referred to in sub-regulation (1) shall be manufactured specifically as supplements to regular diet either for general maintenance of health or in certain physiological or disease conditions.

(3) All foods referred to in sub-regulation (1) shall fulfill the characteristics as laid down in these Regulations.

4. General conditions for manufacture and sale of foods as referred in these Regulations. - (1) 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 under these regulations.

(2) The formulation of the foods shall be based on sound medical or nutritional principles and supported by validated scientific data, wherever required.

(3) No hormones or steroids or psychotropic ingredients shall be added in these foods.

(4) The labels shall clearly mention the purpose, the target consumer group and the physiological or disease conditions which they address, apart from the specific labelling requirements as mentioned against each type of food.

(5) The labels, accompanying leaflets /or other labelling and advertising of all types of foods, referred to in these regulations shall provide sufficient information on the nature and purpose of the food as well as detailed instructions and precautions for their use and the format of information given shall be appropriate for the person for whom it is intended.

(6) A 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 "Food Supplements" 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 generally accepted scientific data) and such statement does not mislead the consumer.

(7) The Food Authority may suspend or restrict the trade of such foods as have been placed in the market that are not clearly distinguishable from foods for normal consumption nor are suitable for their claimed nutritional purpose, or may endanger the human health.

(8) The Food Authority may, at any time, ask a Food Business Operator manufacturing and selling such special types of foods to furnish details regarding the history of use of the nutrients added or modified and their safety evaluation.

CHAPTER- III

5. Food or health supplements.- (1) The purpose of such foods is to supplement the normal diet and to be marketed in single use packaging or in dosage form, namely forms such as capsules, tablets, pills and other similar forms, sachets of powder, etc. or any other similar forms of liquids and powders designed to be taken in measured unit quantities and not include any of the food products or categories of foods for which specific standards have been laid down in any other parts of these regulations.

(2) Essential Composition: (i) The Food or Health supplements may contain vitamins and minerals as specified in **Schedule I**, and in the forms as given in **Schedule II**; Amino acids specified in **Schedule III**; Plants or botanicals as specified in **Schedule V**; substances from animal origin as listed in **Schedule VI**; Mineral or metal sources as specified in **Schedule VII**; and the enzymes as specified in **Schedule IX** of these regulations, which may be used in the manufacture of food supplements without prejudice to modifications for one or more of these nutrients rendered necessary by the intended use of the product.

(ii) The quantity of nutrients added shall not exceed the Recommended Daily Allowance as specified in India by the Indian Council of Medical Research (ICMR) or maximum dosage, whichever is applicable and in case such standards are not prescribed, the Food Authority may consider adoption of standards laid down by the international food standards body, namely Codex Alimentarius, a joint Food and Agricultural Organisation or the World Health Organisation.

(iii) Any new nutrient, which has no history of safe use in India or those without evidence establishing that the nutrient may result in certain nutritional and physiological benefits, shall apply to the Food Authority for approval.

(iv) The purity criteria for the nutrients used, including vitamins and minerals, shall be as determined and notified by the Food Authority from time to time

and in case such standards are not specified, the purity criteria accepted by international bodies such as Codex Alimentarius may be adhered to.

- (v) The Food Authority may, after proper scientific evaluation, enlist specific nutrients as approved nutrients from time to time.

(3) Labelling.- (i) The Labelling of food supplements shall comply with the packaging and labelling requirements as laid down under the Food Safety and Standards (Packaging and Labelling) Regulations, 2011.

- (ii) No person shall manufacture, pack, sell, offer for sale, market or otherwise distribute or import any package or container containing any food supplement, if the package or container does not bear a label containing all the particulars and requirements specifically laid down in these regulations.

- (iii) The labelling, presentation and advertising shall not attribute to food or health supplements the property of preventing, treating or curing a human disease, or refer to such properties. The statements relating to structure or function or for the general well-being of the body are allowed as long as they are truthful and are also supported by generally accepted scientific data and in addition, the product shall bear a statement, "*This product is not intended to diagnose, treat, cure or prevent any disease(s).*"

- (iv) Every package of food or health supplements shall carry the following information on the label, namely.-

- (a) the words "FOOD or HEALTH SUPPLEMENT"
- (b) the common name of the Food or Health Supplement, or a description sufficient to indicate the true nature of the food supplement including the common names of the categories of nutrients or substances that characterize the product;
- (c) the amount of the nutrients or substances with a nutritional or physiological effect present in the product shall be declared on the label in numerical form in descending order;
- (d) the term 'NOT FOR MEDICINAL USE' shall be prominently written on the label;
- (e) the quantity of nutrients shall be expressed in terms of percentages of the relevant Recommended Daily Allowances as prescribed in India by the Indian Council of Medical Research and shall bear a warning "*Not to exceed the recommended daily dose*";

- (f) a statement to the effect that the food or health supplement should not be used as a substitute for a varied diet;
 - (g) a warning or any other precautions to be taken while consuming, known side effects if any, contraindications and product-drug interactions, as applicable;
 - (h) a statement to the effect that the products shall be stored out of the reach of children.
- (4) **Use of Additives in Food or Health Supplements.** - The additives given in **Schedule VIII (a) and VIII (e)** of these regulations shall be permitted for use in the Food or Health Supplements.
- (5) **Contaminants, Toxins and Residues.**- The product shall conform to the Food Safety and Standards (Contaminants, Toxins and Residues) Regulation, 2011, as amended from time to time.

CHAPTER- IV

6. Nutraceuticals. – (1) Essential composition: (i) The Nutraceuticals may be extracted, purified and concentrated from food or non-food source plants, microbes or animals that have a history of safe use.

- (i) The Nutraceuticals may also be extracted and purified from non-food sources e.g. Amino acids and their derivatives may be prepared by bacteria grown in fermentation systems.
- (ii) The Nutraceuticals may contain- (a) the vitamins and minerals as specified in **Schedule I**, and in the forms as given in **Schedule II**; (b) the Amino acids specified in **Schedule III**; (c) the Plants or botanicals as specified in **Schedule V**; (d) the substances from animal origin as listed in **Schedule VI**; and (e) the nutraceuticals as specified in **Schedule IX** of these regulations, which may be used in the manufacture of food containing nutraceuticals without prejudice to modifications for one or more of these nutrients rendered necessary by the intended use of the product.
- (iii) The quantity of nutrients added shall not exceed the Recommended Daily Allowance as specified in India by the Indian Council of Medical Research or maximum dosage, whichever is applicable and in case such standards are not prescribed, the food authority may consider adoption of standards laid down by international food standards body, namely Codex Alimentarius, a joint Food and Agricultural Organisation or the World Health Organisation.

- (iv) As for a Nutraceutical which does not have a history of safe usage in India, but such safety has been established in other countries, it may be manufactured or sold in India only after taking prior approval from the Food Authority. Application for such approval to the Food Authority shall provide documented safe history of usage of at least ten years in India or thirty years in the country of origin.
- (v) The Food Authority may enlist specific nutraceuticals as approved from time to time after undertaking proper scientific evaluation.
- (vi) The purity criteria for the nutraceutical used shall be as determined and notified by the Food Authority from time to time for each of the nutraceuticals specified in the **Schedules V, VI and IX** and in case such standards are not prescribed, the purity criteria generally accepted by pharmacopoeias like Indian Pharmacopoeia (IP) or British Pharmacopoeia (BP) or United States Pharmacopoeia (USP) or international bodies such as CODEX Alimentarius may be referred or adopted by the Food Authority.
- (2) Labelling:**
 - (i) Labelling of Nutraceuticals shall comply with the packaging and labelling requirements as laid down under Food Safety and Standards (Packaging and Labelling) Regulations, 2011.
 - (ii) No person shall manufacture, pack, sell, offer for sale, market or otherwise distribute or import any package or container containing any nutraceutical, if the package or container does not bear a label containing all the particulars required by these regulations.
 - (iii) The labelling, presentation and advertising shall not attribute the property of preventing, treating or curing a human disease to nutraceuticals or refer to such properties and the statements relating to structure or function or for the general well-being of the body are allowed as long as they are truthful and are also supported by generally accepted scientific data and the product shall bear a statement, *"This product is not intended to diagnose, treat, cure or prevent any disease"*.
 - (iv) Every package of food containing nutraceuticals shall carry the following information on the label, namely:-
 - (a) the words *"NUTRACEUTICAL"*;
 - (b) the common name of the nutraceutical;
 - (c) the amount of the active nutraceutical in the product that either has a nutritional or physiological effect;
 - (d) where it is appropriate the quantity of nutrients shall be expressed in terms of percentages of the relevant Recommended Daily Allowances as

prescribed in India by the Indian Council of Medical Research even when it is present along with a nutraceutical as an adjunct and shall bear a warning "*not to exceed the stated recommended daily dose*";

- (e) the term "*Recommended usage*" shall be used on the label;
 - (f) recommended usage including information concerning excessive intake of the product shall be provided on the label (e.g. Oleic acid contributes to the normal growth of fetus, but does not improve the growth of fetus with excessive intake);
 - (g) the term '*NOT FOR MEDICINAL USE*' shall be prominently written on the label;
 - (h) a warning in cases where a danger may exist with excess consumption;
 - (i) a warning or any other precautions to be taken while consuming, known side effects if any, contraindications and product-drug interactions, as applicable;
 - (j) a statement to the effect that the products shall be stored out of the reach of children;
 - (k) the letters and numerals in every word or statement required to be printed on the label under items (a), (b), (e) and (g) above shall be of minimum 3 mm font size.
- (3) Use of Additives in Nutraceutical formulations.** - The Additives given in **Schedule VIII (a)** and **VIII (e)** of these regulations shall be permitted for use in Food Supplements.
- (4) Contaminants, Toxins and Residues.**- The product shall conform to the Food Safety and Standards (Contaminants, Toxins and Residues) Regulation, 2011, as amended from time to time.
- (5) Claims.** -
- (i) Nutritional claim.** - It shall consist of the 'Nutrient content' claim and is governed by the nutritional supplements requirements described earlier.
 - (ii) Health claims.** -(A) Health claim means any representation that states, suggests, or implies that a relationship exists between the constituent of that nutraceutical and health.

(B) A health claim has two essential components, namely:-
 - (a) Nutraceutical ingredients; and
 - (b) A health related benefits.
(C) The health claims may include the following types, but not limited to.-

- (a) nutrient function claims;
- (b) enhanced function claims;
- (c) disease risk reduction claims;
- (d) health maintenance claims;
- (e) immunity claims – Increased Resistance (excluding vaccines);
- (f) enhanced healthy ageing; and
- (g) nutrient led claims excluding enhanced function or disease reduction claims.

(D) The other benefits that are not drug claims, may be allowed subject to pre-approval by Food Safety and Standards Authority of India.

(E) The Health claims must be commensurate with adequate level of documentation with valid evidence made available for review and approval by the Food Authority.

(6) The Nutrient led but inclusive of enhanced function claims and disease risk reduction claims as given below.-

- (i) the claims shall only be nutrient led;
- (ii) the claims shall be based on scientific literature - adequate substantiation needed;
- (iii) the claims shall be substantiated with available literature including official traditional texts plus post market data or consumer studies or cohort or retrospective or trohoc studies based on eating pattern and health benefits, epidemiological (Indian) data, seen from well documented data;
- (iv) the consensual, congruent and concurrent validity studies may be considered;
- (v) the health promotive and disease risk reduction claims shall be made only if based on evidence from literature and human data of efficacy and safety of the nutrient;
- (vi) the controlled clinical trials shall not be the only options for efficacy and safety data, Nutraepidemiology also may needs to be encouraged;
- (vii) the qualified structure function claims for specific organ or function which are comprehensible to consumer shall be permitted;
- (viii) the implied cures of disease claims such as e.g. *'Prevents bone fragility in post menopausal women'* shall not be allowed;
- (ix) The implied cures for disease claims via the name of the product (Example: Cancer Cure) or through pictures, vignettes or symbols (Example: ECG tracing, lipid profiles) shall not be allowed;

- (x) the structure-function claims, the case-to-case basis consumer information for specific age or gender or vulnerable population shall be given for the product;
 - (xi) The Food Authority may periodically review or revise the positive claims and safety guidelines or principles depending on new scientific knowledge emerging and request from stakeholders, based on recommendation of the expert body as above who may be requested to review such cases or requests from time to time.
 - (xii) Health claims which are product led shall be notified to the Food Authority by the manufacturer or marketer of the nutraceutical before putting the same in the market by submitting relevant documents along with a copy of the label.
- (7) The Product led claims based on human studies done with the product intended for sale with evidence based data for claims are -**
- (i) claims based on valid data suitable statistical design proving the benefit for disease risk reduction (human intervention studies conducted by the company);
 - (ii) all claims shall be nutraceutical led;
 - (iii) the product compatibility for the proposed claim benefit shall be taken into account and suitable qualifiers shall be proposed such as heart healthy claim on Polyunsaturated fatty acids;
 - (iv) the word “Shown” shall be used as mentioned below when one human intervention study has shown significant benefit:

“Product (..... <Name of the Product>) is shown to be helping in keeping your heart healthy or heart healthy”.
 - (v) the word “Proven” shall be used as specified below when more than one human intervention studies or epidemiological evidence on Indian population have been provided with concurrent validity:

“Product (.....<Name of the Product>) is proven to make you lose weight”.
 - (vi) The health claims, which are product led, shall be notified to the Food Authority.
 - (vii) The pre-approval shall be required only for health claims with adequate scientific data where scientific evidence does not exist or a new molecule has been introduced.
- (8) General principles for query or challenge. -**

It shall comply with the following requirements, namely:-

- (i) The comprehensive product information and safety and claims support data must be prepared and available with the manufacturing or marketing organization;
- (ii) This shall be got reviewed and scrutinized by an independent scientist or expert with relevant qualifications and experience by the manufacturer;
- (iii) The scientific view of the reviewer on claims and its veracity along with the qualification and experience of the reviewer shall be attached as an essential part of the document; and
- (iv) In case of a technical query from within the Food Authority or on a public complaint lodged with the Food Authority, the said Authority may examine or authorize an appropriate expert group to review the case. Based on the opinion of the expert group, the Food Safety and Standards Authority of India may direct the notifier to alter or modify or stop claims with such directions being binding on the firm.

CHAPTER- V

7. Foods for Special Dietary Uses (other than infants, and those to be taken under medical advice). – The foods for special dietary uses exclude food supplements which is defined as food which supplements the normal diet and to be marketed in single use packaging or in dosage form, namely, forms such as granules, capsules, tablets, pills and other similar forms, sachets of powder, etc. or any other similar forms of liquids and powders designed to be taken in measured small unit quantities with a nutritional or physiological effect: provided that any of the food products or categories of foods for which specific standards have been laid down in any other parts of these regulations are not excluded.

(1) Essential Composition:

- (i) The Foods for special dietary uses may contain.- (a) the vitamins and minerals as specified in **Schedule I**, and in the forms as given in **Schedule II**; (b) Amino acids specified in **Schedule III**; (c) the Plants or botanicals as specified in **Schedule V**; (d) the Minerals and metal sources as specified in **Schedule VII**; (e) the substances from animal origin as listed in **Schedule VI**; (f) and enzymes as specified in **Schedule IX** of these regulations. which may be used in the manufacture of Foods for special dietary uses without prejudice to modifications for one or more of these nutrients rendered necessary by the intended use of the product;
- (ii) Any new nutrient, which has no history of safe use in India or those without an evidence establishing that the nutrient may result in certain nutritional and

- physiological benefits, shall apply to the Food Authority for approval, and the Food Authority may, from time to time, enlist specific nutrients as approved nutrients after proper scientific evaluation;
- (iii) The quantity of the nutrients added shall not exceed **the upper safe level** established by the scientific risk assessment for each nutrient;
 - (iv) The foods specially prepared for slimming, weight management and weight control purposes shall comply with the following, namely: -
 - (a) a formula food presented as a replacement for all meals of the daily diet shall provide not less than 800 kcal (3350 kJ) and not more than 1200 kcal (5020 kJ) and the individual portions or servings contained in these products shall provide approximately one third or one fourth of the total energy of the product depending on whether the recommended number of portions or servings per day is 3 or 4, respectively;
 - (b) a formula food presented as a replacement for one or more meals of the daily diet shall provide not less than 200 kcal (835 kJ) and not more than 400 kcal (1670 kJ) per meal and when such products are presented as a replacement for the major part of the diet, the total energy intake shall not exceed 1200 kcal (5020 kJ);
 - (c) Protein - a minimum of 25 per cent and a maximum of 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 and it shall be:-
 - (I) Protein Digestibility Corrected Amino Acid Score (PDCAAS) of 1.0 (the reference protein);
 - (II) where the protein quality is less than 1.0 , the minimum levels should be increased to compensate for the lower protein quality and no protein with a Protein Digestibility Corrected Amino Acid Score (PDCAAS) of less than 0.8 shall be used in a formula food for use in a weight control diet;
 - (III) essential amino acids may be added to improve protein quality only in amounts necessary for this purpose and only L-forms of amino acids shall be used, except that DL-methionine may be used;
 - (d) Fat and linoleate- Not more than 30 per cent of the energy available from the food shall be derived from fat including not less than 3 per cent of the energy available derived from linoleic acid (in the form of a glyceride);

- (e) Vitamins and minerals- For a formula food represented as a replacement for all meals per day, at least 100 per cent of Recommended Daily Allowance of vitamins and minerals shall be present in the daily intake;
- (f) the purity criteria for the nutrients used, including vitamins and minerals, shall be as determined by the Food Authority from time to time and in cases where the criteria are not prescribed, the purity criteria generally accepted by international bodies like Codex Alimentarius may be referred and adopted.

(2) Labelling.-

- (i) The labelling of ***Foods for Special Dietary Uses*** shall follow the requirements as laid down in the Food Safety and Standards (Packaging and Labelling) Regulations, 2011 along with the labelling conditions for nutritional labeling and claims;
- (ii) No person shall manufacture, pack, sell, offer for sale, market or otherwise distribute or import any package containing any foods for special dietary uses, if the package does not bear a label containing all the particulars and requirements as laid down in these regulations.
- (iii) No statement or claim shall be made on the label implying prevention, cure or treatment of any specific disease or its diagnosis or otherwise preventing or interfering with the normal operation of a physiological function, whether permanently or temporarily, unless otherwise approved by the Food Authority and statements relating to structure or function or for the general well-being of the body are allowed so long as they are truthful and are also supported by generally accepted scientific data and in addition, the product shall bear a statement, "*This product is not intended to diagnose, treat, cure or prevent any disease*".
- (iv) Every package containing Food for Special Dietary Uses (FSDU) shall carry the following information on the label, namely:-
 - (a) the words "FOOD FOR SPECIAL DIETARY USES" shall be followed by "Food for....." <mentioning the particular physiological or health condition>" to signify that the food has been specially formulated for a particular physiological condition;
 - (b) the foods specially prepared for weight management and control shall bear a statement "**For the Weight Control and Management**" in close proximity to the name of the food and also a statement that the product should not be used by pregnant, nursing and lactating women or by

infants, children, adolescents and elderly, except when medically advised;

- (c) a statement on the target consumer group, rationale for the use of the product and a description of the properties or characteristics that make it useful;
 - (d) if the product has been formulated for a specific age group, it should carry a prominent statement to this effect;
 - (e) a statement specifying the nutrient which shall be reduced, deleted, increased or otherwise modified, relative to normal requirements, and the rationale for the reduction, deletion, increase or other modification;
 - (f) a warning in cases where a danger may exist with excess consumption;
 - (g) a warning or any other precautions to be taken while consuming, known side effects, if any, contraindications and product-drug interactions, as applicable;
 - (h) in addition, where it is appropriate, the quantity of nutrients may be expressed in terms of **upper safe level**;
 - (i) information on osmolality or osmolarity or on acid-base balance shall be given where appropriate;
 - (j) a statement to the effect that the products shall be stored out of the reach of children.
- (3) **Use of Additives.** - The Additives given in **Schedule VIII (b) and VIII (e)** are permitted to be used in foods for special dietary uses (other than infants).
- (4) **Contaminants, Toxins and Residues.** - The product shall conform to the Food Safety and Standards (Contaminants, Toxins and Residues) Regulations, 2011.

Chapter VI

8. Foods for Special Medical Purposes (FSMP). – The foods for special medical purposes, other than those intended for infants, may either be nutritionally complete foods 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 foods with formulation specific for a disease, disorder or medical condition, but are not suitable to be used as the sole source of nourishment.

(1) Categories.- The dietary foods for special medical purposes can be classified in the following three categories, namely:-

- (a) nutritionally complete foods with a standard nutrient formulation which, 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 foods with a nutrient-adapted formulation specific for a disease, disorder or medical condition which, 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 foods with a standard formulation or a nutrient-adapted formulation specific for a disease, disorder or medical condition which are not suitable to be used as the sole source of nourishment.

Note: The foods specified to in items (b) and (c) above may also be used as a partial replacement or as a supplement to the patient's diet.

(2) Essential Composition:

- (i) the foods for special medical purposes may contains.- (a) the amino acids specified in **Schedule III**; (b) the vitamins and minerals as per level specified in **Schedule IV**; (c) the Plants or botanicals as specified in **Schedule V**; (d) the substances from animal origin as listed in **Schedule VI**; (e) the minerals and metal sources as specified in **Schedule VII**; (f) the substances from animal origin as listed in **Schedule VI**; and (g) the enzymes as specified in **Schedule IX** of these regulations, which may be used in the manufacture of food containing foods for special medical purposes without prejudice to modifications for one or more of these nutrients rendered necessary by the intended use of the product.
- (ii) for any new nutrient, which has no history of safe use in India or those without an evidence establishing that the nutrient may result in certain nutritional and physiological benefits, shall apply to the Food Authority for approval and the Food Authority may enlist specific nutrients as approved nutrients after proper scientific evaluation from time to time.
- (iii) the foods specially prepared for weight reduction and intended as total replacement of complete diet shall, apart from complying with **Schedule IV**, may also ensure the following, namely:-

- (a) a formula food for very low energy diets shall provide, when prepared according to instructions, a daily energy intake of 450-800 kcal as the only source of energy.
 - (b) *Protein* - Not less than 50 g protein with a Protein-Digestibility-Corrected Amino Acid Score (PDCAAS) of 1 shall be present in the recommended daily intake of energy and essential amino acids may be added to improve protein quality only in amounts necessary for this purpose and only L-forms of amino acids shall be used, except that DL-methionine may be used.
 - (c) *Fats* - Very low energy diets shall provide not less than-
 - (I) 3 g of linoleic acid; and
 - (II) 0.5 g α -linolenic acid in the recommended daily intake with the linoleic acid or α -linolenic acid ratio between 5 and 15.
 - (III) *Carbohydrates*- Very low energy diets shall provide not less than 50 g of available carbohydrates in the recommended daily intake of energy.
 - (iv) In foods for special medical purpose, nutrients may be added at levels higher than one (100%) RDA, and, if added, the technological need may have to be established by scientific risk assessment based on generally accepted scientific data wherever available, taking into account, as appropriate, the varying degrees of sensitivity of different consumer groups and wherever scientific data is not available, specific approval for usage of the specified level and cautionary labeling, if any, shall have to be obtained from Food Authority.
 - (v) The purity criteria for the nutrients used including vitamins and minerals shall be as determined by the Food Authority from time to time and in case such criteria are not prescribed, the purity criteria generally accepted by international bodies such as Codex Alimentarius may be allowed.
- (2) Labelling. -**
- (i) The labelling shall follow the requirements as provided in the Food Safety and Standards (Packaging and Labelling) Regulations, 2011.
 - (ii) In addition to (i) above, no person shall manufacture, pack, sell, offer for sale, market or otherwise distribute or import any package containing any foods for special medical purposes, if the package does not bear a label containing all the particular requirements as laid down in these regulations.
 - (iii) Further, every package of foods for special medical purposes shall carry the following information on the label, namely:

- (a) the words 'FOODS FOR SPECIAL MEDICAL PURPOSE' shall be printed in the immediate proximity of the name or brand name of the product;
 - (b) a prominent statement "RECOMMENDED TO BE USED UNDER MEDICAL ADVICE ONLY" shall appear on the label in bold letters in an area separated from other written, printed or graphic information.
 - (c) the statement "For the dietary management of _____" <with the blank to be filled in with the specific disease(s), disorder(s) or medical condition(s) for which the product is intended, and for which it has been shown to be effective shall also be included in the label> will have to be supported by appropriate scientific and clinical or epidemiological data backup and subject to its approval by the Food Authority;
 - (d) a statement 'NUTRITIONALLY COMPLETE' if the food is intended to be used as a nutritionally complete food;
 - (e) expiry date;
 - (f) a statement on the rationale for the use of the product by the target consumer group and a description of the properties or characteristics that make it useful;
 - (g) a prominent statement if the product has been formulated for a specific age group;
 - (h) a statement specifying the nutrient which have been reduced, deleted, increased or otherwise modified, relative to normal requirements, and the rationale for the reduction, deletion, increase or other modification;
 - (i) in addition, where it is appropriate, the quantity of nutrients may be expressed in terms of percentages of the Recommended Daily Allowances;
 - (j) information on osmolality or osmolarity and/or on acid-base balance shall be given wherever applicable;
 - (k) instructions for appropriate preparation, feeding, use and storage of the product after the opening of the container;
 - (l) a warning that the product is not for parenteral use;
 - (m) a statement to the effect that the products shall be stored out of the reach of children.
- (3) Use of additives.-** The additives specified in Schedule VIII (c), (d) and (e) of these regulations shall be permitted to be used in Foods for Special Medical Purpose.
- (4) Contaminants, Toxins and Residues.-** The product shall conform to the Food Safety and Standards (Contaminants, Toxins and Residues) Regulations, 2011.

- (5) **Regulation of advertising.** - Advertising of these products to the general public shall include a specific reference to the approval of such product by the Food Authority.

CHAPTER - VII

9. Foods containing Probiotic Ingredients. -

(1) Essential Composition. -

- (i) Only probiotic cultures of specific strain of the microorganisms as specified in **Schedule X** of these regulations or those approved by the Food Authority from time to time may be used.
- (ii) The Food Authority may enlist specific probiotic microorganisms after proper scientific evaluation from time to time.
- (iii) The presence of commonly used starter culture of lactic acid producing bacteria such as *Lactococcus spp.* (earlier known as *Streptococcus spp.*), *Lactobacillus spp.* and others used in the preparation in curd and related products shall not be considered as probiotics, if the probiotic properties have not been substantiated.
- (iv) Any new strains of microorganisms, possessing probiotic properties, may be approved by the Food Authority after proper scientific evaluation, and the Food Authority may from time to time enlist specific microorganisms possessing probiotic properties (**Schedule X**).

(2) Labelling. -

- (i) The labelling of probiotic foods shall follow Food Safety and Standards (Packaging and Labelling) Regulations, 2011.
- (ii) In addition to (i) above, no person shall manufacture, pack, sell, offer for sale, market or otherwise distribute or import any package containing any probiotic food, if the package does not bear a label containing all the particulars required by these regulations.
- (iii) The labelling, presentation and advertising shall not attribute the property of preventing, treating or curing a human disease, or refer to such properties to Probiotics and the statements relating to structure or function or for the general well-being of the body are allowed as long as they are truthful and are also supported by generally accepted scientific data and in addition, the

product shall bear a statement, *“This product is not intended to diagnose, treat, cure or prevent any diseases.”*

- (iv) Every package of probiotic foods shall carry the following information on the label, namely:-
- (a) the words “PROBIOTIC FOOD”;
 - (b) genus, species, strain designation or International Culture Collection Number (International Culture Deposit Number in the bracket where probiotics are mentioned in the ingredient lists);
 - (c) minimum viable numbers of probiotics strain at the level at which the efficacy is claimed and at the end of the shelf-life;
 - (d) the recommended serving size which must deliver the effective dose of probiotics related to the health claim and duration of use to have the optimal effect.
 - (e) proper storage temperature conditions and time limit for ‘Best Use’ after opening the container.
 - (f) a warning or any other precautions to be taken while consuming, known side effects if any, contraindications and product-drug interactions, as applicable; and
 - (g) expiry date.
- (3) Use of additives.** - The additives specified in **Schedule VIII (a) to VIII (e)** of these regulations may be permitted to be used in probiotics also.
- (4) Contaminants, Toxins and residues.** - The product shall conform to the Food Safety and Standards (Contaminants, Toxins and Residues) Regulations, 2011.

CHAPTER- VIII

10. Foods containing prebiotic ingredients. -

(1) Essential composition.-

- (i) Only prebiotics specified in **Schedule XI** or those approved by the Food Authority from time to time may be used in the manufacture of foods containing prebiotics.
- (ii) The Food Authority may enlist specific prebiotic components after proper scientific evaluation from time to time.
- (iii) The prebiotic component (not an organism), to which the claim of being prebiotic is attributed, must be characterized for any given product by

providing the source, origin, purity, chemical composition and structure, vehicle, concentration and amount in which it is to be delivered to the host.

(2) Labelling. -

- (i) The labelling of prebiotic foods shall follow the requirements as laid down in the Food Safety and Standards (Packaging and Labelling) Regulations, 2011.
- (ii) In addition to (i) above, no person shall manufacture, pack, sell, offer for sale, market or otherwise distribute or import any package containing any prebiotic food, if the package does not bear a label containing all the particulars required by these regulations.
- (iii) The labelling, presentation and advertising shall not attribute to prebiotics the property of preventing, treating or curing a human disease, or refer to such properties and the statements relating to structure or function or for the general well-being of the body are allowed as long as they are truthful and are also supported by generally accepted scientific data and in addition, the product shall bear a statement, *“This product is not intended to diagnose, treat, cure or prevent any disease”*.
- (iv) Every package of food containing nutraceuticals shall carry the following information on the label, namely:-
 - (a) the words “PREBIOTIC FOOD”;
 - (b) name of prebiotics;
 - (c) the suggested/ recommended serving size which must deliver the effective dose of prebiotics related to the health claim;
 - (d) a warning or any other precautions to be taken while consuming, known side effects if any, contraindications and product-drug interactions, as applicable;
 - (e) the expiry date.

(3) Use of additives. - The additives specified in **Schedule VIII (a) to VIII (e)** of these regulations may be permitted to be used in prebiotics also.

(4) Contaminants, Toxins and Residues. - The product shall conform to the Food Safety and Standards (Contaminants, Toxins and Residues) Regulations, 2011.

CHAPTER- IX

g. **Specialty Foods containing ingredients based on Ayurveda, Unani and Siddha and Traditional Health Systems of India. -**

(1) **Essential Composition. -**

- (i) The Food or Health Supplements or Foods for Special Dietary Uses may contain the ingredient(s) used in *Ayurveda*, *Siddha* and *Unani* System Medicines as specified in **Schedules V, VI and VII**, formulated either alone or in combinations of ingredients of botanical or animal or mineral or metal source or either in unprocessed or in approved processed forms, formulated in a regular or conventional food format such as liquids or syrups, suspensions or powders, granules, tablets or capsules or any other formats approved by the Food Authority.
- (ii) Only Plants or materials specified in **Schedules V, VI and VII** of these regulations shall be used.
- (iii) Each manufacturer or importer shall prepare and maintain a product information file, which shall contain information on the material from **Schedule V, VI and VII** used, quality confirmation and test methods to demonstrate the presence of the material in the food.
- (iv) The lists specified in the **Schedules V, VI and VII** are based on historically documented evidence recognized in the official authoritative texts (in the First Schedule of Drugs and Cosmetic Act, of 1940) and the Drugs and Cosmetic Rules, 1945) and *Nighantus*.

Note: This First Schedule is a list of fifty seven books of *Ayurveda*, thirty books of *Siddha* and fourteen books of *Unani* and including Official Formularies and Pharmacopoeias of Ayurveda, Siddha, and Unani (ASU) systems.
- (v) The materials specified in **Schedules V, VI and VII** may be formulated using processes similar or same as known in Ayurveda, Siddha, and Unani System described in the official books.
- (vi) The usage levels shall ordinarily be not exceeding those specified in **Schedules V, VI and VII**. However, the usage level may be distributed or provided or formulated for delivery in one portion of usage daily or may be distributed in more than one portion to be taken in a day.
- (vii) The list does not cover the ingredients from countries other than India, which are not listed in any of the official authoritative texts and *Nighantus*. Any other

plant or mineral or other ingredients, known in traditional usage in any country other than India, if intended to be used without a history of safe use in India in food, but has a history of safe use in other countries, shall be manufactured or imported and sold only after approval of its usage from the Food Authority and the Application for such approval by the Food Authority shall furnish documented safe history of usage of at least ten years in India or thirty years in the country of origin.

- (viii) To use any Ayush ingredient, which is not specified in **Schedule V, VI and VII**, the Food Business Operators shall seek prior approval of the Food Authority by submitting a product information file containing information on the material used, quality confirmation, test method to demonstrate the presence of the material in the food, relevant published literature providing scientific and technical information of the material or product related to safety and health benefits, any human intervention study published or conducted by the firm and such other relevant information and this product information file shall be produced for inspection and review by the designated authority as and when demanded.
- (ix) The product information file shall primarily consist of technical and scientific information covering the following, namely:-
- (a) information on quality of all raw materials;
 - (b) formulation details or block diagram and brief description of the processing methods or steps adopted.
 - (c) details of packaging materials used, packs and shelf life study data;
 - (d) quality specifications and test methods for analysis of the finished food or health supplement;
 - (e) safety and pharmacological information (literature based and if any additional study conducted);
 - (f) information on Human studies, if any;
 - (g) regulatory status in other countries, if any; and
 - (h) any other relevant product information.

CHAPTER- X

h. Novel Foods. –

- (1) Approval required.** – Approval of the Food Authority shall be a pre-condition before manufacturing or sale of such novel food and the manufacturer or importer shall have to submit an application for approval along with all relevant documents and details as prescribed by the Food Authority time to time.
- (2) Approval process.** – A food business operator engaged in manufacturing or import of novel foods or novel food ingredients shall apply to the Food Authority by furnishing details of the product, ingredients used, technology and production process involved and proposed claim or declarations to be made on the label along with sufficient scientific data and documents related to safety and efficacy of the food including the following additional information, namely:-
- (i) the common name of the novel food;
 - (ii) the name and address of the manufacturer **or** importer;
 - (iii) a description of the novel food;
 - (iv) details of the product;
 - (v) ingredients used;
 - (vi) technology and production process involved including method by which it is manufactured, prepared, preserved, packaged and stored;
 - (vii) proposed claim or declarations to be made on the label along with sufficient scientific data;
 - (viii) documents related to safety and efficacy of the food;
 - (ix) information relating to its development;
 - (x) method(s) of analysis;
 - (xi) estimated shelf life of the product;
 - (xii) adverse effect, if any;
 - (xiii) details of the major change, if any, from conventional foods;
 - (xiv) information relating to its intended use and directions for its preparation;
 - (xv) information relating to its history of use as a food in a country other than India, if applicable;
 - (xvi) information relied upon to establish that the novel food or ingredient or process is safe for consumption;

- (xvii) information relating to the estimated levels of consumption by consumers of the novel food;
- (xviii) the text of all labels to be used in connection with the novel food;
- (xix) the name and title of the person who signed the application and the date of signing;
- (xx) the following information shall be included in any claimed novel foods, namely:-
 - (a) chemical composition of the engineered food;
 - (b) surface modification/ surface chemistry;
 - (c) primary particle size;
 - (d) solubility;
 - (e) digestibility;
 - (f) amount of nanomaterial if any in the food product;
 - (g) specific claim, if applicable.

(3) Labelling. -

- (i) The labelling of novel foods shall follow the requirements as laid down under the Food Safety and Standards (Packaging and Labelling) Regulations, 2011 and any other specific labelling requirements and specific claims relating to specific product or category as contained in the specific regulations to these products or category notified by the Food Authority.
- (ii) No person shall manufacture, pack, sell, offer for sale, market or otherwise distribute or import any package containing any novel food, if the package does not bear a label containing all such particulars as may be required under these regulations.

(4) Contaminants, Toxins and Residues. - The product shall conform to the Food Safety and Standards (Contaminants, Toxins and Residues) Regulations, 2011, as amended from time to time.

Schedule - I
(See regulations 5, 6 and 7)

List of Vitamins and Minerals	
1.	Vitamins-
(i)	Vitamin A
(ii)	Vitamin B ₁
(iii)	Vitamin B ₂
(iv)	Vitamin B ₃
(v)	Vitamin B ₅
(vi)	Vitamin B ₆
(vii)	Vitamin B ₇
(viii)	Vitamin B ₉
(ix)	Vitamin B ₁₂
(x)	Vitamin C
(xi)	Vitamin D
(xii)	Vitamin E
(xiii)	Vitamin K
2.	Minerals-
(i)	Calcium
(ii)	Chloride
(iii)	Chromium
(iv)	Copper
(v)	Iron
(vi)	Iodine
(vii)	Magnesium
(viii)	Molybdenum
(ix)	Manganese
(x)	Phosphorous
(xi)	Potassium
(xii)	Selenium
(xiii)	Sodium
(xiv)	Zinc

Schedule - II
(See regulations 5, 6 and 7)
List of Vitamins and Minerals and their Components

Sr. No.	Vitamins and Minerals	Sr. No.	Components
A.	Vitamins-		
1.	Vitamin A	(i)	Retinol - all trans retinol
		(ii)	Retinyl acetate
		(iii)	Retinyl palmitate
		(iv)	Provitamin A-beta-carotene
2.	Vitamin B₁	(i)	Thiamine hydrochloride
		(ii)	Thiamine mononitrate
3.	Vitamin B₂	(i)	Riboflavin
		(ii)	Riboflavin 5'- phosphate, sodium
4.	Vitamin B₆	(i)	Pyridoxine hydrochloride
		(ii)	Pyridoxal 5'-phosphate
5.	Vitamin B₁₂	(i)	Cyanocobalamin
		(ii)	Hydroxocobalamin
6.	Vitamin C	(i)	L-ascorbic acid
		(ii)	Sodium-L-ascorbate
		(iii)	Calcium-L-ascorbate
		(iv)	Potassium-L-ascorbate
		(v)	L-ascorbyl 6-palmitate
7.	Vitamin D	(i)	Vitamin D ₃ (cholecalciferol) - Animal source
		(ii)	Vitamin D ₂ (ergocalciferol) - Plant source
8.	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
9.	Vitamin K	(i)	Phylloquinone (phytonadione)
10.	Biotin	(i)	D-biotin
11.	Folic Acid	(i)	n-pteroyl-l-glutamic acid
12.	Niacin	(i)	Nicotinic acid
		(ii)	Nicotinamide
13.	Pantothenic acid	(i)	D-pantothenate, calcium
		(ii)	D-pantothenate, sodium

Sr. No.	Vitamins and Minerals	Sr. No.	Components
		(iii)	D-xpanthenol
B.	Minerals (Chemical sources)-		
1.	Calcium	(i)	Calcium Carbonate
		(ii)	Calcium Chloride
		(iii)	Calcium Salts of Citric Acid
		(iv)	Calcium Gluconate
		(v)	Calcium Glycerophosphate Calcium Lactate
		(vii)	Calcium Salts of Orthophosphoric Acid
		(viii)	Calcium Hydroxide
		(ix)	Calcium Oxide
2.	Chloride	(i)	Through its individual Cationic salts such as Sodium, Potassium, Magnesium, etc.
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
5.	Iodine	(i)	Sodium Iodide
		(ii)	Sodium Iodate
		(iii)	Potassium Iodide
		(iv)	Potassium Iodate
6.	Iron	(i)	Ferrous Carbonate
		(ii)	Ferrous Citrate
		(iii)	Ferric Ammonium Citrate
		(iv)	Ferrous Gluconate
		(v)	Ferrous Fumarate
		(vi)	Ferric Sodium Di-phosphate
		(vii)	Ferrous Lactate
		(viii)	Ferrous Sulphate
		(ix)	Ferric Di-phosphate (Ferric Pyrophosphate)
		(x)	Ferric Saccharate
		(xi)	Ferrochel Bisglycinate elemental Ferrous Blisglycinate

Sr. No.	Vitamins and Minerals	Sr. No.	Components
		(xii)	Elemental Iron (Carbonyliron Electrolytiron Hydrogen Reducediron)
		(xiii)	Sodium Iron EDTA
7.	Magnesium	(i)	Magnesium Acetate
		(ii)	Magnesium Carbonate
		(iii)	Magnesium Chloride
		(iv)	Magnesium Salts of Citric Acid and Magnesium Gluconate
		(v)	Magnesium Glycerophosphate
		(vi)	Magnesium Salts of Orthophosphoric Acid
		(vii)	Magnesium Lactate
		(viii)	Magnesium Hydroxide
		(ix)	Magnesium Oxide
		(x)	Magnesium Sulphate
8.	Manganese	(i)	Manganese Carbonate
		(ii)	Manganese Chloride
		(iii)	Manganese Citrate Manganese Sulphate
9.	Molybdenum	(i)	Ammonium Molybdate (Molybdenum (VI))
		(ii)	Sodium Molybdate (Molybdenum (VI))
10.	Phosphorous	(i)	Through its Salts
11.	Potassium	(i)	Potassium Bicarbonate
		(ii)	Potassium Carbonate
		(iii)	Potassium Chloride
		(iv)	Potassium Citrate
		(v)	Potassium Gluconate
		(vi)	Potassium Glycerophosphate
		(vii)	Potassium Lactate
		(viii)	Potassium Hydroxide
		(ix)	Potassium Salts of Orthophosphoric Acid
12.	Selenium	(i)	Sodium Selenite
		(ii)	Sodium Selenite
		(iii)	Sodium hydrogen selenite
13.	Sodium	(i)	Sodium Bicarbonate
		(ii)	Sodium Carbonate
		(iii)	Sodium Chloride

Sr. No.	Vitamins and Minerals	Sr. No.	Components
		(iv)	Sodium Citrate
		(v)	Sodium Gluconate
		(vi)	Sodium Lactate
		(vii)	Sodium Hydroxide
		(viii)	Sodium Salts of Orthophosphoric Acid
14.	Zinc	(i)	Zinc Acetate
		(ii)	Zinc Chloride
		(iii)	Zinc Citrate
		(iv)	Zinc Gluconate
		(v)	Zinc Lactate
		(vi)	Zinc Oxide
		(vii)	Zinc Carbonate
		(viii)	Zinc Sulphate

Schedule - III
(See regulations 5, 6, 7 and 8)

List of Amino Acids			
A.	Essential Amino Acids-		
(i)	L-Histidine	(vii)	L-Methionine + Cysteine
(ii)	L-Isoleucine	(viii)	L-Threonine
(iii)	L-Leucine	(ix)	L-Phenylalanine
(iv)	L-Lysine	(x)	L-Tyrosine
(v)	L-Methionine	(xi)	L-Tryptophan
(vi)	L-Cysteine	(xii)	L-Valine
B.	Non- Essential Amino Acids-		
(i)	5-Hydroxytryptophan (5-HTP)	(viii)	N-acetyl-L-cysteine
(ii)	L-Carnitine	(ix)	Ornithine
(iii)	Carnitine, Acetyl-L	(x)	L-Proline
(iv)	L-Glutamic Acid	(xi)	L-Serine
(v)	L-Glutamine	(xii)	Tyrosine, Acetyl-L
(vi)	L-Hydroxylysine	(xiii)	L-3, 4-dihydroxyphenylalanine (L-DOPA)
(vii)	L-Hydroxyproline		

Schedule - IV

(See regulations 8)

Values for Vitamins, Minerals and Trace elements allowed to be used in FSMP other than those intended for use by infants

1. Vitamins-

1.	Vitamins			
Vitamins:	Per 100 kJ		Per 100 kcal	
	Minimum	Maximum	Minimum	Maximum
Vitamin A (µg RE)	8	40	35	180
Vitamin D (µg)	0.12	(0.65/0.75) ¹	0.5	(2.5/3) ¹
Vitamin K (µg)	0.85	5	3.5	20
Vitamin C (µg)	0.54	5.25	2.25	22
Thiamin (mg)	0.015	0.12	0.06	0.5
Riboflavin (mg)	0.02	0.12	0.08	0.5
Vitamin B ₆ (mg)	0.02	0.12	0.08	0.5
Niacin (mg NE)	0.22	0.75	0.9	3
Folic acid (µg)	2.5	12.5	10	50
Vitamin B ₁₂ (µg)	0.017	0.17	0.07	0.7
Pantothenic acid (mg)	0.035	0.35	0.15	1.5
Biotin (mg)	0.18	1.8	0.75	7.5
Vitamin E (mg α-TE)	0.5/g of polyunsaturated fatty acids expressed as linoleic acid but in no case less than 0.1 mg per 100 available kJ	0.75	0.5/g of polyunsaturated fatty acids expressed as linoleic acid but in no case less than 0.1 mg per 100 available kcal	3
Footnotes:				
(1): For products intended for children of 1 to 10 years of age;				
NE - Niacin equivalent;				
TE - Tocopherol equivalent.				

2.	Minerals			
Minerals	Per 100 kJ		Per 100 kcal	
	Minimum	Maximum	Minimum	Maximum
Sodium (mg)	7.2	42	30	175
Chloride (mg)	7.2	42	30	175

2.	Minerals			
Minerals	Per 100 kJ		Per 100 kcal	
	Minimum	Maximum	Minimum	Maximum
Potassium (mg)	19	70	80	295
Calcium (mg)	(8.4/12) ¹	(42/60) ¹	(35/50) ¹	(175/250) ¹
Phosphorus (mg)	7.2	19	30	80
Magnesium (mg)	1.8	6	7.5	25
Iron (mg)	0.12	0.5	0.5	2.0
Zinc (mg)	0.12	0.36	0.5	1.5
Copper (µg)	15	125	60	500
Iodine (µg)	1.55	8.4	6.5	35
Selenium (µg)	0.6	2.5	2.5	10
Manganese (mg)	0.012	0.12	0.05	0.5
Chromium (µg)	0.3	3.6	1.25	15
Molybdenum (µg)	0.72	4.3	3.5	18
Footnote:	⁽¹⁾ : For products intended for children of 1 to 10 years of age			

Schedule – V

(See regulations 5, 6, 7, 8 and 11)

ASU (Ayurveda, Siddha and Unani) ingredients: Plant or Botanical source

Sr. No.	Botanical name and part used	Official name in Sanskrit	Common name	Maximum usage levels per day for use as a health or food supplement (given in terms of raw herb/ material)
1	Abelmoschus esculentus (L.) Moench.			
	(i) Fruit	<i>Bhandi</i>	Bhindi	As powder - Adult usage levels: 5-10 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
2	Abies spectabilis (D.Don) Spach	<i>Talisha</i>		As powder - Adult usage levels: 1-2 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
3	<i>Abutilon indicum</i> (L.) Sweet ssp. <i>indicum</i>			
	(i) Seed	<i>Atibala</i>	Atibala	As powder - Adult usage levels: 5-10 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
4	<i>Acacia arabica</i> Willd. (Now known as <i>Acacia nilotica</i> (L.) Willd. ex Del. ssp. <i>indica</i> (Benth.) Brenan)			
	(i) Gum	<i>Babbula</i>	Babbula	Adult usage levels: 5-10 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	(ii) Stem bark	<i>Babbula</i>	Babbula	Adult usage levels: 5-10 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
5.	<i>Achyranthes aspera</i> (L.)			
	(i) Seed	<i>Apamarga</i>	Chirchida	As powder - Adult usage levels: 3-5 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
6.	<i>Aegle marmelos</i> (L.) Corr.			
	(i) Unripe fruit pulp	<i>Bilva</i>	Bael	Adult usage levels: 5-10 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	(ii) Ripe fruit	<i>Bilva</i>	Bael	As pulp - Adult usage levels: Pulp 50-100 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
7.	<i>Alangium salvifolium</i> (L.f.) Wang. ssp. <i>salvifolium</i>			
	(i) Fruit	<i>Ankota</i>	Ankota	As powder - Adult usage levels: 10-20g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
8.	<i>Albizia lebbek</i> (L.) Benth			
	(i) Flower	<i>Shirisha</i>	Siris	As powder - Adult usage levels: 3-6 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	(ii) Seed	<i>Shirisha</i>	Siris	As powder - Adult usage levels: 1-3 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	(iii) Stem bark	<i>Shirisha</i>	Siris	Adult usage levels: 3-6 g

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				5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	(iv) Leaf	<i>Shirisha</i>	Siris	As powder - Adult usage levels: 3-6 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
9.	<i>Allium cepa</i> L.			Adult usage levels: 10-20 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	(i) Bulb	<i>Palandu</i>	Pyaja	As juice - Adult usage levels: 10-20 ml 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	(ii) Seed	<i>Palandu</i>	Pyaja	As powder - Adult usage levels: 1-3 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	(iii) Leaf	<i>Palandu</i>	Pyaja	As vegetable - Adult usage levels: 20-40 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
10.	<i>Allium sativum</i> L.			
	(i) Bulb	<i>Lashuna</i>	Lahsuna	Adult usage levels: 3-6 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels (To be avoided during pregnancy)
	(ii) Leaf	<i>Lashuna</i>	Lahsuna	As vegetable - Adult usage levels: 20-40 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
11.	<i>Allium stracheyi</i> Bakerno			
	(i) Whole plant	-	Farana	Adult usage levels: 2-3 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
12.	<i>Alocasia indica</i> Spach (Now known as <i>Alocasia macrorrhiza</i> (L.) G.Don)			
	(i) Tuber	<i>Manakanda</i>	Mankanda	Adult usage levels: 5-10 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
13.	<i>Aloe barbadensis</i> Mill.			
	(i) Leaf	<i>Kumari</i>	Ghikvar	Adult usage levels: 5-10 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	(ii) Dry leaf juice	<i>Kanyasara</i>	Elua	Adult usage levels: 125-500 mg 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
14.	<i>Alternanthera sessilis</i> (L.) R. Br. ex DC.			
	(i) Whole plant	<i>Matsyakshi</i>	Gudarisaga	As powder - Adult usage levels: 3-5 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
15.	<i>Amaranthus blitum</i> L.var. <i>oleraceus</i> Duthie (Now known as <i>Amaranthus tricolor</i> L.)			
	(i) Aerial part	<i>Marisha Shveta</i>	Marsa	As leafy vegetable - Adult usage levels: 10-20 g

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				5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
16.	<i>Amaranthus gangeticus</i> L. (Now known as <i>Amaranthus tricolor</i> L.)			
	(i) Whole plant	<i>Ramashitalika</i> (<i>Rakta Marisha</i>)	Lal Marsa	As leafy vegetable - Adult usage levels: 10-20 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
17.	<i>Amaranthus paniculatus</i> L. (Now known as <i>Amaranthus hybridus</i> L.)			
	(i) Aerial part	<i>Jala Tanduliyaka</i>	Jal Chaulai	As leafy vegetable - Adult usage levels: 20-30 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
18.	<i>Amaranthus spinosus</i> L.			
	(i) Whole plant	<i>Tanduliyaka</i>	Chulai Kateli	As leafy vegetable - Adult usage levels: 20-30 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
19.	<i>Amomum aromaticum</i> Roxb.			
	(i) Seed	<i>Bangiya Ela</i>	Bangiya Ela	As powder - Adult usage levels: 2-4 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
20.	<i>Amomum subulatum</i> Roxb.			
	(i) Fruit	<i>Sthulaila</i>	Badi Elaichi	As powder - Adult usage levels: 1-3 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	(ii) Seed	<i>Sthulaila</i>	Badi Elaichi	As powder - Adult usage levels: 1-2 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
21.	<i>Amorphophallus campanulatus</i> (Roxb.) Blume ex Decne			
	(i) Corm	<i>Surana</i>	Jimikanda	As vegetables - Adult usage levels: 20-50 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
22.	<i>Anacardium occidentale</i> L.			
	(i) Seed Kernel	<i>Kajutaka</i>	Kaju	Adult usage level: 5-10 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
23.	<i>Anacyclus pyrethum</i> DC.			
	(i) Root	Aakarakarabha	Akarkara	As powder - Adult usage levels: 100mg-250mg 5-16 years: ½ adult usage levels
	(ii) Seed	Aakarakarabha	Akarkara	As powder - Adult usage levels: 100mg-250 mg 5-16 years: ½ adult usage levels
24.	<i>Ananas comosus</i> (L.) Merr.			
	(i) Fruit	<i>Anannasa</i>	Pineapple	Adult usage levels: 50-100g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels (To be avoided in pregnancy) As juice - Adult usage level : 50-100 ml 5-16 years: ½ adult usage levels

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				1-5 years: ¼ adult usage levels (To be avoided in pregnancy)
25.	<i>Anethum sowa</i> Roxb. ex Flem. (Now known as <i>Anethum graveolens</i> L.)			
	(i) Fruit	<i>Shatahvaa</i>	Sowa	As powder - Adult usage level : 3-6 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
26.	<i>Angelica archangelica</i> L.			
	(i) Root	<i>Chanda</i>	Chora	As powder - Adult usage levels: 1-3 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
27.	<i>Angelica glauca</i> Edgew.			
	(i) Root and Root stock	<i>Choraka</i>	Chora	As powder - Adult usage levels: 1-3 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
28.	<i>Annona squamosa</i> L.			
	(i) Fruit	<i>Sitaphala</i>	Shareefa	As fruit pulp - Adult usage levels: 20-30 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	(ii) Leaf	<i>Sitaphala</i>	Shareefa	As powder - Adult usage levels: 3-5 g not for children
29.	<i>Apium leptophyllum</i> (Pers.) Muell.			
	(i) Fruit	<i>Ajamoda</i>	Ajamod	As powder - Adult usage levels: 1-3 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
30.	<i>Arachis hypogaea</i> L.			
	(i) Seeds	<i>Bhumudga</i>	Chinia Badam / Mungphali	Adult usage levels: 10-20 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	(ii) Seed oil	<i>Bhumudga</i>	Mungaphali tail	Adult usage levels: 5-10ml 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
31.	<i>Areca catechu</i> L. (in the form of <i>Supari paka</i>)			
	(i) Seed	<i>Puga</i>	Supari	As powder - Adult usage levels: 1-2 g 5-16 years: ½ adult usage levels (Only to be used after shodhana purification)
32.	<i>Artemisia absinthium</i> Linn			
	(i) Leaf	<i>Afsantina</i>	Afsantin	Adult usage levels: 3-6 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
33.	<i>Artemisia vulgaris</i> Linn.			
	(i) Whole plant	<i>Damanaka</i>		As juice - Adult usage levels: 5-10 ml 5-16 years: ½ adult usage levels 1-5 year : ¼ adult usage levels
34.	<i>Artemisia maritima</i> L.			
	(i) Whole plant	<i>Chauhara</i>	Chauhar	Adult usage levels: 3-6g

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				5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
35.	<i>Artocarpus heterophyllus</i> Lam.			
	(i) Ripe / unripe fruit	<i>Panasa</i>	Katahal	Adult usage levels: 10-20 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	(ii) Seeds	<i>Panasa</i>	Katahal	Adult usage levels: 5-10 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
36.	<i>Artocarpus lakoocha</i> Roxb.			
	(i) Ripe Fruit	<i>Lakucha</i>	Badhal	Adult usage levels: 20-30 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	(ii) Seed	<i>Lakucha</i>	Badhal	Adult usage levels: 1-3 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
37.	<i>Asparagus adscendens</i> Roxb.			
	(i) Tuberous root	<i>Shveta Musali</i>	Safed musali	As powder - Adult usage levels: 3-6 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
38.	<i>Asparagus officinalis</i> L.			
	(i) Root	<i>Dvipantara Shatavari</i>	Shatavar	As powder - Adult usage levels: 3-6 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	(ii) Tender Shoots	<i>Dvipantara Shatavari</i>	Shatavar	Adult usage levels: 20-50 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
39.	<i>Asparagus racemosus</i> Willd.			
	(i) Tuberous root	<i>Shatavari</i>	Sitawar	As powder - Adult usage levels: 3-6 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	(ii) Tender Shoots	<i>Shatavari</i>	Sitawar	Adult usage levels: 20-50 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
40.	<i>Asparagus sarmentosus</i> Linn.			
	(i) Tuberous root	<i>Maha Shatavari</i>	Badi Shataver	As powder; Adult usage levels: 3-6 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
41.	<i>Avena sativa</i> L.			
	(i) Seed	<i>Yavika</i>	Oat	As powder - Adult usage levels: 10-30 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
42.	<i>Averrhoa carambola</i> L.			
	(i) Fruit	<i>Karmaranga</i>	Kamarakh	Adult usage levels: 10-20 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
43.	<i>Azadirachta indica</i> A. Juss.			
	(i) Leaf	<i>Nimba</i>	Neem	As powder - Adult usage levels: 1-3 g

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				5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels (Adv: To be avoided by males and females trying for conception)
	(ii) Fruit	<i>Nimba</i>	Neem	As pulp - Adult usage levels: 1-2 g 5-16 years: ½ adult usage levels (Adv: To be avoided by males and females trying for conception)
	(iii) Flower	<i>Nimba</i>	Neem	As powder - Adult usage levels: 2-4 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	(iv) Root bark	<i>Nimba</i>	Neem	As powder - Adult usage levels: 3-6 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
44.	<i>Bambusa arundinacea</i> (Retz.) Willd.			
	(i) Tender shoots (Young leaf)	<i>Vanshankura</i>	Bansh	As vegetable - Adult usage levels: 20-30 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	(ii) Seed	<i>Vanshayava</i>	Bansh chaval	As powder - Adult usage levels: 20-30 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	(iii) Crystals	<i>Vanshalochana</i>	Bansalochan	As powder - Adult usage levels: 0.5-2g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
45.	<i>Basella alba</i> L.			
	(i) Leaf	<i>Upodika</i>	Poyi Saag	As vegetable - Adult usage levels: 20-30 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
46.	<i>Bauhinia purpurea</i> L.			
	(i) Flower and buds	<i>Kovidara</i>	Sona	As powder – Adult usage levels: 5-10 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels (or) As juice - Adult usage levels: 10-20 ml 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	(ii) Fruit	<i>Kovidara</i>	Sona	As powder - Adult usage levels: 3-6 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	(iii) Stem bark	<i>Kovidara</i>	Sona	As powder - Adult usage levels: 2-4 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
47.	<i>Bauhinia variegata</i> L.			

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	(i) Stem bark	<i>Kanchanara</i>	Kachnar	Adult usage levels: 3-6 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	(ii) Flower	<i>Kanchanara</i>	Kachnar	As juice - Adult usage level : 10-20 ml 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
48.	<i>Benincasa hispida</i> (Thunb.) Cogn.			
	(i) Fruit	<i>Kushmanda</i>	Petha, Bhatua	As vegetable - Adult usage levels: 30-50 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
49.	<i>Berberis aristata</i> DC.			
	(i) Fruit	<i>Daruharidra</i>	Daruhalidi	As fruit - Adult usage levels: 5-10 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	(ii) Stem Extract	<i>Rasanjana</i>	Rasaunt	Adult usage levels: 250 - 500 mg 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
50.	<i>Beta vulgaris</i> L.			
	(i) Tuber	<i>Raktagrinjana</i>	Chukandar	As juice - Adult usage levels: 10-20 ml 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
51.	<i>Boerhaavia diffusa</i> L. (Now known as <i>Boerhaavia repens</i> L. var. <i>diffusa</i> (L.) Hook.f.)			
	(i) Aerial part/Leaf	<i>Rakta Punarnava</i>	Titili Saag	Adult usage levels: 20-30 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
52.	<i>Bombax ceiba</i> L.			
	(i) Stem bark	<i>Shalmali</i>	Semal	Adult usage levels: 5-10 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	(ii) Flower	<i>Shalmali</i>	Semal	As juice - Adult usage or levels: 10-20 ml 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	(iii) Gum	<i>Mocharasa</i>	Semal	As powder - Adult usage levels: 1-3 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	(iv) Root	<i>Shalmali</i>	Semal Musali	As powder - Adult usage levels: 5-10 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
53.	<i>Borassus flabellifer</i> L.			
	(i) Dried inflorescence	<i>Tala</i>	Tarkul/Taad	As powder - Adult usage levels: 1-3 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	(ii) Seed pulp of unripe fruit	<i>Tala</i>	Tarkul/Taad	Adult usage levels: 10-30 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	(iii) Exudate of stem	<i>Tala</i>	Tarkul/Taad	As juice -

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				Adult usage levels: 100-200 ml 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
54.	<i>Brassica campestris</i> L. (Now known as <i>Brassica rapa</i> L. ssp. <i>campestris</i> (L.) Clapham)			
	(i) Seed	<i>Sarshapa</i>	Sarson	As paste - Adult usage levels: 0.5 -1 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	(ii) Seed oil	<i>Sarshapa</i>	Sarson	Adult usage levels: 2-5 ml 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	(iii) Leaf	<i>Sarshapa</i>	Sarson	As leafy vegetable - Adult usage levels: 10-30 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
55.	<i>Brassica juncea</i> (L.) Czern.			
	(i) Seed	<i>Rajika</i>	Rai	Adult usage levels: 1-2 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	(ii) Leaf	<i>Rajika</i>	Rai	As leafy vegetable - Adult usage levels: 10-20 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
56.	<i>Brassica nigra</i> (L.) Koch.			
	Seeds	<i>Rakta Sarshapa</i>	Banarasi Rai	Adult usage levels: 0.5-1 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
57.	<i>Brassica oleracea</i> L. var. <i>capitata</i> L.f.			
	Leaf	<i>Dalamalini</i>	Bandgobhi	Adult usage levels: 20-40 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
58.	<i>Brassica rapa</i> L.			
	(i) Tuber	<i>Shalagama</i>	Shalgam	Adult usage levels: 20-40 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	(ii) Leaf	<i>Shalagama</i>	Shalgam	As vegetable - Adult usage levels: 20-30 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
59.	<i>Buchanania lanzan</i> Spreng.			
	Seed	<i>Priyala</i>	Cherounjee	As powder - Adult usage levels: 5-10 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
60.	<i>Caesalpinia bonducella</i> (L.) Flem. (Now known as <i>Caesalpinia bonduc</i> (L.) Roxb.)			
	(i) Leaf	<i>Lata karanja</i>	Karanjuva	Adult usage levels: 2-3 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	(ii) Seed	<i>Lata karanja</i>	Karanjuva	Adult usage levels: 2-3 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
61.	<i>Cajanus cajan</i> (Linn.) Millsp.			
	Seed	<i>Adhaki</i>	Arahar / Tuvar	Adult usage levels: 30-50 g 5-16 years: ½ adult usage levels

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				1-5 years: ¼ adult usage levels
62.	<i>Camellia sinensis</i>			
	Leaf	<i>Chaya</i>	Chaya	Adult usage levels: 5-10 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
63.	<i>Canavalia ensiformis</i> sensu Baker (Now known as <i>Canavalia gladiata</i> (Jacq.) DC.)			
	Seed	<i>Kolashimbi</i>	Sema	Adult usage levels: 5-10 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
64.	<i>Canscora decussata</i> (Roxb.) J.F. and J.H. Schult.			
	Leaf	-	Bangiya Sankhapuspi	As powder; Adult usage levels: 2-4 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
65.	<i>Capparis decidua</i> (Forssk.) Edgew.			
	Fruit	<i>Karira</i>	Kareer	Adult usage levels: 10-20 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
66.	<i>Capsicum annum</i> L. var. <i>annum</i>			
	(i) Unripe Fruit	<i>Katuvira</i>	Hari Mircha	Adult usage levels: 1-2 g 5-16 years: ½ adult usage levels Not advisable to the persons below the age of 5 years.
	(ii) Fruit	<i>Katuvira</i>	Lal Mircha	As powder - Adult usage levels: 0.5-1.0 g 5-16 years: ½ adult usage levels Not advisable to the persons below the age of 5 years.
67.	<i>Capsicum frutescens</i> L.			
	Fruit	<i>Shimla mircha</i>	Simla Mirch	As vegetable - Adult usage levels: 30-50 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
68.	<i>Carica papaya</i> L.			
	Mature unripe fruit and ripe fruit	<i>Erandakarkati</i>	Papita	Adult usage levels: 50-100 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
69.	<i>Carissa carandas</i> L.			
	Fruit	<i>Karamarda</i>	Karounda	Adult usage levels: 5-10 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
70.	<i>Carissa spinarum</i> L.			
	Fruit	<i>Karmardika</i>	Karawan	Adult usage levels: 5-10 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
71.	<i>Carthamus tinctorius</i> L.			
	(i) Flower Head	<i>Kusumbha</i>	Barre	As powder - Adult usage levels: 2-4 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	(ii) Seed	<i>Kusumbha</i>	Barre	As powder - Adult usage levels: 2-4 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels

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	(iii) Seed oil	<i>Kusumbha</i>	Barre –tail	Adult usage level : 5-10 ml 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
72.	<i>Carum carvi</i> L.			
	Fruit	<i>Krishna Jiraka</i>	Syaha jeera	As powder - Adult usage levels: 1-3 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
73.	<i>Cassia absus</i> L.			
	Seed	<i>Chakshushya</i>	Chaksu	Adult usage levels: 1-3 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
74.	<i>Cassia occidentalis</i> L.			
	(i) Leaf	<i>Kasamarda</i>	Kasoundi	Adult usage levels: 5-10 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	(ii) Seed	<i>Kasamarda</i>	Kasoundi	Adult usage levels: 1-3 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
75.	<i>Cassia tora</i> L.			
	(i) Leaf	<i>Prapunnada</i>	Chakvad	Adult usage levels: 5-10 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	(ii) Seed	<i>Prapunnada</i>	Chakwad	As powder; Adult usage levels: 3-5 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
76.	<i>Celosia argentea</i> L. var. <i>argentea</i>			
	Seed	<i>Shitivaraka</i>	Surwali / Safed murga	Adult usage levels: 3-6 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
77.	<i>Centella asiatica</i> (L.) Urban			
	Leaf/Whole Plant	<i>Mandukaparni</i>	Brahmi	As vegetable - Adult usage levels: 20-30 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
78.	<i>Chenopodium album</i> L.			
	Whole plant	<i>Vastuka</i>	Bathua	As leafy vegetable - Adult usage levels: 20-30 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	Seed	<i>Vastuka</i>	Bathua	Adult usage levels: 2-5 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
79.	<i>Cicca acida</i> (L.) Merrill			
	Fruit	<i>Lavaliphala</i>	Harfa rewadi	Adult usage levels: 10-20 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
80.	<i>Cicer arietinum</i> L.			
	(i) Tender leaf	<i>Chanaka</i>	Chana / Kalachana	As leafy vegetable - Adult usage levels: 10-30 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	(ii) Seed	<i>Chanaka</i>	Chana /	Adult usage levels: 20-50 g

Sr. No.	Botanical name and part used	Official name in Sanskrit	Common name	Maximum usage levels per day for use as a health or food supplement (given in terms of raw herb/ material)
			Kalachana	5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
81.	<i>Cinnamomum tamala</i> Nees and Eberm.			
	Leaf	<i>Patra</i>	Tejapatra	Adult usage levels: 2-3 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
82.	<i>Cinnamomum zeylanicum</i> Blume (Now known as <i>Cinnamomum verum</i> J.S. Presl.)			
	Stem bark	<i>Tvak</i>	Dalchini (Ceyloni)	Adult usage levels: 0.5-1 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels (To be avoided during pregnancy)
83.	<i>Cissampelos pareria</i> L. var. <i>hirsuta</i> (Buch.-Ham. ex DC.) Forman.			
	Leaf	<i>Patha</i>	Padhi	As powder - Adult usage levels: 10-20 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
84.	<i>Cissus quadrangularis</i> L.			
	(i) Aerial part	<i>Asthishrinkhala</i>	Hadjod	As Wet Chutney (Paste) - Adult usage levels: 10-20 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	(ii) Stem	<i>Asthisamhrita</i>	Hadjod	Adult usage levels: 3-6 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
85.	<i>Citrullus colocynthis</i> (L.) Schard.			
	Fruit	<i>Indravaruni</i>	Indarun / Indrayan	As powder; Adult usage levels: 0.25-0.5 g 5-16 years: ½ adult usage levels (To be avoided during pregnancy)
86.	<i>Citrullus vulgaris</i> Schrad. ex Eckl. and Zeyh. var. <i>fistulosus</i> (Stocks) Stewart			
	Fruit	<i>Dindisha</i>	Tinda	As vegetable - Adult usage levels: 20-40 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
87.	<i>Citrullus lanatus</i> (Thunb.) Matsura and Nakai			
	Fruit	<i>Kalinda</i>	Tarbuj	Adult usage levels: 50-100 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	Seed	<i>Kalinda</i>	Tarbuj	Adult usage levels: 3-6 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	Seed oil	<i>Kalinda</i>	Tarbuj	Adult usage levels: 1-3 ml 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
88.	<i>Citrus aurantifolia</i> (Christm. and Panz.) Swingle			
	Fruit	<i>Laghu Nimbu</i>	Nimbu	As juice - Adult usage levels: 3-5 ml 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
89.	<i>Citrus limon</i> (Linn.) Burm.f.			
	Fruit	Nimbu	Jameerinibu	As juice - Adult usage levels: 5-10 ml 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels

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90.	<i>Citrus maxima</i> (Burm.) Merr.			
	Fruit	<i>Madhukarkati</i>	Chakotara	As juice - Adult usage levels: 5-10 ml 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels or Adult usage levels: 30-50 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
91.	<i>Citrus medica</i> L. var. <i>medica</i>			
	Fruit	<i>Bijapura</i>	Bijoura	As juice - Adult usage levels: 5-10 ml 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
92.	<i>Citrus reticulata</i> Blanc.			
	Fruit	<i>Naranga</i>	Narangi	As juice - Adult usage levels: 30-50 ml 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
93.	<i>Citrus sinensis</i> (L.) Osbeck			
	Fruit	<i>Mishtanimbu</i>	Mousambi	As juice - Adult usage levels: 50-100 ml 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
94.	<i>Coccinia grandis</i> (L.) Voigt.			
	(i) Leaf	<i>Bimbi</i>	Kundru	Adult usage levels: 5-10 g 5-16 years: ½ adult usage levels (or) As powder - Adult usage levels: 3-6 g 5-16 years: ½ adult usage levels Adv. - Not advisable for children below 5 years
	(ii) Stem	<i>Bimbi</i>	Kundru	As powder - Adult usage levels: 3-6 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	(iii) Whole plant	<i>Bimbi</i>	Kundru	As powder - Adult usage levels: 3-6 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels (or) As juice - Adult usage levels: 5-10 ml 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	(iv) Fruit	<i>Bimbi</i>	Kundru	As vegetable - Adult usage levels: 20-50 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
95.	<i>Cocos nucifera</i> L.			
	(i) Endosperm	<i>Narikela</i>	Nariyal	Adult usage levels: 10-20 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	(ii) Water	<i>Narikela</i>	Nariyal Jala	Adult usage levels: 100-200 ml

Sr. No.	Botanical name and part used	Official name in Sanskrit	Common name	Maximum usage levels per day for use as a health or food supplement (given in terms of raw herb/ material)
		<i>jala</i>		5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	(iii) Flower	<i>Narikela</i>	Nariyal	Adult usage levels: 5-10 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
96.	<i>Cocculus hirsutus</i> (L.) Theob.			
	Leaf	<i>Patalagarudi</i>	Jalajamani	Adult usage levels: 10-20 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
97.	<i>Coix lacryma-jobi</i> L.			
	Seed	<i>Gavedhuka</i>	Gargri	Adult usage levels: 10-20 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
98.	<i>Colocasia antiquorum</i> Schott. (Now known as <i>Colocasia esculenta</i> (L.) Schott.)			
	Rhizome	<i>Aaluki</i>	Arui	As vegetable; Adult usage levels: 20-30 g Not advisable for children below 16 years
99.	<i>Commelina bengalensis</i> L.			
	Whole plant	<i>Vatsapriya</i>	Kausar	Adult usage levels: 3-6 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
100.	<i>Corchorus acutangulus</i> Lam. (Now known as <i>Corchorus aestuans</i> L.)			
	Aerial part	<i>Chanchu</i>	Chench	Adult usage levels: 10-20 ml 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
101.	<i>Corchorus capsularis</i> L.			
	Aerial part	<i>Kalashaaka</i>	Narcha	As juice - Adult usage levels: 10-20 ml 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
102.	<i>Corchorus olitorius</i> L.			
	Aerial part	<i>Pattashaka</i>	Palva Saag	As juice - Adult usage levels: 10-20 ml 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
103.	<i>Cordia dichotoma</i> Forst. f. (<i>Cordia wallichii</i> G. Don)			
	Fruit	<i>Shleshmataka</i>	Lisora	Adult usage levels: 10-20 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
104.	<i>Cordia rotthii</i> Roem. and Schult. (Now known as <i>Cordia gharaf</i> (Forssk.) Ehrenb and Asch.)			
	Fruit	<i>Laghu Shleshmataka</i>	Chhota Lisora	Adult usage levels: 10-20 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
105.	<i>Coriandrum sativum</i> L.			
	Fruit	<i>Dhanyaka</i>	Dhaniya	As powder - Adult usage levels: 1-3 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	Aerial part	<i>Ardra Dhanyaka</i>	Dhaniya	As juice - Adult usage levels: 10-20 ml 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels

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106.	<i>Crocus sativus</i> L.			
	Style and Stigma	<i>Kumkuma</i>	Kumkum (Kesar)	Adult usage levels: 25-50 mg Not advisable for children below 16 years
107.	<i>Cucumis melo</i> L.			
	Fruit	<i>Kharbuja</i>	Kharbooja	Adult usage levels: 50-100 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	Seed	<i>Kharbuja</i>	Kharbooja	As powder - Adult usage levels: 1-3 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
108.	<i>Cucumis melo</i> L. var. <i>momordica</i> Duthie and Fuller			
	Fruit	<i>Chirbhita</i>	Phoot	As vegetable - Adult usage levels: 40-50 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
109.	<i>Cucumis melo</i> L. var. <i>utilissimus</i> (Roxb.)Duthie and Fuller			
	(i) Seed	<i>Ervaru</i>	Kakri	Adult usage levels: 3-6 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	(ii) Fruit	<i>Ervaru</i>	Kakri	As vegetable - Adult usage levels: 50-100 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
110	<i>Cucumis sativus</i> L.			
	(i) Seed	<i>Trapusha</i>	Khira	As Powder - Adult usage levels: 3-6 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	(ii) Fruit	<i>Trapusha</i>	Khira	As vegetable - Adult usage levels: 50-100 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
111.	<i>Cucurbita maxima</i> Duch. ex Lam.			
	(i) Seed	<i>Pita Kushmanda</i>	Kashiphal	Adult usage levels: 3-5 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	(ii) Fruit	<i>Pita Kushmanda</i>	Kashiphal	As vegetable - Adult usage levels: 50-100 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
112.	<i>Cucurbita pepo</i> L.			
	(i) Fruit	<i>Kushmandi</i>	Safed Kaddu	As vegetable - Adult usage levels: 50-100 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	(ii) Seed	<i>Kushmandi</i>	Safed Kaddu	As powder - Adult usage levels: 1-3 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
113.	<i>Cuminum cyminum</i> L.			
	Fruit	<i>Shvetajiraka</i>	Jeera	As powder - Adult usage levels: 1-3 g

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				5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
114.	<i>Curculigo orchiooides</i> Gaertn.			
	Tuber	<i>Talamuli</i>	Kalimushli	Adult usage levels: 3-5 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
115.	<i>Curcuma amada</i> Roxb.			
	Rhizome	<i>Amra haridra</i>	Amahaldi	As fresh - Adult usage levels: 5-10 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels (or) As powder Adult usage levels: 2-4 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
116.	<i>Curcuma longa</i> L.			
	Rhizome	<i>Haridra</i>	Haldi	As powder - Adult usage levels: 1-3 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	Fresh Rhizome	<i>Haridra</i>	Haldi	As juice - Adult usage levels: 5-10 ml 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
117.	<i>Curcuma zedoaria</i> Roxb.(Now known as <i>Curcuma aromatica</i> Salisb.)			
	Rhizome	<i>Karchura</i>	Kachur	As powder - Adult usage levels: 1-3 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
118.	<i>Cymbopogon citratus</i> (DC.) Stapf			
	Whole plant	<i>Katrina</i>	Harichaya	Adult usage levels: 1-3 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
119.	<i>Cymbopogon coloratus</i> Stapf			
	Aerial part	<i>Jambira Trina</i>	Manjan pullu	Adult usage levels: 1-3g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
120	<i>Cymbopogon jwarankusa</i> (Jones) Schult.			
	Root	<i>Lamajjaka</i>	Lamajjaka	Adult usage levels: 1-3 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
121.	<i>Cymbopogon martini</i> (Roxb.)Wats.			
	Whole plant	<i>Rohisha</i>	Rosha ghas	Adult usage levels: 1-3 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
122.	<i>Cynodon dactylon</i> (L.) Pers.			
	Leaf	<i>Durva</i>	Duba	Adult usage levels: 3-5 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
123.	<i>Cyperus rotundus</i> L.			
	Rhizome	<i>Musta</i>	Nagarmotha	Adult usage levels: 1-3 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels

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124.	<i>Daucus carota</i> L.			
	Tuberous root	<i>Grinjana</i>	Gajar	As vegetable and Sweets - As juice - Adult usage levels: 50-100 ml 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	Seed	<i>Grinjana</i>	Gajar	As powder - Adult usage levels: 1-2 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels (To be avoided during pregnancy)
125.	<i>Dillenia indica</i> L.			
	Fleshy fresh sepals (Fruit)	<i>Bhavya</i>	Chalta	As vegetable - Adult usage levels: 40-50 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
126.	<i>Dioscorea alata</i> L.			
	Tuber/Corm	<i>Kashthaluka</i>	Kathalu	Adult usage levels: 10-20 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
127.	<i>Dioscorea bulbifera</i> L.			
	Tuber	<i>Varahi</i>	Genthi	As powder - Adult usage levels: 3-6 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels (or) As vegetable - Adult usage levels: 20-30 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
128.	<i>Dioscorea esculenta</i> (Lour.) Burkill			
	Tuber	<i>Madhvaluka</i>	Suthani	Adult usage levels: 5-10 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
129.	<i>Dioscorea pentaphylla</i> L.			
	Tuber	<i>Kantakalu</i>	Kantalu	Adult usage levels: 5-10 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
130.	<i>Diospyros peregrina</i> Gurke (Now known as <i>Diospyros malabarica</i> (Desr.) Kostel)			
	Ripe fruit	<i>Tinduka</i>	Gab	Adult usage levels: 50-100 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	Unripe fruit	<i>Tinduka</i>	Gab	As powder - Adult usage levels: 4-8 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
131.	<i>Dolichos biflorus</i> L. (Now known as <i>Vigna unguiculata</i> (L.) Walp.)			
	Seed	<i>Kulattha</i>	Kulathi	Adult usage levels: 30-50 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
132.	<i>Dolichos lablab</i> L. (Now known as <i>Lablab purpureus</i> (L.) Sweet)			
	Seed	<i>Nishpava</i>	Sem	As a diet article - Adult usage levels: 20-40 g

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				5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	Tender Pod	<i>Nishpava</i>	Sem	As vegetable - Adult usage levels: 30-40 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
133.	<i>Echinochloa frumentacea</i> Link			
	Fruit	<i>Shyamaka</i>	Sanwa	Adult usage levels: 50-100 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
134.	<i>Eclipta prostrata</i> L.			
	Whole plant	<i>Bhringaraja</i>	Bhangra	As powder - Adult usage levels: 3-6 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
135.	<i>Elettaria cardamomum</i> (L.) Maton			
	Seed	<i>Sukshmaila</i>	Choti elaichi	As powder - Adult usage levels: 250-500 mg 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
136.	<i>Eleusine coracana</i> (L.) Gaertn. ssp. <i>coracana</i>			
	Caryopsis	<i>Madhulika</i>	Madua	Adult usage levels: 20-50 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
137.	<i>Emblia officinalis</i> Gaertn. (Now known as <i>Phyllanthus emblica</i> L.)			
	Fruit	<i>Amalake</i>	Anwala / Amla	As fresh fruit - Adult usage levels: 20-30 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels (or) As Powder - Adult usage levels: 3-6 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels (or) As juice - Adult usage levels: 5-10 ml 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
138.	<i>Embelia ribes</i> Burm. f.			
	Fruit	<i>Vidanga</i>	Bhabhiranga	Adult usage levels: 1-2 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels (To be avoided by the females trying to conceive)
139.	<i>Euphorbia pilosa</i> L.			
	Leaf	<i>Saptala</i>	Chopalu	As powder - Adult usage levels: 3-5 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
140.	<i>Euryale ferox</i> Salisb.			
	Seed	<i>Makhanna</i>	Makhana	As a diet article – Adult usage levels: 20-30 g

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				5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels (or) As powder - Adult usage levels: 3-5 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
141.	<i>Fagopyrum esculentum</i> Moench.			
	Seed	-	Kottu	Adult usage levels: 50-100 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
142.	<i>Ferula asafoetida</i> L.			
	Oleo-gum resin	<i>Hingu</i>	Hing	As powder - Adult usage levels: 125 mg 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
143.	<i>Ficus benghalensis</i> L.			
	Fruit	<i>Nyagrodha</i>	Baragad	Adult usage levels: 40-50 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
144.	<i>Ficus carica</i> L.			
	Fruit	<i>Anjira</i>	Anjeer	Adult usage levels: 20-30 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
145.	<i>Ficus glomerata</i> Roxb. (Now known as <i>Ficus racemosa</i> L.)			
	Fruit	<i>Udumbara</i>	Gular	As vegetable - Adult usage levels: 20-30 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
146.	<i>Ficus hispida</i> L.f.			
	(i) Fruit	<i>Phalgu</i>	Kathgulara (Kakodumba)	Adult usage levels: 10-20 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	(ii) Tender leaf	<i>Phalgu</i>	Kathgulara	As juice - Adult usage levels: 20-40 ml 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
147.	<i>Ficus religiosa</i> L.			
	(i) Fruit	<i>Ashvattha</i>	Pipal	Adult usage levels: 5-10 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	(ii) Tender Leaf	<i>Ashvattha</i>	Pipal	Adult usage levels: 5-10 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
148.	<i>Flacourtia jangomas</i> (Lour.)Raeusch syn. <i>F. cataphracta</i> Roxb. ex Willd.			
	Fruit	<i>Prachinamalaka</i>	Paniyala	Adult usage levels: 10-20 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
149.	<i>Flacourtia ramontchi</i> L'Herit (Now known as <i>Flacourtia indica</i> (Burm.f.) Merr.)			
	Fruit	<i>Vikankata</i>	Katai	Adult usage levels: 5-10 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
150.	<i>Foeniculum vulgare</i> Mill.			
	Fruit	<i>Mishreya</i>	Sounf	As powder -

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				Adult usage levels: 3-6 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
151.	<i>Fumaria vaillantii</i> (Lois.) Hook.f. and Thoms. var. <i>indica</i> Haussk. (Now known as <i>Fumaria indica</i> (Haussk.) Pugsley)			
	Leaves	<i>Parpata</i>	Pittapapda	Adult usage levels: 5-10 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
152.	<i>Garcinia indica</i> (Thour.) Choisy			
	Mature fruit	<i>Vrikshamla</i>	Kokam	As juice - Adult usage levels: 5-10 ml 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels or As powder - Adult usage levels: 5-10 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
153.	<i>Garcinia pedunculata</i> Roxb. ex Buch.-Ham.			
	Fruit rind	<i>Vrintamlaphala</i>	Amalbeda	As juice - Adult usage levels: 5-10 ml 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
154.	<i>Gardenia turgida</i> Roxb. (Now known as <i>Ceriscoides turgida</i> (Roxb.) Tirveng.)			
	Gum	<i>Karahata</i>	Kharahar	As powder - Adult usage levels: 1-3 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
155.	<i>Gisekia pharmaceoides</i> L.			
	Leaf	<i>Valukashaka</i>	Baluka Saga	Adult usage levels: 5-10 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
156.	<i>Glycine max</i> (L.) Merr.			
	Seed	<i>Raja Shimbi</i>	Soyabean	Adult usage levels: 20-40 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
157.	<i>Glycyrrhiza glabra</i> L.			
	Root and Stolon	<i>Yashti</i>	Mulethi	As powder - Adult usage levels: 2-4 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
158.	<i>Gmelina arborea</i> Roxb.			
	Fruit	<i>Gambhari</i>	Gamhar	Adult usage levels: 20-30 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
159.	<i>Gmelina asiatica</i> L.			
	Fruit	<i>Biddari</i>	Badhara	Adult usage levels: 20-30 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
160.	<i>Grewia hirsuta</i> Vahl			
	Root	<i>Nagabala</i>	Gulsakari	Adult usage levels: 5-10 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
161.	<i>Grewia populifolia</i> Vahl (Now known as <i>Grewia tenax</i> (Forssk.) Fiori)			
	Stem bark	<i>Gangeru</i>	Gangeran	As powder -

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				Adult usage levels: 2-3 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
162.	<i>Grewia tiliifolia</i> Vahl			
	Fruit	<i>Dhanwana</i>	Dhamin	Adult usage levels: 20-30 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
163.	<i>Gynandropsis gynandra</i> (L.) Briq. (Now known as <i>Cleome gynandra</i> L.)			
	(i) Seed	<i>Ajagandha</i>	Hurhur	As powder - Adult usage levels: 1-3 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	(ii) Whole plant	<i>Ajagandha</i>	Hurhur	As juice - Adult usage levels: 10-20 ml 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
164.	<i>Hedychium spicatum</i> Ham ex Smith			
	Rhizome	<i>Shati</i>	Kapur-Kachari	Adult usage levels: 1-3 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
165.	<i>Hemidesmus indicus</i> (L.) W.T. Ait. var. <i>indicus</i>			
	Root	<i>Shveta Sariva</i>	Anantmula	Adult usage levels: 2-5g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
166.	<i>Hibiscus rosa-sinensis</i> L.			
	Flower	<i>Japa</i>	Gudahal	As powder - Adult usage levels: 1-3 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels (To be avoided during pregnancy)
167.	<i>Hibiscus sabdariffa</i> L.			
	(i) Leaf	<i>Ambashthaki</i>	Patawa	As powder - Adult usage levels: 5-10 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	(ii) Seed	<i>Ambashthaki</i>	Patawa	As powder - Adult usage levels: 1-3 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	(iii) Ripe calyx	<i>Ambashthaki</i>	Patawa	As powder - Adult usage levels: 5-10 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
168.	<i>Hippophae rhamnoides</i> L.			
	Fruit	<i>Amlavetasa</i>	Amlavetasa	Adult usage levels: 10-20 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
169.	<i>Hordeum vulgare</i> L.			
	(i) Fruit	<i>Yava</i>	Jaou	As powder - Adult usage levels: 100-200 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	(ii) Whole plant	<i>Yava</i>	Jaou	Adult usage levels: 10-20 g 5-16 years: ½ adult usage levels

Sr. No.	Botanical name and part used	Official name in Sanskrit	Common name	Maximum usage levels per day for use as a health or food supplement (given in terms of raw herb/ material)
				1-5 years: ¼ adult usage levels
170.	<i>Illicium verum</i> Hook. f.			
	Fruit	<i>Takkola</i>	Badiyan Khatai	As powder - Adult usage levels: 250-500 mg 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
171.	<i>Ipomoea aquatica</i> Forssk.			
	Leaf	<i>Kalambi</i>	Kalamisaag	Adult usage levels: 20-30 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
172.	<i>Ipomoea batatas</i> (L.) Lam.			
	Tuber	<i>Sitaluka</i>	Shakarkand	Adult usage levels: 20-30 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
173.	<i>Ipomoea digitata</i> auct. non L. (Now known as <i>Ipomoea mauritiana</i> Jacq.)			
	Root/Tuber	<i>Kshiravidari</i>	Bilaikand	Adult usage levels: 5-10 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
174.	<i>Juniperus communis</i> L.			
	Fruit	<i>Hapusha</i>	Hauber	As powder - Adult usage levels: 2-6 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
175.	<i>Lagenaria vulgaris</i> Ser. (Now known as <i>Lagenaria siceraria</i> (Mol.) Standl.)			
	(i) Fresh fruit	<i>Tumbini</i>	Alabu	As vegetable - Adult usage levels: 100-150 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	(ii) Seed	<i>Tumbini</i>	Alabu	As powder - Adult usage levels: 1-3 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
176.	<i>Lens culinaris</i> Medik.			
	Seed	<i>Masura</i>	Masura	As dietary article – Adult usage levels: 20-40 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
177.	<i>Lepidium sativum</i> L.			
	(i) Seed	<i>Chandrashura</i>	Chansur	As powder - Adult usage levels: 3-6 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels (To be avoided during pregnancy)
	(ii) Aerial part	<i>Chandrashura</i>	Chansur	As vegetable - Adult usage levels: 50-100 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
178.	<i>Leptadenia reticulata</i> (Retz.)W. and A.			
	Leaf	<i>Jivanti</i>	Dodisaka	As vegetable - Adult usage levels: 20-30 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
179.	<i>Leucas cephalotus</i> (Koenig ex Roth) Spreng.			
	Leaf	<i>Dronapushpi</i>	Guma	Adult usage levels: 20-30 g

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				5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
180.	<i>Limonia acidissima</i> L.			
	Fruit	<i>Kapittha</i>	Kaith	As dietary item - Adult usage levels: 20-40 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
181.	<i>Linum usitatissimum</i> L.			
	(i) Seed	<i>Atasi</i>	Atasi	Adult usage levels: 10-20 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	(ii) Seed Oil	<i>Atasi</i>	Atasi	Adult usage levels: 10-20 ml 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
182.	<i>Litchi chinensis</i> Sonner			
	Fruit	<i>Lichi</i>	Litchi	Adult usage levels: 50-100 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
183.	<i>Luffa acutangula</i> (L.)Roxb.			
	(i) Whole plant	<i>Koshataki</i>	Torai	As powder - Adult usage levels: 5-10 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	(ii) Fruit	<i>Koshataki</i>	Torai	As vegetable - Adult usage levels: 30-50 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	(iii) Seed	<i>Koshataki</i>	Torai	As powder - Adult usage levels: 1-3 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
184.	<i>Luffa cylindrica</i> (L.)M. Roem.			
	(i) Fruit	<i>Mahakoshataki</i>	Nenua	As vegetable - Adult usage levels: 20-40 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	(ii) Seed	<i>Mahakoshataki</i>	Nenua	As powder - Adult usage levels: 1-3 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
185.	<i>Lycopersicon esculentum</i> Mill. (Now known as <i>Lycopersicon lycopersicum</i> (L.) Karsten.)			
	Fruit	<i>Raktavrintaka</i>	Tamatar	As vegetable - Adult usage levels: 20-40 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
186.	<i>Madhuca indica</i> Gmel.(Now known as <i>Madhuca longifolia</i> (Koen.) Macbride var. <i>latifolia</i>)			
	(i) Flower	<i>Madhuka</i>	Mahua	As dietary item - Adult usage levels: 10-15 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	(ii) Fruit	<i>Madhuka</i>	Mahua	Adult usage levels: 10-15 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	(iii) Seed oil	<i>Madhuka</i>	Koyna ka tel	Adult usage levels: 10-20 ml

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				5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
187.	<i>Madhuca longifolia</i> (Koenig) Macbride var. <i>longifolia</i>			
	Flower	<i>Madhulaka</i>	Jal mahua	Adult usage levels: 10-15 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	Fruit	<i>Madhulaka</i>	Jal mahua	Adult usage levels: 10-15 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
188.	<i>Malva sylvestris</i> L.			
	(i) Fruit	<i>Khubbaji</i>	Gulkhair	As powder - Adult usage levels: 5-7 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels (UPI-3)
	(ii) Leaf	<i>Khubbaji</i>	Gulkhair	As powder - Adult usage levels: 3-6 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
189.	<i>Mangifera indica</i> L.			
	(i) Ripe fruit	<i>Aamra</i>	Aam	Adult usage levels: 50-150 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	(ii) Unripe fruit pulp	<i>Aamra</i>	Aam	Adult usage levels: 10-30 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	(iii) Seed Kernel	<i>Aamra</i>	Aam Beej Majja	As powder - Adult usage levels: 1-2 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	(iv) Leaf	<i>Aamra</i>	Aam	Adult usage levels: 3-5 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
190.	<i>Maranta arundinacea</i> L.			
	Rhizome	<i>Aararota</i>	Ararota	As powder - Adult usage levels: 10-30 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
191.	<i>Marsilea minuta</i> L.			
	Leaf	<i>Sunishannaka</i>	Chowpatia	As vegetable - Adult usage levels: 20-30 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels (or) As Powder - Adult usage levels: 2-4 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
192.	<i>Mentha spicata</i> L. <i>Mentha arvensis</i> L.			
	Aerial part	<i>Pudina</i>	Pudina	Adult usage levels: 5-10 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
193.	<i>Mentha piperata</i> L./ <i>Mentha</i> species	<i>Pudinaa Satva</i>	Peppermint Sat pudina	Adult usage levels: 10-30 mg 5-16 years: ½ adult usage levels

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				1-5 years: ¼ adult usage levels
194.	<i>Microstylis musifera</i> Ridley			
	Tuber	<i>Jivaka</i>	Jivaka	Adult usage levels: 5-10 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
195.	<i>Microstylis wallichii</i> Lindl. (Now known as <i>Malaxis acuminata</i> D. Don)			
	Tuber	<i>Rishabhaka</i>	Rishabhaka	Adult usage levels: 5-10 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
196.	<i>Mimusops elengi</i> L.			
	(i) Pericarp	<i>Bakula</i>	Maulsiri	Adult usage levels: 20-40 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	(ii) Flower	<i>Bakula</i>	Maulsiri	Adult usage levels: 5-10 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	(iii) Stem bark	<i>Bakula</i>	Maulsiri	Adult usage levels: 3-5 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
197.	<i>Mimusops hexandra</i> Roxb. (Now known as <i>Manilkara hexandra</i> (Roxb.) Dub.)			
	Pericarp	<i>Rajadana</i>	Khirmi	Adult usage levels: 20-40 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
198.	<i>Momordica charantia</i> L.			
	Fresh fruit	<i>Karavellaka</i>	Karela	Adult usage levels: 30-50 g 5-16 years: ½ adult usage levels (To be avoided by females trying to conceive)
	Seed	<i>Karavellaka</i>	Karela	Adult usage levels: 3-5 g 5-16 years: ½ adult usage levels (To be avoided by females trying to conceive)
199.	<i>Momordica dioica</i> Roxb. ex Willd.			
	(i) Root	<i>Karkasha</i>	Khekhasa	As powder - Adult usage levels: 3-6 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	(ii) Fruit	<i>Karkasha</i>	Khekhasa	Adult usage levels: 30-50 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
200.	<i>Monochoria vaginalis</i> (Burm.f.) Presl.			
	Rhizome	<i>Indivara</i>	Indivara	Adult usage levels: 3-6 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
201.	<i>Moringa oleifera</i> Lam.			
	(i) Leaf	<i>Shigru</i>	Sahijan / Muringya	As vegetable or paste - Adult usage levels: 10-20 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	(ii) Seed	<i>Shigru</i>	Sahijan / Muringya	As vegetable - Adult usage levels: 2-6 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	(iii) Pod	<i>Shigru</i>	Sahijan / Muringya	Adult usage levels: 40-80 g 5-16 years: ½ adult usage levels

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				1-5 years: ¼ adult usage levels
	(iv) Flower	<i>Shigru</i>	Sahijan / Muringya	Adult usage levels: 10-20 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	(v) Stem bark	<i>Shigru</i>	Sahijan / Muringya	Adult usage levels: 10-20 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels or As powder - Adult usage levels: 2-5 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
202.	<i>Morus alba</i> L. / <i>M. indica</i>			
	Fruit	<i>Tuta</i>	Shahtoot	Adult usage levels: 20-30 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
203.	<i>Mucuna pruriens</i> (L.) DC.			
	(i) Root	<i>Aatmagupta</i>	Kawach	Adult usage levels: 10-20 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	(ii) Pod	<i>Aatmagupta</i>	Kawach	As vegetable – Adult usage levels: 20-30 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	(iii) Seed	<i>Aatmagupta</i>	Kawach	Adult usage levels: 3-6 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
204.	<i>Murraya koenigii</i> (L.) Spreng.			
	Leaf	<i>Kaidarya/ Saurabhanimba</i>	Kadhipatta	Adult usage levels: 5-10 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
205.	<i>Musa paradisiaca</i> L.			
	(i) Flower	<i>Kadali</i>	Kela	Adult usage levels: 20-30 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	(ii) Fresh shoot	<i>Kadali</i>	Kela	Adult usage levels: 20-50 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels or As juice - Adult usage levels: 10-20 ml 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	(iii) Ripe Fruit	<i>Kadali</i>	Kela	Adult usage levels: 100-200 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	(iv) Unripe Fruit	<i>Kadali</i>	Kela	Adult usage levels: 50-100 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
206.	<i>Myrica esculenta</i> Buch.-Ham.			
	(i) Fruit	<i>Katphala</i>	Kaiphala	Adult usage levels: 5-10 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	(ii) Stem bark	<i>Katphala</i>	Kaiphala	Adult usage levels: 2-3 g

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				5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
207.	<i>Myristica fragrans</i> Houtt.			
	(i) Seed	<i>Jatiphala</i>	Jaiphala	Adult usage levels: 0.25- 1.0 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels (Caution: excessive use causes giddiness)
	(ii) Aril	<i>Jatipatri</i>	Javitri	As powder - Adult usage levels: 250 mg-1 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
208.	<i>Myristica malabarica</i> Lam.			
	(i) Seed	<i>Vanya-Jayaphala</i>	Jangali Jayaphala	Adult usage levels: 0.5-2 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	(ii) Aril	<i>Ramapatri</i>	Jangali javitri	Adult usage levels: 250 mg-1 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
209.	<i>Nelumbo nucifera</i> Gaertn.			
	(i) Flower	<i>Kamala</i>	Kamal	As powder - Adult usage levels: 3-6 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	(ii) Rhizome	<i>Bisa</i>	Bhen	Adult usage levels: 30-50 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	(iii) Stalk	<i>Mrinala</i>	Murar	As powder - Adult usage levels: 30-50g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	(iv) Seed	<i>Padmabija</i>	Kamalgatta	As powder - Adult usage levels: 3-6 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
210.	<i>Nigella sativa</i> L.			
	Seed	<i>Upakunchika</i>	Kalaunji	Adult usage levels: 5-10 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels (To be avoided during pregnancy)
211.	<i>Nyctanthes arbortristis</i> L.			
	(i) Flower	<i>Parijataka</i>	Harshringara	Adult usage levels: 1-2 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	(ii) Leaf	<i>Parijataka</i>	Harshringara	Adult usage levels: 1-3 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
212.	<i>Nymphaea alba</i> L.			
	Flower	<i>Kumuda</i>	Kumudini	As powder - Adult usage levels: 3-6 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
213.	<i>Nymphaea rubra</i> Roxb. ex Salisb			
	Flower	<i>RaktaKumuda</i>	Lal Kumud	As powder -

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				Adult usage levels: 3-6 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
214.	<i>Nymphaea stellata</i> Willd.			
	Flower	<i>Utpala</i>	Neelofer	As powder - Adult usage levels: 3-6 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
215.	<i>Ocimum basilicum</i> L.			
	Leaf	<i>Barbari</i>	Tulasi (Jangali)	As juice - Adult usage levels: 3-6 ml 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage level (or) As Powder - Adult usage levels: 1-3 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	Seed	<i>Barbari</i>	Tulasi (Jangali)	Adult usage levels: 125-250 mg 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
216.	<i>Ocimum gratissimum</i> L.			
	Leaf	<i>Kathinjara</i>	Ram Tulasi (Mumbai)	As powder - Adult usage levels: 2-4 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
217.	<i>Ocimum sanctum</i> L. (Now known as <i>Ocimum tenuiflorum</i> L.)			
	(i) Leaf	<i>Tulasi</i>	Tulasi	Adult usage levels: 2-3 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage level
	(ii) Seed	<i>Tulasi</i>	Tulasi	Adult usage levels: 1-2 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
218.	<i>Orchis latifolia</i> L. (Now known as <i>Dactylorhiza hatergeria</i> (D. Don)Soo)			
	Tuber	<i>Munjataka</i>	Salampanja	As powder - Adult usage levels: 5-10 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels ¹
219.	<i>Origanum majorana</i> L.			
	Leaf	<i>Fanijjaka</i>	Marubaka	As juice - Adult usage levels: 5-10 drops 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
220.	<i>Oryza sativa</i> L.			
	Seed	<i>Shali</i>	Chawal	As powder - Adult usage levels: 100-200 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
221.	<i>Oxalis corniculata</i> L.			
	Leaf	<i>Changeri</i>	Tinpatia	As juice - Adult usage levels: 5-10 ml 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
222.	<i>Pandanus odoratissimus</i> L.f.			

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	Oil	<i>Ketaki</i>	Kewada	Adult usage levels: 2-5 drops 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
223.	<i>Panicum miliaceum</i> L.			
	Seed	<i>Chinaka</i>	Cheen	Adult usage levels: 50-100 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
224.	<i>Papaver somniferum</i> L.			
	Seed	<i>Khasakhasa</i>	Postadana	As powder - Adult usage levels: 1-2 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
225.	<i>Paspalum scrobiculatum</i> L.			
	Seed/Caryopsis	<i>Kodrava</i>	Kodo	Adult usage levels: 50-100 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
226.	<i>Pennisetum typhoideum</i> L. C. Rich. (Now known as <i>Pennisetum americanum</i> (L.) K. Schum.)			
	Seed	<i>Vajranna</i>	Bajra	Adult usage levels: 20-40 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
227.	<i>Peucedanum graveolens</i> (L.) Benth. and Hook.f			
	Seed	<i>Dvipantara Shatapushpa</i>	Shepu	Adult usage levels: 1-3 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
228.	<i>Phaseolus aconitifolius</i> Jacq. (Now known as <i>Vigna aconitifolia</i> (Jacq.) Marechal)			
	Seed	<i>Makushtha</i>	Moth	Adult usage levels: 20-50 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
229.	<i>Phaseolus aureus</i> Roxb. (Now known as <i>Vigna radiata</i> (L.) Wilczek var. <i>radiata</i>)			
	Seed	<i>Vana Mudga</i>	Jangali Moong	Adult usage levels: 20-50 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
230.	<i>Phaseolus lunatus</i> L.			
	Pod	<i>Shimbi</i>	Sem	As pulse - Adult usage levels: 25-50 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
231.	<i>Phaseolus mungo</i> L. (Now known as <i>Vigna mungo</i> (L.) Hepper)			
	Seed	<i>Masha</i>	Urad	As pulse – Adult usage levels: 20-50 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
232.	<i>Phaseolus radiatus</i> L.			
	Seed	<i>Mudga</i>	Moong	As pulse – Adult usage levels: 50-100 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage level
233.	<i>Phaseolus vulgaris</i> L.			
	Pod	<i>Rajamasha /Bakala</i>	Lobia	As pulse - Adult usage levels: 10-20 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
234.	<i>Phoenix dactilifera</i> L.			
	Fruit	<i>Pinda Kharjura</i>	Chuhara	Adult usage levels: 20-50 g

Sr. No.	Botanical name and part used	Official name in Sanskrit	Common name	Maximum usage levels per day for use as a health or food supplement (given in terms of raw herb/ material)
				5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
235.	<i>Phoenix sylvestris</i> (L.) Roxb.			
	(i) Fruit	<i>Kharjura</i>	Khajoor	Adult usage levels: 20-50 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	(ii) Nira (Sap)	<i>Kharjura</i>	Khajoor	As fresh - Adult usage levels: 30-50 ml 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
236.	<i>Physalis alkekengi</i> L.			
	Fruit	<i>Kakanaja</i>	Kaknaj	Adult usage levels: 5-10 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
237.	<i>Physalis minima</i> L.			
	Fruit	<i>Parpoti</i>	Papoto	Adult usage levels: 10-20 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
238.	<i>Physalis peruviana</i> L.			
	Fruit	<i>Brihat parpoti</i>	Rasbhari	Adult usage levels: 10-20 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
239.	<i>Pimpinella anisum</i> L.			
	Fruit	<i>Anisuna</i>	Anisoon	Adult usage levels: 1-3 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
240.	<i>Pinus gerardiana</i> Wall.			
	Endosperm	<i>Nikochaka</i>	Chilgoja	Adult usage levels: 5-10 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
241.	<i>Piper betle</i> L.			
	Leaf	<i>Nagavalli</i>	Pana	Adult usage levels: 2-3 g 5-16 years: ½ adult usage levels (Caution - Not advisable below the age of 5 years).
242.	<i>Piper chaba</i> Hunter (non Blume) (Now known as <i>Piper retrofractum</i> Vahl)			
	Leaf	<i>Chavya</i>	Chabh	As powder - Adult usage levels: 1-3 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
243.	<i>Piper cubeba</i> L.f.			
	Fruit	<i>Kankola</i>	Kabab chini	As powder - Adult usage levels: 1-3 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
244.	<i>Piper longum</i> L.			
	Fruit	<i>Pippali</i>	Pipar	As powder - Adult usage levels: 0.5-2 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels (To be avoided for prolonged use)
245.	<i>Piper nigrum</i> L.			
	Fruit	<i>Maricha</i>	Kali Maricha	Adult usage levels: 0.5-2 g 5-16 years: ½ adult usage levels

Sr. No.	Botanical name and part used	Official name in Sanskrit	Common name	Maximum usage levels per day for use as a health or food supplement (given in terms of raw herb/ material)
				1-5 years: ¼ adult usage levels
246.	<i>Pistacia integerrima</i> Stewart (Now known as <i>Pistacia chinensis</i> Bunge ssp. <i>Integerrima</i> (Stewart) Rech.f.			
	Gall	<i>Karkatashringi</i>	Kakadasingi	Adult usage levels: 1-2 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
247.	<i>Pistacia vera</i> L.			
	Seed	<i>Abhishuka</i>	Pista	Adult usage levels: 5-10 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
248.	<i>Pisum sativum</i> L.			
	Seed	<i>Satina</i>	Matar	As vegetable - Adult usage levels: 50-150 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
249.	<i>Plantago ovata</i> Forssk.			
	Seed	<i>Ashvagola</i>	Isabgol	As vegetable - Adult usage levels: 5-10 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
250.	<i>Polygonatum cirrhifolium</i> (Wall.) Royle			
	Rhizome	<i>Meda</i>	Meda	Adult usage levels: 5-10 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
251.	<i>Polygonatum verticillatum</i> (L.) All.			
	Rhizome	<i>Mahameda</i>	Mahameda	Adult usage levels: 5-10 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
252.	<i>Portulaca oleracea</i> L.			
	Aerial part	<i>Lonika</i>	Kulpha	As vegetable - Adult usage levels: 20-30 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
253.	<i>Portulaca quadrifida</i> L.			
	Aerial part	<i>Laghulonika</i>	Nonia	Adult usage levels: 20-30 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
254.	<i>Prunus amygdalus</i> Baill. var. <i>dulchin</i>			
	Kernel	<i>Vatada</i>	Badama	Adult usage levels: 10-20 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	Seed oil	<i>Vatada</i>	Badama ka tel	Adult usage levels: 3-5 ml 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
255.	<i>Prunus armeniaca</i> L.			
	(i) Pericarp	<i>Urumana</i>	Khumani	Adult usage levels: 10-20 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	(ii) Kernel	<i>Urumana</i>	Khumani	Adult usage levels: 3-5 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
256.	<i>Prunus persica</i> (L.) Batsch.			
	Pericarp	<i>Aaruka</i>	Adu	Adult usage levels: 10-20 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels

Sr. No.	Botanical name and part used	Official name in Sanskrit	Common name	Maximum usage levels per day for use as a health or food supplement (given in terms of raw herb/ material)
257.	<i>Psidium guajava</i> L.			
	(i) Fruit	<i>Peruka</i>	Amruda	As fresh fruit - Adult usage levels: 20-50 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	(ii) Leaf	<i>Peruka</i>	Amruda	Adult usage levels: 3-5 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
258.	<i>Pueraria tuberosa</i> (Roxb. ex Willd.) DC.			
	Tuber	<i>Vidari</i>	Patal Kohda	Adult usage levels: 10-20 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
259.	<i>Punica granatum</i> L.			
	Seed	<i>Dadima</i>	Anar	Adult usage levels: 20-50 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
260.	<i>Pyrus communis</i> L.			
	Fruit	<i>Tanka</i>	Nashpaati	Adult usage levels: 50-100 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
261.	<i>Pyrus malus</i> L. (Now known as <i>Malus pumila</i> Mill.)			
	Fruit	<i>Sinchitika</i>	Seb	Adult usage levels: 100-200 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels (or) As juice - Adult usage levels: 20-40 ml 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
262.	<i>Raphanus sativus</i> L.			
	(i) Root	<i>Mulaka</i>	Muli	Adult usage levels: 20-50 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	(ii) Leaf	<i>Mulaka</i>	Muli	Adult usage levels: 20-50 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	(iii) Seed	<i>Mulaka</i>	Muli	Adult usage levels: 125-250 mg 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
263.	<i>Rhododendron arboreum</i> Sm.			
	Flower	<i>Pullasa</i>	Buransa	Adult usage levels: 20-30 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
264.	<i>Rheum emodi</i> Wall. ex Meissn.			
	Leaf	<i>Aracha/Revand chini</i>	Revand chini	Adult usage levels: 0.5-1 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
265.	<i>Rhus parviflora</i> Roxb. ex DC.			
	Fruit	<i>Tintidika</i>	Samakdana	Adult usage levels: 30-75 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
266.	<i>Rosa alba</i> L.			
	Flower	<i>Taruni Shveta</i>	Safed gulab	Adult usage levels: 10-20 g 5-16 years: ½ adult usage levels

Sr. No.	Botanical name and part used	Official name in Sanskrit	Common name	Maximum usage levels per day for use as a health or food supplement (given in terms of raw herb/ material)
				1-5 years: ¼ adult usage levels
267.	<i>Rosa centifolia</i> L.			
	Flower	<i>Shatapatrika</i>	Gulab	Adult usage levels: 10-20 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
268.	<i>Rosa damascena</i> Mill.			
	Flower	<i>Damashka Gulaba</i>	Gulab Fasali	Adult usage levels: 10-20 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	Oil	<i>Damashka Gulaba</i>	Gulab Fasali	Adult usage levels: 2-5 drops 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
269.	<i>Roscoea procera</i> Wall.			
	Root tuber	<i>Kakoli</i>	Kandamula	As powder - Adult usage levels: 5-10 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
270.	<i>Rumex vesicarius</i> L.			
	Leaf	<i>Chukrika</i>	Ambat chukka	Adult usage levels: 10-20 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
271.	<i>Saccharum officinarum</i> L.			
	(i) Stem	<i>Ikshu</i>	Ganna	As juice - Adult usage levels: 100-200 ml 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels (To be avoided by diabetics)
	(ii) Root	<i>Ikshu</i>	Ganna	As juice - Adult usage levels: 100-200 ml 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels (To be avoided by diabetics)
	(iii) Sugar	<i>Sharkara</i>	Chini/Shakkar	Adult usage levels: 50-100 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels (To be avoided by diabetics)
	(iv) Jaggery	Guda	Gud	Adult usage levels: 50-100 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
272.	<i>Salacia chinensis</i> L. / <i>Salacia oblonga</i> Wall.ex Wight and Arn/. <i>Salacia reticulata</i> Wight			
	Root	<i>Saptachakra</i>		Adult usage levels: 5-10 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
273.	<i>Santalum album</i> L.			
	Oil	<i>Shveta Chandana</i>	Chandan ka tel	Adult usage levels: 3-5 drops 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
274.	<i>Scirpus kysoor</i> Roxb. (Now known as <i>Scirpus grossus</i> (L.f.) Palla)			
	Rhizome	<i>Kasheruka</i>	Kasharu	As vegetable - Adult usage levels: 20-50 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
275.	<i>Sesamum indicum</i> L. (Now known as <i>Sesamum orientale</i> L.)			

Sr. No.	Botanical name and part used	Official name in Sanskrit	Common name	Maximum usage levels per day for use as a health or food supplement (given in terms of raw herb/ material)
	(i) Seed	<i>Tila</i>	Tila	Adult usage levels: 1-2 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	(ii) Oil	<i>Tila</i>	Tila	Adult usage levels: 5-10 ml 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
276.	<i>Sesbania grandiflora</i> (L.) Poir.			
	(i) Flower	<i>Agastya</i>	Agathi	As vegetable - Adult usage levels: 10-20 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	(ii) Leaf	<i>Agastya</i>	Agathi	Adult usage levels: 10-20 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
277.	<i>Setaria italica</i> (L.) P. Beauv.			
	Seed	<i>Dhanya Priyangu</i>	Kangu	Adult usage levels: 10-50 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
278.	<i>Sida cordifolia</i> L.			
	(i) Whole plant	<i>Bala</i>	Bariyara	Adult usage levels: 10-30 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	(ii) Seed	<i>Bala</i>	Bariyara	Adult usage levels: 3-5 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
279.	<i>Solanum melongena</i> L.			
	Fruit	<i>Vrintaka</i>	Baigan	Adult usage levels: 50-100 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
280.	<i>Solanum nigrum</i> L.			
	Leaf	<i>Kakamachi</i>	Choti Makoy	Adult usage levels: 30-60 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
281.	<i>Sorghum vulgare</i> Pers.			
	Seed	<i>Yavanala</i>	Jwara	Adult usage levels: 50-100 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
282.	<i>Spinacia oleracea</i> L.			
	Leaf	<i>Palakya</i>	Palak	Adult usage levels: 50-100 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
283.	<i>Spondias mangifera</i> Willd. (Now known as <i>Spondias pinnata</i> (L.f.) Kurz.)			
	Fruit	<i>Amrataka</i>	Ambada	Adult usage levels: 50-100 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels (or) As powder - Adult usage levels: 1-3 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
284.	<i>Strychnos potatorum</i> L.			
	Seed	<i>Kataka</i>	Nirmali	As powder - Adult usage levels: 5-10 g 5-16 years: ½ adult usage levels

Sr. No.	Botanical name and part used	Official name in Sanskrit	Common name	Maximum usage levels per day for use as a health or food supplement (given in terms of raw herb/ material)
				1-5 years: ¼ adult usage levels
285.	<i>Syzygium aromaticum</i> (L.) Merr. and L.Perry			
	Flower bud	<i>Lavanga</i>	Laung	Adult usage levels: 0.5-1 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
286.	<i>Syzygium cuminii</i> (L.) Skeels			
	(i) Pericarp and mesocarp	<i>Jambu</i>	Jamun	Adult usage levels: 10-50 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	(ii) Seed	<i>Jambu</i>	Jamun	Adult usage levels: 5-10 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
287.	<i>Tacca aspera</i> Roxb.			
	Tuber	-	Bhevara ke kand	Adult usage levels: 20-50 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
288.	<i>Tamarindus indica</i> L.			
	Fruit pulp	<i>Chincha</i>	Imali	Adult usage levels: 5-10 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels (To be avoided at the time of skin ailments)
	Seed	<i>Chincha</i>	Imali	Adult usage levels: 5-10 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
289.	<i>Teramnus labialis</i> (L.f.) Spreng.			
	Whole plant	<i>Mashaparni</i>	Mashaparni	Adult usage levels: 20-50 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
290.	<i>Terminalia bellerica</i> (Gaertn.) Roxb.			
	Fruit pericarp	<i>Bibhitaka</i>	Bahera	Adult usage levels: 3-5 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
291.	<i>Terminalia catappa</i> L.			
	Kernel	<i>Dvipantara vatada</i>	Desi badama	Adult usage levels: 10-20 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
292.	<i>Terminalia chebula</i> Retz.			
	Fruit pericarp	<i>Haritaki</i>	Harad/Harar	As powder - Adult usage levels: 3-5 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
293.	<i>Thymus serpyllum</i> auct. non L. (Now known as <i>Thymus linearis</i> Benth.)			
	Leaf	<i>Vana yavani</i>	Ban ajwain	As powder - Adult usage levels: 1-3 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
294.	<i>Trachyspermum ammi</i> (L.) Sprague			
	(i) Seed	<i>Yavani</i>	Ajwain	As powder - Adult usage levels: 1-3 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	(ii) Leaf	<i>Yavani</i>	Ajwain	Adult usage levels: 10-20 g 5-16 years: ½ adult usage levels

Sr. No.	Botanical name and part used	Official name in Sanskrit	Common name	Maximum usage levels per day for use as a health or food supplement (given in terms of raw herb/ material)
				1-5 years: ¼ adult usage levels
295.	<i>Trapa bispinosa</i> Roxb. (Now known as <i>Trapa natans</i> L. var. <i>bispinosa</i> (Roxb.) Makino)			
	Endosperm	<i>Shrigataka</i>	Singhada	Adult usage levels: 20-50 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
296.	<i>Trichosanthes anguina</i> L.			
	Fruit	<i>Chichinda</i>	Chichinda	Adult usage levels: 30-60 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
297.	<i>Trichosanthes dioica</i> Roxb.			
	Fruit	<i>Patola</i>	Parawal	Adult usage levels: 30-60 g 5-16 years: ½ adult usage levels 1-5 years : ¼ adult usage levels
298.	<i>Trigonella foenum-graceum</i> L.			
	(i) Seed	<i>Methika</i>	Methi	Adult usage levels: 2-6 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	(ii) Leaf	<i>Methika</i>	Methi	Adult usage levels: 50-100 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
299.	<i>Triticum aestivum</i> L.			
	(i) Seed	<i>Godhuma</i>	Gehun	Adult usage levels: 50-100 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	(ii) Tender shoot/spout	<i>Godhumankura</i>	Ankurita Gehu	Adult usage levels: 10-50 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
300.	<i>Typhonium trilobatum</i> (L.) Schott.			
	Tuber	<i>Shlipadarikanda</i>	Konchu	Adult usage levels: 20-50 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
301.	<i>Tinospora cardifolia</i> Miers. (menispermaceae) Syn. <i>T. glabra</i> (n. Burm)			
	(i) Roots			As powder - Adult usage levels: 1-3g; As Decoction: 10-20 ml, As Sattva: 400 mg 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	(ii) Stem			As powder - Adult usage levels per day: 1-3 g As Decoction: 10-20ml, As Sattva: 400mg 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
302.	Tender Leaf	<i>Vrischiyashaka</i>	Bicchubuti	Adult usage levels: 5-10 g 5-16 years: ½ adult usage levels 1-5years : ¼ adult usage levels
303.	<i>Valeriana jatamansi</i> Jones			
	Rhizome	<i>Tagara</i>	Samyo	As powder - Adult usage levels: 1-3 g 5-16 years: ½ adult usage levels 1-5 years : ¼ adult usage levels
304.	<i>Vigna trilobata</i> (L.) Verdc.			
	Whole plant	<i>Mudgaparni</i>	Mugvan	Adult usage levels: 20-50 g

Sr. No.	Botanical name and part used	Official name in Sanskrit	Common name	Maximum usage levels per day for use as a health or food supplement (given in terms of raw herb/ material)
				5-16 years: ½ adult usage levels 1-5 years : ¼ adult usage levels
305.	<i>Vitis vinifera</i> L.			
	(i) Fruit	<i>Drakshi</i>	Munakka	Adult usage levels: 10-30 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	(ii) Seed	<i>Drakshi</i>	Munakka	Adult usage levels: 1-3 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
306.	<i>Wedelia calendulacea</i> (L.) Less. (Now known as <i>Wedelia chinensis</i> (Osbeck) Mer.)			
	Leaf	<i>Kesharaja</i>	Pila bhagra	As powder - Adult usage levels: 5-10 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
307.	<i>Withania coagulans</i> (Stocks) Dunal			
	Fruit	<i>Doda Panira</i>	Paneer Doda	Adult usage levels: 5-10 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
308.	<i>Withania somnifera</i> (L.) Dunal.			
	Root	<i>Ashvagandha</i>	Asgandh	As powder - Adult usage levels: 3-6 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
309.	<i>Zanthoxylum alatum</i> Roxb. (Now known as <i>Zanthoxylum armatum</i> DC.)			
	Seed	<i>Tejovati</i>	Timura	Adult usage levels: 1-3 g 5-16 years: ½ adult usage levels 1-5 years : ¼ adult usage levels
310.	<i>Zea mays</i> L.			
	(i) Seed	<i>Mahakaya</i>	Makka	Adult usage levels: 20-100 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
	(ii) Anthers	<i>Mahakaya</i>	Makka	Adult usage levels: 5-10 g 5-16 years: ½ adult usage levels 1-5 years : ¼ adult usage levels
311.	<i>Zingiber officinale</i> Rosc.			
	Rhizome	<i>Ardraka</i>	Adrakh	Adult usage levels: 1-2 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels (To be avoided in hypertension and bleeding disorders)
312.	<i>Zizyphus jujuba</i> Lam.			
	Pericarp	<i>Kola</i>	Ber	Adult usage levels: 10-50 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels
313.	<i>Zizyphus nummularia</i> (Burm.f.)W. and A.			
	Pericarp	<i>Karkandhu</i>	Jangali Ber / Jhar ber	Adult usage levels: 15-30 g 5-16 years: ½ adult usage levels 1-5 years: ¼ adult usage levels

Schedule – VI

(See Sub –Regulations 4, 5, 6, 7 and 10)

ASU (Ayurveda, Siddha and Unani) ingredients: Animal source

Sr. No.	English Name	Official Name in Sanskrit	Common Name	Maximum usage levels per day For use as a health or food supplement
1.	Cow's Milk	<i>Godugdha</i>	Godugdha	Usage levels : 500-1000 ml.
2.	Buffalo's milk	<i>Mahisha dugdha</i>	Bhais-dudha	Usage levels : 500-750 ml.
3.	Goat's milk	<i>Aja dugdha</i>	Bakri dudha	Usage levels : 500-1000 ml
4.	Sheep's milk	<i>Avi dugdha</i>	Bhedi-dudha	Usage levels : 100-250 ml
5.	Camel's milk	<i>Aushtradugdha</i>	Utani-dudha	Usage levels : 250-500 ml
6.	Curd	<i>Dadhi</i>	Dahi	Adult usage levels : 250-500 g 5-16 years : ½ adult usage levels 1-5 years : ¼ adult usage levels
7.	Butter Milk	<i>Takra</i>	Chach	Adult usage levels : 500ml-1Litre 5-16 years : ½ adult usage levels 1-5 years : ¼ adult usage levels
8.	Clarified Butter	<i>Ghrita</i>	Ghee	Adult usage levels : 10-15 g 5-16 years : ½ adult usage levels 1-5 years : ¼ adult usage levels
9.	Honey	<i>Madhu</i>	Shahad	Adult usage levels : 10-30 g 5-16 years : ½ adult usage levels 1-5 years : ¼ adult usage levels

Schedule – VII

(See sub –regulations 4, 6, 7 and 10)

ASU(Ayurveda, Siddsha and Unani) ingredients: Mineral or Metal source

Sr. No.	English name	Sanskrit Name	Common Name	Maximum usage levels per day For use as a health or food supplement
1.	Rock Salt	<i>Saindhava Lavana</i>	Sendha Namak	Adult usage levels : 3-5 g 5-16 years : ½ adult usage levels 1-5 years : ¼ adult usage levels
2.	Sea Salt	<i>Samudra Lavana</i>	Namak	Adult usage levels : 3-5 g 5-16 years : ½ adult usage levels 1-5 years : ¼ adult usage levels
3.	Black Salt	<i>Sauvarchala</i>	Kala Namak	Adult usage levels : 2.5-5 g 5-16 years : ½ adult usage levels 1-5 years : ¼ adult usage levels
4.	Gold	<i>Suvarna (as Bhasma)</i>	Sona	Adult usage levels : 5-10 mg 5-16 years : ½ adult usage levels 1-5 years : ¼ adult usage levels
	Gold	<i>Ghrishtha Svarna</i>	Sona	Adult usage levels : 1-2 mg 5-16 years : ½ adult usage levels 1-5 years : ¼ adult usage levels
	Gold foil	<i>Suvarna mandala</i>	Sona Vark	Adult usage levels : 2.5-5 mg 5-16 years : ½ adult usage levels 1-5 years : ¼ adult usage levels
5.	Silver	<i>Rajata (as Bhasma)</i>	Chandi	Adult usage levels : 25-50 mg 5-16 years : ½ adult usage levels 1-5 years : ¼ adult usage levels
	Silver foil	<i>Rajata dala</i>	Chandi Varka	Adult usage levels : 15-25 mg 5-16 years : ½ adult usage levels 1-5 years : ¼ adult usage levels
6.	Zinc	<i>Yashada(as Bhasma)</i>	Jasta	Adult usage levels : 30-60 mg 5-16 years : ½ adult usage levels 1-5 years : ¼ adult usage levels
7.	Iron	<i>Lauha(as Bhasma)</i>	Loha	Adult usage levels : 60-120 mg 5-16 years : ½ adult usage levels 1-5 years : ¼ adult usage levels
8.	Iron Slag	<i>Mandura(as Bhasma)</i>	Mandura	Adult usage levels : 60-120 mg 5-16 years : ½ adult usage levels 1-5 years : ¼ adult usage levels
9.	Copper Pyrite	<i>Svarna Makshika(as Bhasma)</i>	Sonamakhi	Adult usage levels : 50-75 mg 5-16 years : ½ adult usage levels 1-5 years : ¼ adult usage levels
10.	Copper	<i>Tamra(as Bhasma)</i>	Tamba	Adult usage levels : 10-30 mg 5-16 years : ½ adult usage levels 1-5 years : ¼ adult usage levels

Sr. No.	English name	Sanskrit Name	Common Name	Maximum usage levels per day For use as a health or food supplement
11.	Tin	<i>Vanga(as Bhasma)</i>	Ranga	Adult usage levels : 60-120 mg 5-16 years : ½ adult usage levels 1-5 years : ¼ adult usage levels
12.	Asphaltum	<i>Shilajeeta(Shuddha)</i>	Shilajeet	Adult usage levels : 250 mg-1 g 5-16 years : ½ adult usage levels 1-5 years : ¼ adult usage levels
13.	Conch	<i>Shankha(as Bhasma)</i>	Shankh	Adult usage levels : 125-250 mg 5-16 years : ½ adult usage levels 1-5 years : ¼ adult usage levels
14.	Oyster Shell	<i>Shukti(as Bhasma)</i>	Seep	Adult usage levels : 125-250 mg 5-16 years : ½ adult usage levels 1-5 years : ¼ adult usage levels
15.	Cowrie	<i>Varatika(as Bhasma)</i>	Kauri	Adult usage levels : 125-250 mg 5-16 years : ½ adult usage levels 1-5 years : ¼ adult usage levels
16.	Pearl	<i>Mukta (as pishti and Bhasma)</i>	Moti	Adult usage levels : 30-60 mg 5-16 years : ½ adult usage levels 1-5 years : ¼ adult usage levels
17.	Coral	<i>Pravala (as pishti and Bhasma)</i>	Munga	Adult usage levels : 30-60 mg 5-16 years : ½ adult usage levels 1-5 years : ¼ adult usage levels
18.	Gypsum	<i>Godant</i>		Adult usage levels : 125-250 mg 5-16 years : ½ adult usage levels 1-5 years : ¼ adult usage levels
19.	Chark	<i>Khatika</i>		Adult usage levels : 250-500 mg 5-16 years : ½ adult usage levels 1-5 years : ¼ adult usage levels

Schedule - VIII (a)

(See regulations 5, 6, 9 and 10)

List of Food Additives for Food Supplements, Nutraceuticals And food containing Probiotics and prebiotics

INS No.	Food Additive or Group	Maximum level in the end product
950	Acesulfame potassium	2,000 mg/kg
304, 305	Ascorbyl Esters	500 mg/kg
951	Aspartame	5,500 mg/kg
962	Aspartame-Acesulfame salt	2,000 mg/kg
901	Beeswax	GMP
210, 211, 212, 213	Benzoates	2,000 mg/kg
133	Brilliant blue FCF	300 mg/kg
320	Butylated hydroxyanisole	400 mg/kg
902	Candelilla wax	GMP
150c	Caramel III – Ammonia process	20,000 mg/kg
150d	Caramel IV – Sulfite ammonia process	20,000 mg/kg
903	Carnauba wax	5,000 mg/kg
160a(ii)	beta-Carotenes (vegetable)	600 mg/kg
160a(i), (iii), e, 160f	Carotenoids	300 mg/kg
1503	Castor oil	1,000 mg/kg
141(i)-141(ii)	Chlorophylls and Chlorophyllins, Copper Complexes	500 mg/kg
472e	Diacetyltartaric and fatty acid esters of glycerol	5,000 mg/kg
385, 386	Ethylene Diamine Tetra Acetates	150 mg/kg
143	Fast green FCF	600 mg/kg
163(ii)	Grape skin extract	500 mg/kg
132	Indigotine (Indigo carmine)	300 mg/kg
961	Neotame	90 mg/kg
338, 339(i)-(iii), 340(i)-(iii), 341(i)-(iii), 342(i),(ii), 343(i)-(iii), 450(i)-(iii),(v)-(vii), 451(i),(ii), 452(i)-(v), 542	Phosphates	2,200 mg/kg
900a	Polydimethylsiloxane	50 mg/kg
1521	Polyethylene Glycol	70,000 mg/kg
432-436	Polysorbates	25,000 mg/kg
1201	Polyvinylpyrrolidone	GMP

INS No.	Food Additive or Group	Maximum level in the end product
124	Ponceau 4R (Cochineal red A)	300 mg/kg
310	Propyl gallate	400 mg/kg
101(i)-(iii)	Riboflavins	300 mg/kg
954(i)-(iv)	Saccharins	1,200 mg/kg
904	Shellac, Bleached	GMP
200-203	Sorbates	2000 mg/kg
960	Steviol Glycosides	2500 mg/kg
955	Sucralose (Trichlorogalactosucrose)	2,400 mg/kg
474	Sucroglycerides	2500 mg/kg
110	Sunset yellow FCF	300 mg/kg

Schedule – VIII (b)

(See regulations 7, 9 and 10)

List of Food Additives for Foods for Special Dietary Uses (FSDU)

INS No.	Food Additive or Group	Maximum Level
950	Acesulfame potassium	450 mg/kg
956	Alitame	300 mg/kg
304, 305	Ascorbyl Esters	500 mg/kg
951	Aspartame	1,000 mg/kg
962	Aspartame-acesulfame salt	450 mg/kg
210, 211, 212, 213	Benzoates	2,000 mg/kg
133	Brilliant blue FCF	300 mg/kg
150c	Caramel III – Ammonia process	20,000 mg/kg
150d	Caramel IV - Sulfite ammonia process	20,000 mg/kg
160a(ii)	Beta-Carotenes (vegetable)	600 mg/kg
160a(i), (iii), e, 160f	Carotenoids	300 mg/kg
472e	Diacetyltartaric and fatty acid esters of glycerol	5,000 mg/kg
163(ii)	Grape skin extract	250 mg/kg
132	Indigotine (Indigo carmine)	300 mg/kg
961	Neotame	65 mg/kg
338, 339(i)-(iii), 340(i)-(iii), 341(i)-(iii), 342(i),(ii), 343(i)-(iii), 450(i)-(iii),(v)-(vii), 451(i),(ii),452(i)-(v), 542	Phosphates	2,200 mg/kg
900a	Polydimethylsiloxane	50 mg/kg
124	Ponceau 4R (Cochineal red A)	300 mg/kg
101(i)-(iii)	Riboflavins	300 mg/kg
954(i)-(iv)	Saccharins	200 mg/kg
200-203	Sorbates	1500 mg/kg
960	Steviol Glycosides	660 mg/kg
955	Sucralose (Trichlorogalactosucrose)	400 mg/kg
110	Sunset yellow FCF	300 mg/kg

Schedule - VIII (c)

(See regulations 7, 9 and 10)

List of Food Additives for Foods for Special Medical Purpose (other than those intended for foods for infants)

INS No.	Food Additive or Group	Maximum Level
950	Acesulfame potassium	500 mg/kg
951	Aspartame	1,000 mg/kg
962	Aspartame-acesulfame salt	500 mg/kg
210 - 213	Benzoates	1,500 mg/kg
133	Brilliant blue FCF	50 mg/kg
150c	Caramel III – Ammonia process	20,000 mg/kg
150d	Caramel IV - Sulfite Ammonia Process	20,000 mg/kg
160a(ii)	beta-Carotenes (vegetable)	600 mg/kg
160a(i), (iii), e, 160f	Carotenoids	50 mg/kg
472e	Diacetyltartaric and fatty acid esters of glycerol	5,000 mg/kg
163(ii)	Grape skin extract	250 mg/kg
132	Indigotine (Indigo carmine)	50 mg/kg
961	Neotame	33 mg/kg
338, 339(i)-(iii), 340 (i)-(iii), 341(i)-(iii), 342 (i),(ii), 343(i)-(iii), 450 (i)-(iii), (v)-(vii), 451(i),(ii), 452(i)-(v), 542	Phosphates	2,200 mg/kg
900a	Polydimethylsiloxane	50 mg/kg
432 - 436	Polysorbates	1,000 mg/kg
124	Ponceau 4R (Cochineal red A)	50 mg/kg
477	Propylene glycol esters of fatty acids	5,000 mg/kg
101(i)-(iii)	Riboflavins	300 mg/kg
954 (i)-(iv)	Saccharins	200 mg/kg
200-203	Sorbates	1500 mg/kg
960	Steviol Glycosides	350 mg/kg
955	Sucralose (Trichlorogalactosucrose)	400 mg/kg
474	Sucroglycerides	5,000 mg/kg
110	Sunset yellow FCF	50 mg/kg

Schedule - VIII (d)

(See regulations 8, 9 and 10)

List of Food Additives for Foods for Special Medical Purpose (other than those intended for Infant Foods); Formula for Slimming Purposes and Weight Reduction

INS No.	Food Additive or Group	Maximum Level
950	Acesulfame potassium	450 mg/kg
304, 305	Ascorbyl Esters	500 mg/kg
951	Aspartame	800 mg/kg
962	Aspartame-acesulfame salt	450 mg/kg
210 - 213	Benzoates	1,500 mg/kg
133	Brilliant blue FCF	50 mg/kg
150c	Caramel III – Ammonia Process	20000 mg/kg
150d	Caramel IV - Sulfite Ammonia Process	20000 mg/kg
160a(ii)	Beta-Carotenes (vegetable)	600 mg/kg
160a(i), (iii), e, 160f	Carotenoids	50 mg/kg
472e	Diacetyltartaric and fatty acid esters of glycerol	5,000 mg/kg
163(ii)	Grape skin extract	250 mg/kg
132	Indigotine (Indigo carmine)	50 mg/kg
961	Neotame	33 mg/kg
338, 339(i)-(iii), 340(i)-(iii), 341(i)-(iii), 342(i),(ii), 343(i)-(iii), 450 (i)-(iii),(v)-(vii), 451(i),(ii), 452(i)-(v), 542	Phosphates	2,200 mg/kg
900a	Polydimethylsiloxane	50 mg/kg
432 - 436	Polysorbates	1,000 mg/kg
124	Ponceau 4R (Cochineal red A)	50 mg/kg
477	Propylene glycol esters of fatty acids	5,000 mg/kg
101(i)-iii)	Riboflavins	300 mg/kg
954 (i)-(iv)	Saccharins	300 mg/kg
200-203	Sorbates	1,500 mg/kg
960	Steviol Glycosides	270 mg/kg
955	Sucralose (Trichlorogalactosucrose)	320 mg/kg
474	Sucroglycerides	5,000 mg/kg
110	Sunset yellow FCF	50 mg/kg

Schedule - VIII (e)

List of Food Additives to be used for-

- (I) Nutraceuticals,
- (II) Foods for Special Dietary Uses (FSDU) (other than infants),
- (III) Foods for Special Medical Purpose (FSMP),
- (IV) Foods containing Probiotic Ingredients and Prebiotic Ingredients, and
- (V) Food Supplements (at GMP Levels)

INS No.	Additive	Functional Class
260	Acetic acid, glacial	Acidity regulator, Preservative
472a	Acetic and fatty acid esters of glycerol	Emulsifier, Sequestrant, Stabilizer
1422	Acetylated distarch adipate	Emulsifier, Stabilizer, Thickener
1417	Acetylated distarch phosphate	Emulsifier, Stabilizer, Thickener
1451	Acetylated oxidized starch	Emulsifier, Stabilizer, Thickener
1401	Acid treated starch	Emulsifier, Stabilizer, Thickener
406	Agar	Bulking agent, Carrier, Emulsifier, Gelling agent, Glazing agent, Humectant, Stabilizer, Thickener
400	Alginic acid	Bulking agent, Carrier, Emulsifier, Foaming agent, Gelling agent, Glazing agent, Humectant, Sequestrant, Stabilizer, Thickener
1402	Alkaline treated starch	Emulsifier, Stabilizer, Thickener
1100	alpha-Amylase from <i>Aspergillus oryzae</i> var.	Flour treatment agent
1100	alpha-Amylase from <i>Bacillus licheniformis</i> (Carbohydrase)	Flour treatment agent
1100	alpha-Amylase from <i>Bacillus megaterium</i> expressed in <i>Bacillus subtilis</i>	Flour treatment agent
1100	alpha-Amylase from <i>Bacillus stearothermophilus</i>	Flour treatment agent
1100	alpha-Amylase from <i>Bacillus stearothermophilus</i> expressed in <i>Bacillus subtilis</i>	Flour treatment agent
1100	alpha-Amylase from <i>Bacillus subtilis</i>	Flour treatment agent
264	Ammonium acetate	Acidity regulator
403	Ammonium alginate	Bulking agent, Carrier, Emulsifier, Foaming agent, Gelling agent, Glazing agent, Humectant, Sequestrant, Stabilizer, Thickener
503(i)	Ammonium carbonate	Acidity regulator, Raising agent
510	Ammonium chloride	Flour treatment agent
503(ii)	Ammonium hydrogen carbonate	Acidity regulator, Raising agent
527	Ammonium hydroxide	Acidity regulator
328	Ammonium lactate	Acidity regulator, Flour treatment agent
300	Ascorbic acid, L.	Acidity regulator, Anti-oxidant, Flour treatment agent

INS No.	Additive	Functional Class
162	Beet red	Colour
1403	Bleached starch	Emulsifier, Stabilizer, Thickener
1101(iii)	Bromelain Flavour enhancer	Flour treatment agent, Stabilizer
629	Calcium 5'-guanylate	Flavour enhancer
633	Calcium 5'-inosinate	Flavour enhancer
634	Calcium 5'-ribonucleotides	Flavour enhancer
263	Calcium acetate	Acidity regulator, Preservative, Stabilizer
404	Calcium alginate	Anti-foaming agent, Bulking agent, Carrier, Foaming agent, Gelling agent, Glazing agent, Humectant, Sequestrant, Stabilizer
302	Calcium ascorbate	Anti-oxidant
170(i)	Calcium carbonate	Acidity regulator, Anti-caking agent, Carrier, Firming agent, Flour treatment agent, Stabilizer
509	Calcium chloride	Firming agent, Stabilizer, Thickener
623	Calcium di-L-glutamate	Flavour enhancer
578	Calcium gluconate	Acidity regulator, Firming agent, Sequestrant
326	Calcium hydroxide	Acidity regulator, Firming agent
327	Calcium lactate	Acidity regulator, Flour treatment agent
352(ii)	Calcium malate, DL-	Acidity regulator
529	Calcium oxide	Acidity regulator, Flour treatment agent
282	Calcium propionate	Preservative
552	Calcium silicate	Stabilizer
516	Calcium sulfate	Firming agent, Flour treatment agent, Sequestrant, Stabilizer
150a	Caramel I – plain caramel	Colour
290	Carbon dioxide	Carbonating agent, Packaging gas, Preservative, Propellant
410	Carob bean gum	Emulsifier, Stabilizer, Thickener
407	Carrageenan	Bulking agent, Carrier, Emulsifier, Gelling agent, Glazing agent, Humectant, Stabilizer, Thickener
427	Cassia gum	Emulsifier, Gelling agent, Stabilizer, Thickener
140	Chlorophylls	Colour
1001	Choline salts and esters	Emulsifier
330	Citric acid	Acidity regulator, Anti-oxidant, Sequestrant
472c	Citric and fatty acid esters of glycerol	Anti-oxidant, Emulsifier, Flour treatment agent, Sequestrant, Stabilizer
468	Cross-linked sodium carboxymethyl cellulose (Crosslinked- cellulose gum)	Stabilizer, Thickener
424	Curdlan	Firming agent, Gelling agent, Stabilizer, 2001 Thickener
457	Cyclodextrin, alpha-	Stabilizer, Thickener
458	Cyclodextrin, gamma-	Stabilizer, Thickener

INS No.	Additive	Functional Class
1400	Dextrins, roasted starch	Emulsifier, Stabilizer, Thickener
628	Dipotassium 5'-guanylate	Flavour enhancer
627	Disodium 5'-guanylate	Flavour enhancer
631	Disodium 5'-inosinate	Flavour enhancer
635	Disodium 5'-ribonucleotides	Flavour enhancer
1412	Distarch phosphate	Emulsifier, Stabilizer, Thickener
315	Erythorbic Acid (Isoascorbic acid)	Anti-oxidant
968	Erythritol	Flavour enhancer, Humectant, Sweetener
462	Ethyl cellulose	Bulking agent, Carrier, Glazing agent, Thickener
467	Ethyl hydroxyethyl cellulose	Emulsifier, Stabilizer, Thickener
297	Fumaric acid	Acidity regulator
418	Gellan gum	Stabilizer, Thickener
575	Glucono delta-lactone	Acidity regulator, Raising agent, Stabilizer
1102	Glucose oxidase	Anti-oxidant
620	Glutamic acid, L(+)-	Flavour enhancer
422	Glycerol Humectant	Thickener
626	Guanylic acid, 5'-	Flavour enhancer
412	Guar gum	Emulsifier, Stabilizer, Thickener
414	Gum arabic (Acacia gum)	Bulking agent, Carrier, Emulsifier, Glazing agent, Stabilizer, Thickener
507	Hydrochloric acid	Acidity regulator
463	Hydroxypropyl cellulose	Bulking agent, Emulsifier, Foaming agent, Glazing agent, Stabilizer, Thickener
1442	Hydroxypropyl distarch phosphate	Emulsifier, Stabilizer, Thickener
464	Hydroxypropyl methyl cellulose	Emulsifier, Glazing agent, Stabilizer, Thickener
1440	Hydroxypropyl starch	Emulsifier, Stabilizer, Thickener
630	Inosinic acid, 5'	Flavour enhancer
953	Isomalt (Hydrogenated isomaltulose)	Anti-caking agent, Bulking agent, Glazing agent, Sweetener
416	Karaya gum	Emulsifier, Stabilizer, Thickener
425	Konjac flour Carrier,	Emulsifier, Gelling agent, Glazing agent, Humectant, Stabilizer, Thickener
270	Lactic acid, L-, D- and DL-	Acidity regulator
472b	Lactic and fatty acid esters of glycerol	Emulsifier, Sequestrant, Stabilizer
966	Lactitol	Emulsifier, Sequestrant, Stabilizer
322(i)	Lecithin	Anti-oxidant, Emulsifier
1104	Lipases	Stabilizer
160d(iii)	Lycopene, Blakeslea trispora	Colour

INS No.	Additive	Functional Class
160d(i)	Lycopene, synthetic	Colour
160d (ii)	Lycopene, tomato	Colour
504(i)	Magnesium carbonate	Acidity regulator, Anti-caking agent, Colour retention agent
511	Magnesium chloride	Colour retention agent, Firming agent, Preservative
625	Magnesium di-L-glutamate	Flavour enhancer
580	Magnesium gluconate	Acidity regulator, Firming agent, Flavour enhancer
528	Magnesium hydroxide	Acidity regulator, Colour retention agent
504(ii)	Magnesium hydroxide carbonate	Acidity regulator, Anti-caking agent, Carrier, Colour retention agent
329	Magnesium lactate, DL-	Acidity regulator, Flour treatment agent
530	Magnesium oxide	Anti-caking agent
553(i)	Magnesium silicate, synthetic	Anti-caking agent
518	Magnesium sulfate	Firming agent, Flavour enhancer
296	Malic acid, DL-	Acidity regulator
965(i)	Maltitol	Bulking agent, Emulsifier, Humectant, Stabilizer, Sweetener
965(ii)	Maltitol syrup	Bulking agent, Emulsifier, Humectant, Stabilizer, Sweetener
421	Mannitol	Anti-caking agent, Bulking agent, Humectant, Stabilizer, Sweetener
461	Methyl cellulose	Bulking agent, Glazing agent, Humectant, Stabilizer, Thickener
465	Methyl ethyl cellulose	Emulsifier, Gelling agent, Stabilizer, Thickener
460(i)	Microcrystalline cellulose (Cellulose gel)	Anti-caking agent, Bulking agent, Carrier, Emulsifier, Foaming agent, Glazing agent, Stabilizer, Thickener
471	Mono and di-glycerides of fatty acids	Anti-foaming agent, Emulsifier, Stabilizer
624	Monoammonium L-glutamate	Flavour enhancer
622	Monopotassium L-glutamate	Flavour enhancer
621	Monosodium L-glutamate	Flavour enhancer
1410	Monostarch phosphate	Emulsifier, Stabilizer, Thickener
941	Nitrogen	Packaging gas, Propellant
942	Nitrous oxide	Anti-oxidant, Foaming agent, Packaging gas, Propellant
1404	Oxidized starch	Emulsifier, Stabilizer, Thickener
1101(ii)	Papain	Flavour enhancer
440	Pectins	Emulsifier, Gelling agent, Stabilizer, Thickener
1413	Phosphated distarch phosphate	Emulsifier, Stabilizer, Thickener
1200	Polydextroses	Bulking agent, Glazing agent, Humectant, Stabilizer, Thickener
964	Polyglycitol syrup	Sweetener
1202	Poly vinyl pyrrolidone, insoluble	Colour retention agent, Stabilizer
632	Potassium 5'-inosinate	Flavour enhancer

INS No.	Additive	Functional Class
261	Potassium acetates	Acidity regulator, Stabilizer
402	Potassium alginate	Bulking agent, Carrier, Emulsifier, Foaming agent, Gelling agent, Glazing agent, Humectant, Sequestrant, Stabilizer, Thickener
303	Potassium ascorbate	Anti-oxidant
501(i)	Potassium carbonate	Acidity regulator, Stabilizer
508	Potassium chloride	Flavour enhancer, Gelling agent, Stabilizer, Thickener
332(i)	Potassium dihydrogen citrate	Acidity regulator, Sequestrant, Stabilizer
577	Potassium gluconate	Acidity regulator, Stabilizer
501(ii)	Potassium hydrogen carbonate	Acidity regulator, Raising agent, Stabilizer
351(i)	Potassium hydrogen malate	Acidity regulator
525	Potassium hydroxide	Acidity regulator
526	Potassium lactate	Acidity regulator, Anti-oxidant
351(ii)	Potassium malate	Acidity regulator
283	Potassium propionate	Preservative
515(i)	Potassium sulfate	Acidity regulator
460(ii)	Powdered cellulose	Anti-caking agent, Bulking agent, Carrier, Emulsifier, Foaming agent, Glazing agent, Stabilizer, Thickener
407a	Processed eucheuma seaweed (PES)	Bulking agent, Carrier, Emulsifier, Gelling agent, Glazing agent, Humectant, Stabilizer, Thickener
944	Propane	Propellant
280	Propionic acid	Preservative
1101(i)	Protease	Flavour enhancer, Flour treatment agent, 1999 Glazing agent, Stabilizer
1204	Pullulan	Glazing agent, Thickener
470(i)	Salts of myristic, palmitic and stearic acids with ammonia, calcium, potassium and sodium	Anti-caking agent, Emulsifier, Stabilizer
470(ii)	Salts of oleic acid with calcium, potassium and sodium	Anti-caking agent, Emulsifier, Stabilizer
551	Silicon di oxide, amorphous	Anti-caking agent, Anti-foaming agent, Carrier
262(i)	Sodium acetate	Acidity regulator, Preservative, Sequestrant
401	Sodium alginate	Bulking agent, Carrier, Emulsifier, Foaming agent, Gelling agent, Glazing agent, Humectant, Sequestrant, Stabilizer, Thickener
301	Sodium ascorbate	Anti-oxidant
500(i)	Sodium carbonate	Acidity regulator, Anticaking agent, Raising agent
466	Sodium carboxymethyl cellulose (Cellulose gum)	Bulking agent, Emulsifier, Firming agent, Gelling agent, Glazing agent, Humectant, Stabilizer, Thickener
469	Sodium carboxymethyl cellulose, enzymatically hydrolysed (Cellulose gum, enzymatically hydrolyzed)	Stabilizer, Thickener
331(i)	Sodium dihydrogen citrate	Acidity regulator, Emulsifier, Sequestrant, Thickener

INS No.	Additive	Functional Class
350(ii)	Sodium DL-malate	Acidity regulator, Humectant
316	Sodium erythorbate (Sodium isoascorbate)	Anti-oxidant
365	Sodium fumarates	Acidity regulator
576	Sodium gluconate	Sequestrant, Stabilizer, Thickener
500(ii)	Sodium hydrogen carbonate	Acidity regulator, Anti-caking agent, Raising agent
350(i)	Sodium hydrogen DL-malate	Acidity regulator, Humectant
514(ii)	Sodium hydrogen sulfate	Acidity regulator
524	Sodium hydroxide	Acidity regulator
325	Sodium lactate	Acidity regulator, Anti-oxidant, Bulking agent, Humectant, Thickener
281	Sodium propionate	Preservative
500(iii)	Sodium sesquicarbonate	Acidity regulator, Anti-caking agent, Raising agent
514(i)	Sodium sulfate	Acidity regulator
420(i)	Sorbitol	Bulking agent, Humectant, Sequestrant, Stabilizer, Sweetener
420(ii)	Sorbitol syrup	Bulking agent, Humectant, Sequestrant, Stabilizer, Sweetener
1420	Starch acetate	Emulsifier, Stabilizer, Thickener
1450	Starch sodium octenyl succinate	Emulsifier, Stabilizer, Thickener
1405	Starches, enzyme treated	Emulsifier, Stabilizer, Thickener
473a	Sucrose Oligoesters, Type I and Type II	Emulsifier, Stabilizer
553(iii)	Talc	Anti-caking agent, Glazing agent, Thickener
417	Tara gum	Gelling agent, Stabilizer, Thickener
957	Thaumatococcus	Flavour enhancer, Sweetener
171	Titanium dioxide	Colour
413	Tragacanth gum	Emulsifier, Stabilizer, Thickener
1518	Triacetin Carrier,	Emulsifier, Humectant
380	Triammonium citrate	Acidity regulator
333(iii)	Tricalcium citrate	Acidity regulator, Firming agent, Sequestrant, Stabilizer
332(ii)	Tripotassium citrate	Acidity regulator, Sequestrant, Stabilizer
331(iii)	Trisodium citrate	Acidity regulator, Emulsifier, Sequestrant, Stabilizer
415	Xanthan gum	Emulsifier, Gelling agent, Stabilizer, Thickener
967	Xylitol	Emulsifier, Humectant, Stabilizer, Thickener

Schedule - IX

(See regulations 5, 6, 7 and 8)

List of sources of Nutraceuticals

Sr. No.	Nutraceuticals	Levels
1	s 3A-Hydroxyetioallocholan Ethyl Ester	
2	4-Etioallocholen-3,6, 17-trione (4-Androstene-3,6,17-trione)	
3	Alfalfa (Medicago sativa)	
4	Algae Extract (Spirulina Extract)	
5	Alginate	
6	Allicin	
7	Allspice (Pimento officinalis L)	
8	Allyl sulfides	
9	Almond Powder (Prunus Amygdalusamygdalus) Seed Powder	
10	Aloe Vera	
11	Alpha Amylase	
12	Alpha Ketoglutarate	
13	Alpha mangostin	
14	Alpha-Galactosidase*	
15	Alpha-Glycerolphosphorylcholine	
16	Alpha-Lipoic Acid	
17	Amla (Indian gooseberry Emblica officinalis) Fruit	
18	Amylase *	
19	Amyloglucosidase *	
20	Anise (Aniseed, Pimpinella anisum	
21	Anthocyanin	
22	Apple (Malus domestica)	
23	Apple Cider Vinegar	
24	Arabinogalactan	
25	Arachidonic Acid£	
26	Arbutin	
27	Asparagus (Asparagus densiflorus)	
28	Astaxanthin (from <i>Haematococcus Pluvalis</i>)	Max. 4mg/day
29	Avocado (Persea americana)	
30	Azadirachtin	
31	<i>Bacillus coagulans</i> (Lactobacillus Sporogenes)	
32	Bacopa (Brahmi, Bacopa monnieri) leaf/leaf extract	
33	Banaba (Lagerstroemia speciosa L) leaf extract Banaba	
34	Barberry (Berberis vulgaris)	
35	Barley seed powder	

Sr. No.	Nutraceuticals	Levels
36	Bayberry (<i>Myrica cerifera</i>)	
37	Bayberry bark extract	
38	Beet (<i>Beta vulgaris</i>)	
39	Bergamont Citrus (<i>Bergamia Risso</i>)	
40	Polyphenolic Extract (fruit) Bergamont Citrus (<i>Citrus bergamia Risso/Bergamia Risso</i>)	
41	Beta carotene	
42	Beta Ecdysterone	
43	Beta Glucan	
44	Betaine	
45	Betainin	
46	Beta-Sitosterol	
47	Biota (<i>Biota orientalis</i>) Seed Powder	
48	Birch (<i>Betula platyphlla</i>) Bark Extract (4:1)	
49	Bitter Melon (Bitter gourd, <i>Momordica charantiacharantia</i> and fruit extract	
50	Bitter Orange (<i>Citrus aurantium</i>)	
51	Black /Green Tea extract	
52	Black Cherry (<i>Prunus serotina</i>)	
53	<i>Black cohosh extract from dried rhizomes and roots of Cimicifugaracemosa (or Actaeearacemosa). Black cohosh extract testing for total triterpene glycosides (minimum 0.4%), calculated as 23-epi-26-deoxyactein.</i>	Min. 40 mg per day Max. 200 mg. per day
54	Black Currant (<i>Ribes nigrum</i>)	
55	Black Elderberry Berries (<i>Sambucus nigra</i>)	
56	Black Pepper (<i>Piper nigrum</i>) and powder	
57	Black Radish (<i>Raphanus sativus var. niger</i>) root powder	
58	Black Rice (<i>Oryza sativa</i> Linne)	
59	Black Walnut (<i>Juglans nigra</i>)	
60	Blackberry (<i>Rubus fruticosus</i>)	
61	Blessed Thistle (<i>Cnicus benedictus</i>)	
62	Blue Cohosh (<i>Caulophyllum thalictroides</i>) root extract	
63	Blue grapes (<i>Vitis labrusca</i> and <i>Vitis vinifera</i>)	
64	Blue Green Algae (<i>Cyanobacteria</i>)	
65	Blueberry (<i>Vaccinium corymbosum</i>)	
66	Borage (<i>Borago officinalis</i>) Oil	
67	Boswellia (<i>Boswellia serrate</i>) extract	
68	Brindall Berry (Brindl Berry or Malabar tamarind <i>Garcinia gummi-gatti</i> and <i>Garcinia cambogia</i>)	
69	Broccoli (<i>Brassica oleracea</i>)	
70	Bromelain*	
71	Brown Rice	
72	Brown Seaweeds (<i>Padina pavonica</i>)	

Sr. No.	Nutraceuticals	Levels
73	Brussels Sprouts (<i>Brassica oleracea gemmifera</i>)	
74	Buckbean (Bogbean) Leaf (<i>Menyanthes trifoliata</i>)	
75	Buckwheat (<i>Fagopyrum esculentum</i>)	
76	Butternut squash (<i>Cucurbita moschata</i>), Butternut	
77	Cabbage	
78	Cacao (Chocolate) Bean Extract	
79	Caffeine	
80	Calcium- β -hydroxy β -methyl butyrate	
81	Campestanol	
82	Campesterol	
83	Canola Oil	
84	Capric Acid	
85	Caprylic Acid	
86	Carnosic Acid/Carnosine	
87	Carotenoids	
88	Carrot (<i>Daucus carota</i>)	
89	Casein	
90	Catalase*	
91	Cauliflower (<i>Brassica oleracea</i>)	
92	Cayenne Pepper (<i>Capsicum annum</i>)	
93	Celery (<i>Apium graveolens</i> L.) and celery seeds	
94	Cellulase*	
95	Chamomile <i>Matricaria chamomilla</i> (also known as <i>Matricaria recutita</i>)	
96	Chicory (<i>Cichorium intybus</i>)	
97	Chitosan	
98	Chlorella (algae)	
99	Chlorogenic acids and caffeic acid	
100	Chlorophyll	
101	Chlorophyllins	
102	Choline	
103	Chondroitin Sulfate	
104	Chymotrypsin*	
105	Citrulline	
106	Citrus naringenin	
107	Citrus naringinine	
108	Citrus Peel	
109	Clove (<i>Syzygium aromaticum</i>) and clove oil	
110	Cocoa Bean/Nut/Seed	
111	Coenzyme Q10	

Sr. No.	Nutraceuticals	Levels
112	Coffee seed extract	
113	Collagen	
114	Colostrum (Buffalo and Cow)	
115	Conjugated Linoleic Acid Concentrate (from Safflower Oil))	
116	Coriander seed /leaf and extracts	
117	Cranberry (<i>Vaccinium oxycoccos</i>)	
118	Creatine	
119	Crustacean shells	
120	Cumin (<i>Cuminum cyminum</i> L)	
121	Curcumin	
122	<i>Cyperus papyrus</i> for herbal salt	
123	Dehydroepiandrosterone (DHEA)	
124	7-Keto DHEA (7-oxo-dehydroepiandrosteron)	
125	Diastase*	
126	Dill (<i>Anethum graveolens</i> L.) seeds and oil	
127	D-Pinitol	
128	D-Ribose	
129	Dunaliella	
130	<i>Echinacea</i> (<i>E. angustifolia</i> , <i>E. purpurea</i> , and <i>E. pallida</i>). The extracts may be tested for content of alkamides (0.25 mg/ml) and cichoric acid (2.5 mg/ml), if the extract used is in liquid form. In case of Hydroethanolic <i>Echinacea</i> 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.	Max. 900 mg per day
131	Elderberry (<i>Sambucus nigra</i>) and extract	
132	Ellagic acid	
133	English Chamomile	
134	English Ivy (<i>Hedera helix</i>) Leaf Extract	
135	<i>Ephedra sinica</i> (Ma Huang)	
136	Tea catechins (Epigallocatechin gallate, Epicatechin, catechin gallates	
137	Eriocitrin (from Citrus fruit)	
138	Ethylenediaminetetraacetic Acid EDTA (EDTA as Ethylenediaminetetraacetic Acid)	
139	Eucalyptus	
140	Evening Primrose Oil	
141	Fennel (<i>Foeniculum vulgare</i>) seeds	
142	Fenugreek (<i>Trigonella foenum-graecum</i>)	
143	Fish Oil	
144	Flavonoids / flavones	
145	Flaxseed (<i>Linum usitatissimum</i>) and Flaxseed oil	
146	Folic Acid (Folate)	

Sr. No.	Nutraceuticals	Levels
147	Fructooligosaccharides (FOS)	
148	Fumaric Acid	
149	Gamma-Aminobutyric Acid (GABA)	
150	Gallic Acid	
151	Galactomannan	
152	α -galactosidase*	
153	Gamma-Oryzanol	
154	Garlic (<i>Allium sativum</i>)	
155	Gelatin	
156	Gelatin, hydrolysate	
157	Ivy gourd (<i>Coccoloba grandis</i> (L.) Voigt) extract	
158	Ginger (<i>Zingiber officinale</i>)	
159	Gingerol	
160	Ginkgo biloba	
161	Ginseng (American, Asian, Indian,)	
162	Gamma-Linoleic Acid (GLA)	
163	Globe Artichoke (<i>Cynara cardunculus</i> var. <i>scolymus</i>)	
164	Glucoamylase*	
165	Glucomannan	
166	Glucosamine	
167	Glucose (from corn syrup)	
168	Glutathione	
169	Glycerin	
170	Glycero Phospho Choline	
171	Glyceryl monostearate	
172	Goji berry (Wolfberry, <i>Lycium eleagnus</i>)	
173	Gotu Kola (<i>Centella asiatica</i>)	
174	Grape (<i>Vitis vinefera</i>)	
175	Grape Seed Extract	
176	Grapefruit (<i>Citrus paradisi</i>)	
177	Green cabbage (<i>Brassica oleracea</i> L. var. <i>capitata</i> L. f. <i>alba</i> DC.)	
178	Green Pepper	
179	Green Tea	
180	Green tea extract	
181	Guar Gum	
182	Guava Leaf Extract (<i>Psidium guajava</i>)	
183	Guava flavonols	
184	Guggul	
185	Gum acacia (standardized, wild-crafted gum arabic)	
186	Hemicellulase*	

Sr. No.	Nutraceuticals	Levels
187	Hesperidin	
188	Holy Basil (Tulasi, Ocimum tenuiflorum/Ocimum sanctum)	
189	Honey	
190	Hoodia (Hoodia gordonii)	
191	Hops (Humulus lupulus L)	
192	Hyaluronic Acid	
193	Hydroxycitric Acid	
194	Inosine	
195	Inosine Phosphate	
196	Inositol	
197	Inula (Inula racemosa) root extract	
198	Inulin	
199	Invertase*	
200	Iodine as iodate	
201	Isoflavones (Genistein, daidzein)	
202	Kale or borecole (Brassica oleracea Acephala Group)	
203	Kelp (Brown algae)	
204	Krill Oil	
205	Lactalbumin	
206	Lactase (β -galactosidase) *	Min. 3000 IU (or FCC units) per day Max. 9000 IU (or FCC units) per day.
207	Lactoferrin	
208	Lactoperoxidase*	
209	Lauric Acid	
210	Lavender (Lavandula angustifolia) oil	
211	Lecithin	
212	Edible Legumes (seed powder), legume proteins (protein isolates/ concentrates/ hydrolysates)	
213	Lemon Grass (Cymbopogon citratus)	
214	Lemon Juice	
215	Lemon Peel/Oil	
216	L-Essential Amino Acid Blend (essential)	
217	Licorice	
218	Lignans	
219	Lime	
220	Lipase*	
221	Lithium	
222	Long Pepper (Pippali, Piper longum)	

Sr. No.	Nutraceuticals	Levels
223	Lutein	
224	Lutein/Zeaxanthin Complex	
225	Lychee Extract (<i>Litchi chinensis</i>)	
226	Lycopene	
227	Maitake Mushroom (<i>Grifola frondosa</i>)	
228	Malic Acid	
229	Maltase	
230	Maltol	
231	Manganese	
232	Manga rosa	
233	Mango	
234	Mangosteen (<i>Garcinia mangostana</i>)	
235	Marigold (<i>Tagetes</i> sp)	
236	Mace	
237	Medium chain triglycerides	
238	Melatonin	
239	Microcrystalline Cellulose	
240	Millets and their protein isolates	
241	Moringa (<i>Moringa oleifera</i>) leaf powder	
242	Mulberry Tea	
243	Mustard (<i>Brassica napus</i>)	
244	N-Acetyl D-Glucosamine	
245	Nattokinase enzyme (as Soy Bean Fibrinase)	
246	Neem (<i>Azadirachta indica</i>) leaf powder	
247	Noni (<i>Morinda citrifolia</i>)	
248	Noni extract	
249	Plant sterols/ stenols	
250	Nutmeg (<i>Monodora myristica</i> (Gaertn.) Dunal)	
251	Oats (<i>Avena sativa</i>) and oatbran	
252	Okra (Lady's finger, <i>Abelmoschus esculentus</i>)	
253	Olive oil	
254	Omega-3 fatty acids (Docosahexaenoic acid - Eicosapentaenoic acid - alpha - Linolenic acid)	
255	Omega-6-fatty acids (Linoleic acid Arachidonic acid and Conjugated linoleic acid)	
256	Onion (<i>Allium cepa</i>)	
257	Orange Juice	
258	Oregano (<i>Origanum vulgare</i>)	
259	Freeze-Dried Banana Powder	
260	Oyster	

Sr. No.	Nutraceuticals	Levels
261	Para-Aminobenzoic Acid (PABA)	
262	Pancreatin*	
263	Pancrelipase*	
264	Papain*	
265	Papaya (<i>Caricus papaya</i>)	
266	Parsley (<i>Petroselinum crispum</i>)	
267	Passion Flower (<i>Passiflora foetida</i>)	
268	Pea (<i>Pisum sativum</i>)	
269	Pectin	
270	Peppermint	
271	Pepsin	
272	Phellodendron (<i>Phellodendron amurense</i>) leaf oil	
273	Phosphatides/Phospholipids	
274	<i>Phycocynin Spirulinaplantesis (Aethrospiraplantesis)</i> with the composition: Protein: 50-70 %; Carbohydrates: 20-40%; Minerals (Ash): 5.0 – 15%; Moisture: 3.0 – 6.0 %	Min. 50 mg per day Max. 250 mg per day
275	<i>Phyllanthus amarus (Phyllanthus niruri)</i>	
276	Phytase*	
277	Phytosterols	
278	<i>Picrorhiza (Picrorhiza kurroa)</i>	
279	Pine Nut (<i>Pinus gerardiana</i>)/Bark	
280	Pineapple	
281	Piperine	
282	Plant Squalene	
283	Plantain	
284	Plum	
285	Policosanol	
286	Polyphenols	
287	Pomegranate (<i>Punica granatum</i>)	
288	Pomelo (<i>Citrus. Maxima</i>)	
289	Poppy seeds	
290	Potassium	
291	Protease	
292	Prune	
293	<i>Psyllium (Ispaghula) seed husk</i>	
294	Pullulan	
295	Pumpkin Seed Oil/Meal	
296	Quassia from Simarouba	
297	Quercetin obtained from extracts of citrus fruits and other vegetables	Max. 100 mg per day
298	Raisins	

Sr. No.	Nutraceuticals	Levels
299	Raspberry	
300	Red cabbage (<i>B. oleracea</i> L. var. <i>capitata</i> L. f. <i>rubra</i> (L.) Thell)	
301	Red Wine Extract/Concentrate	
302	Red Yeast Rice	
303	Rennet*	
304	Resveratrol	
305	Rhodiola (Tibetan Ginseng)	
306	Rhododendron (<i>Rhododendron arboretum</i>) juice	
307	Rhubarb (<i>Rheum rhabarbarum</i>)	
308	Rice Bran	
309	Rice Bran Arabinoxylan Compound	
310	Rice Bran Oil	
311	RNA (Ribonucleic Acid)	
312	Rose Hips	
313	Rosemary (<i>Rosmarinus officinalis</i>)	
314	Royal Jelly	
315	Rutin	
316	Rutin (flavonol glycoside)	
317	Safflower	
318	Safflower oil	
319	Sage (<i>Salvia officinalis</i>)	
320	Sarsaparilla (<i>Aralia nudicaulis</i>)	
321	Savoy cabbage (<i>B. oleracea</i> L. var. <i>sabauda</i> L.)	
322	Sea Buckthorn oil (<i>Hippophae rhamnoides</i>)	
323	Sea Cucumber	
324	Sesame and sesemame polyphenols	
325	Shark Cartilage/Squalene Oil	
326	Shiitake Mushroom	
327	Soluble fiber	
328	Soy Bran	
329	Soy Protein	
330	Soy Sprouts	
331	Soya protein isolate/ edible legume seed protein isolate	
332	Soyabean (<i>Glycine max</i>)	
333	Soybean Oil	
334	Spearmint	
335	Spinach (<i>Amaranthus tricolor</i>)	

Sr. No.	Nutraceuticals	Levels
336	Spirulina (algae) from Spirulina platensis (Arthrospira platensis) (Protein (Minimum)-55 % (for spirulina only), Carbohydrates (Maximum)-30%, Fats (lipid) – not more than 10.0%, Minerals (Ash)-5.0 - 10%, Moisture-3.0 – 6.0 % (Also fatty acid profile to be mentioned on the package)	
337	St. Johns Wort (Hypericum perforatum)	
338	Stevia	
339	Stigmasterol	
340	Strawberry	
341	Succinic Acid	
342	Sucrase*	
343	Sunflower Seed Oil	
344	Superoxide Dismutase (SOD) *	
345	Tannins Å	
346	Tagatose	
347	Taurine	
348	Tea Catechins	
349	Terminalia (Behada, Harada, Terminalia arjuna) Bark Extract (standardized 10:1 Extract)	
350	Theanine	
351	Theobromine	
352	Theaflavin	
353	Titanium Dioxide	
354	Tocopherols	
355	Tomato (Solanum lycopersicum)	
356	True Cinnamon (Cinnamomum verum)	
357	Trypsin*	
358	Turmeric (Curcuma longa)	
359	Turnip	
360	Watercress (Nasturtium officinale)	
361	Wheat (Triticum aestivum) Bran	
362	Wheat Grass	
363	Wheat Germ	
364	Wheat Grass Juice Powder (Triticum aestivum)	
365	Wheat Sprouts	
366	Xylitol	
367	Yak Milk	
368	Yeast	
369	Zeaxanthin	
370	Milk Thistle (Silybummarianum) 70%; Granular Native Extract: 90%; Excipients: Gum Arabic: 10%; Final Extraction ratio: 20:1; Solvent(s): Ethenol: 80%,Water: 20%.	

Sr. No.	Nutraceuticals	Levels
371	Carboxymethyl Starch (Sodium Starch Glycolate)	-
372	Selenium Yeast	
373	<i>CoQ10 (ubiquinone and ubiquinol) from non GM source</i>	Min. 100 mg per day Max. 1000 mg per day.
374	<i>Bilberry extract containing Lutein from Vaccinium myrtilloides (to be tested for lutein content)</i>	Min 50 mg per day Max 600 mg per day
375	<i>Citrus Bioflavonoids (Citrus x paradisi, Citrus reticulata x maxima, C. x sinensis and Citrus limon)</i>	Min 150 mg per day Max 600 mg per day
376	Panax ginseng (Syn; Korean Ginseng) - Ginseng extract (obtained from 0.6 to 2.0 gm of Ginseng root, (<i>Panax ginseng</i> , C. A. Meyer, Araliaceae) and to be tested for Ginsenoside content ranging from 0.7 to 3%.	Min 90 mg per day Max 400 mg per day.
377	Siberian ginseng- Ginseng extract obtained from 0.6 to 2.0 gm of Ginseng root (<i>Acanthopanax senticosus</i> , belonging to panax type, C. A. Meyer, Araliaceae) and to be tested for ginsenosides.	Min 100 mg per day Max 450 mg per day.
378	<i>Ginkgo biloba extract obtained from dried leaves of Ginkgo (Ginkgo biloba, L.). Ginkgo biloba extract testing for 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.</i>	Min 120 mg per day Max 240 mg per day

Note: *Enzymes

Schedule - X
(See regulation 10)
List of Strains as Probiotics (Live Micro-organisms)

Sr. No.	Strains
1	<i>Lactobacillus acidophilus</i>
2	<i>Lactobacillus planatum</i>
3	<i>Lactobacillus reuteri</i>
4	<i>Lactobacillus rhamnosus</i>
5	<i>Lactobacillus salivarius</i>
6	<i>Lactobacillus casei</i>
7	<i>Lactobasillus brevis</i>
8	<i>Lactobacillus infantis</i>
9	<i>Lactobacillus johnsonii</i>
10	<i>Lactobacillus bulgaricans</i>
11	<i>Lactobacillus asporogenes</i>
12	<i>Lactobacillus fermentis</i>
13	<i>Lactobacillus caucasicus</i>
14	<i>Lactobacillus helvetucs</i>
15	<i>Lactobacillus lactis</i>
16	<i>Lactobacillus amylovorus</i>
17	<i>Lactobacillus gallanarum</i>
18	<i>Lactobacillus debrueckii</i>
19	<i>Bifidobacterium bifidum</i>
20	<i>Bifidobacterium lactis</i>
21	<i>Bifidobacterium breve</i>
22	<i>Bifidobacterium longum</i>
23	<i>Bifidbacterium animalis</i>
24	<i>Bifidbacterium infontis</i>
25	<i>Streptococcus thermophilus</i>
26	<i>Streptococcus bouraldi</i>
27	<i>Saccharomyces species (as in codex)</i>

PS: These organisms may be used either singly or in combination but must be declared on the label with full information and has to be non-GMO.

Schedule - XI
(See regulation 11)
List of Prebiotic Compounds

Sr. No.	Prebiotic Compounds
1	Polydextrose
2	Soybean Oligosaccharides
3	Isomalto-oligosaccharides
4	Fructo-oligosaccharides
5	Gluco-oligosaccharides
6	Xylo-oligosaccharides
7	Inulin
8	Isomaltulose
9	Gentio-oligosaccharides
10	Lactulose
11	Lactoferrin
12	Sugar alcohols such as lactitol, sorbitol, maltitol, <i>etc.</i>

[F. No.1-4/Nutraceuticals/FSSAI-2013]

(Yudhvir Singh Malik)
Chief Executive Officer