

## **List of plants and plant parts unsuitable for use in food (VOLM)**

Latest update June -05

### *Introduction*

Plants and plant parts which at one time were not used in food can now be found in, for example, health preparations and dietary supplements. Since plants frequently contain substances which are hazardous to people's health, there is a need to gather information on which plants and plant parts are not suitable for use in food. The aim of this list is to meet that need.

The list covers plants and plant parts which, for one reason or another, are unsuitable for use in food. Apart from what people normally eat, products such as health food products, dietary supplements and health preparations also fall under the category of food. Products excluded from the term "food" and hence this list are medicines, natural medicines and those health preparations classified as natural medicines or homeopathic products. The content of some of the plants in health products can lead to them being classified as medicines.

The list is based on toxicological evaluations carried out by the National Food Administration after receiving questions about various plants. The evaluations have been focussed on the use of these plants as foods or as food ingredients.

The list is designed to be an aid to all those involved in the area of food. It should make it easier for producers, importers and traders to meet food legislation requirements regarding food composition, provide support for food inspectors when carrying out controls and help consumers to choose safe products.

### *The list is not exhaustive*

The reader should bear in mind that there are plants and plant parts which, while not included in the list, may nonetheless be unsuitable for use in food. The National Food Administration has not as yet had cause to evaluate all plants contained in foods. Nor has it evaluated plants which, either traditionally or by experience, are known for their toxicity or their euphoria-inducing or hallucinogenic effects and which are assumed not be contained in foodstuffs. *The fact that a plant is not on the list does not necessarily mean it is safe.* The idea is to add to the list as new evaluations are carried out.

The list also includes a number of substances which, apart from the fact that they are considered unsuitable for use in food, are also classed as narcotic substances.

#### *The National Food Administration's assessments*

Those plants and plant parts which have been included in the list have been judged to be unsuitable for use in food (i.e. the list is a so-called negative list). There can be several reasons for arriving at this conclusion, e.g. that a substance found in a given plant is hazardous to the health and therefore has a negative effect on the body.

A plant's negative effect on the body varies depending on how much of it is consumed and how it has been used. The risk of harm is, however, so great in most cases *that food containing such a plant can be assumed to be unfit for human consumption*. The Food Administration has carried out its assessments taking into account these factors. Such assessments do, however, have to be done on a case-by-case basis.

In cases where only certain parts of a plant are considered unsuitable, this is indicated in the list.

#### *How to read the list*

The list is divided into 3 columns:

*Column 1.* The name of the plant. Plants are listed in alphabetical order and both the Latin and Swedish names are given. Names in brackets are Latin synonyms. The main reference work used for Latin variety names is Zander, *Handwörterbuch der Pflanzennamen*, 16<sup>th</sup> edition and Svensk kulturväxtdatabas (SKUD) a national internetdatabase with the following address:

[http://skud.ngb.se/index.php?option=com\\_frontpage&Itemid=1..](http://skud.ngb.se/index.php?option=com_frontpage&Itemid=1..)

In some cases use has also been made of Mabberley, *The Plant Book*, 2<sup>nd</sup> edition.

*Column 2.* Swedish plant name and Swedish synonyms. The commercial name or foreign name (including the country concerned) is also given if that is what the plant is most commonly known by or if there is no Swedish name.

*Column 3.* Comments and references. Comments and references are given after the plant's Latin name. If there is no comment, the assessment applies to the whole plant. Where appropriate, there is an indication of which part of the plant

has been deemed unsuitable for use in food. In cases where column 1 contains the Swedish or foreign name, there is a reference to the plant's Latin name.

## List of plants and plant parts unsuitable for use in food (VOLM)

<i>Column 1</i>	<i>Column 2</i>	<i>Column 3</i>
<b>Plant names in alphabetical order</b> Latin and Swedish names, [latin synonyms in parenthesis]	<b>Swedish plant names, Swedish synonyms</b> Commercial name or name in other language, if there is no Swedish name.	<b>Comments and references</b> If there is no comment, the assessment applies to the whole plant. In cases where column 1 contains the Swedish or foreign name, there is a reference to the plant's Latin name.
<i>Aconitum</i> species	Stormhatt species, e.g. stormhatt	
<i>Acorus calamus</i> L.	Kalmus, kalmusrot	
Alruna		See <i>Mandragora officinarum</i> L.
Amerikansk änglatrumpet		See <i>Datura</i> species
<i>Anadenanthera peregrina</i> L.	Yopo, Niopo	
[ <i>Anemone hepatica</i> L.]	Blåsippa	See <i>Hepatica nobilis</i> (Schreb.) Garsault
[ <i>Anemone pulsatilla</i> L.]	Backsippa	See <i>Pulsatilla vulgaris</i> Miller
<i>Aristolochia</i> species	<i>Aristolochia</i> species, e.g. hålot, pipranka	
<i>Arnica montana</i> L.	Slättergubbe, hästfibbla, arnika	
Arnika		See <i>Arnica montana</i> L.
<i>Asarum europaeum</i> L.	Hasselört	
<i>Atropa bella-donna</i> L.	Belladonna	
Australian tea tree (English name)		See <i>Melaleuca alternifolia</i>
Backsippa		See <i>Pulsatilla vulgaris</i> Miller
Belladonna		See <i>Atropa bella-donna</i> L.
Berberis		See <i>Berberis vulgaris</i> L.
<i>Berberis vulgaris</i> L.	Berberis	The assessment applies to bark and root.
Besksöta		See <i>Solanum dulcamara</i> L.
Bittersöta		See <i>Solanum dulcamara</i> L.
Blomman för dagen		See <i>Ipomoea tricolor</i> Cav.
Blåsippa		See <i>Hepatica nobilis</i> (Schreb.) Garsault
Bolmört		See <i>Hyoscyamus niger</i> L.
<i>Bryonia alba</i> L.	Hundrova	The assessment applies to root and berries.
Burzeldorn (German name)		See <i>Tribulus terrestris</i>
[ <i>Cambogia gutta</i> L.]	-	See <i>Garcinia cambogia</i> Desr.
<i>Cannabis sativa</i> L.	Hampa	The assessment does not apply to seeds.
<i>Catha edulis</i> (Vahl)forssk. Ex Endl.	Khat	
<i>Catharantus</i> species	Cahtarantusspecies, e.g. rosensköna	
<i>Chelidonium majus</i> L.	Skelört, stor svalört, revormsgräs	
[ <i>Cephaelis ipecacuanha</i> (Brot.) och <i>C. acuminata</i> Karst.]	Ipecacuanha, kräkrot	See <i>Psychotria ipecacuanha</i> (Brot.) Stokes och <i>P. acuminata</i> Benth.
<i>Chenopodium ambrosioides</i> L var. <i>Anthelminticum</i> (L.) A.Gray	Maskmålla	
<i>Chrysanthemum vulgare</i> (L.) Bernh. [ <i>Tanacetum vulgare</i> L.]	Renfana	

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<i>Citrus aurantium</i> L.	Pomerans	The assessment applies only to extracts containing synephrine.
Coca		See <i>Erythroxylum coca</i> Lam. and <i>Erythroxylum novogratense</i> (Morris) Hieron
<i>Colchicum autumnale</i> L.	Tidlösa, nakna jungfrun, hösttidlösa	
[ <i>Coleus forskohlii</i> (Willd.) Brig.]	Makandi	See <i>Plectranthus barbatus</i>
<i>Convallaria majalis</i> L.	Liljekonvalje	
<i>Cynoglossum officinale</i> L.	Hundtunga, munklöss	
<i>Daphne mezereum</i> L.	Tibast, källarhals	
<i>Datura</i> species, e.g. <i>Datura stramonium</i> L. <i>D. ferox</i> <i>D. innoxia</i>	<i>Datura</i> arter, ex.vis Spikklubba Änglakornett Amerikansk änglatrumpet	
<i>Digitalis</i> species	<i>Digitalis</i> species e.g. fingerborgsblomma	
<i>Dryopteris filix-mas</i> (L) Schott	Träjon	
<i>Echinacea angustifolia</i> DC	Rudbeckia, solhatt	The plant is found in natural remedies which have been authorised by the Medical Products Agency.
<i>Echinacea purpurea</i> (L.) Moench	Röd rudbeckia, röd solhatt	The plant is found in natural remedies which have been authorised by the Medical Products Agency.
Efedra		See <i>Ephedra</i> species
<i>Ephedra</i> species, e.g. <i>Ephedra sinica</i>	Efedra species Ma Huang	
<i>Epimedium sagittatum</i> (Sieb. et Zucc.) Maxim	Horny goat weed (English name) Yin yang huo (Chinese name)	
<i>Erythroxylum coca</i> Lam.	Koka, coca	
<i>Erythroxylum novogratense</i> (Morris) Hieron	Koka, coca	
Fingerborgsblomma		See <i>Digitalis</i> arter
Fotblad		<i>Podophyllum peltatum</i> L. and <i>P. Hexandrum</i> Royle
<i>Garcinia cambogia</i> Desr. [ <i>Cambogia gutta</i> L.]	-	
Getrams		See <i>Polygonatum odoratum</i> (Mill) Druce
<i>Ginkgo biloba</i> L.	-	The plant is found in natural remedies which have been authorised by the Medical Products Agency.
Goldenseal		See <i>Hydrastis canadensis</i> L.

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Gubbört		See <i>Senecio vulgaris</i> L.
Hampa		See <i>Cannabis sativa</i> L.
Hasselört		See <i>Asarum europaeum</i> L.
<i>Hepatica nobilis</i> (Schreb.) Garsault [ <i>Anemone hepatica</i> L.]	Blåsippa	
Horny goat weed (English name)		See <i>Epimedium sagittatum</i>
Huanglian (Chinese name)		See <i>Hydrastis canadensis</i> L.
Hundrova		See <i>Bryonia alba</i> L.
Hundtunga		See <i>Cynoglossum officinale</i> L.
<i>Hydrastis canadensis</i> L.	Goldenseal (English name), Huanglian (Chinese name)	
<i>Hyoscyamus niger</i> L.	Bolmört	
Hålrot		See <i>Aristolochia arter</i>
Hästfibbla		See <i>Arnica montana</i> L.
Hästhov		See <i>Tussilago farfara</i> L.
Hösttidlösa		See <i>Colchicum autumnale</i> L.
Idegran		See <i>Taxus baccata</i> L.
<i>Illicium anisatum</i> L. [ <i>I. lanceolatum</i> LC Smith, <i>I. religiosum</i> Siebold et Zuch.]	Japansk stjärnanis (1) (should not be confused with kinesisk stjärnanis, <i>Illicium verum</i> Hook., another species that is used as a spice.)	
Ipecacuanha		See <i>Psychotria ipecacuanha</i> (Brot.) Stokes and <i>P. acuminata</i> Benth.
<i>Ipomoea tricolor</i> Cav. [ <i>I. violoaceae</i> aukt non (L.), <i>I. rubrocaerulea</i> Hook.]	Blomman för dagen	
Japansk stjärnanis		See <i>Illicium anisatum</i> L.
Johimbe		See <i>Pausinystalia johimbe</i> (K.Schum.) Pierre ex Beille
<i>Juniperus sabina</i> L.	Sävenbom	
Kalmus, kalmusrot		See <i>Acorum calamus</i> L.
Kava kava		See <i>Piper methysticum</i> Forster
Khat		See <i>Catha edulis</i> (Vahl)forssk. Ex Endl.
Koka		See <i>Erythroxylum coca</i> Lam. and <i>Erythroxylum novogratense</i> (Morris) Hieron
Korsört		See <i>Senecio vulgaris</i> L.
Krapp		See <i>Rubia tinctorum</i> L.
Kräkrot		See <i>Psychotria ipecacuanha</i> (Brot.) Stokes and <i>P. acuminata</i> Benth.
Kvesved		See <i>Solanum dulcamara</i> L.
Källarhals		See <i>Daphne mezereum</i> L.
Liljekonvalj		See <i>Convallaria majalis</i> L.

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Ma Huang		See <i>Ephedra</i> species
Makandi		See <i>Plectranthus barbatus</i>
Mandragora		See <i>Mandragora officinarum</i> L.
<i>Mandragora officinarum</i> L. [ <i>M. acaulis</i> Gertn., <i>M. vernalis</i> Bertol.]	Alruna, mandragora	
Maskmålla		See <i>Chenopodium ambrosioides</i> L var. <i>anthelminticum</i> (L.) A.Gray
<i>Melaleuca alternifolia</i> (Maiden& Beche) Scheel	Australian tea tree (English name)	The assessment applies to oil from the leaves. The leaf oil is found in natural remedies for external use, which have been authorised by the Medical Products Agency.
Mistel		See <i>Viscum album</i> L.
Muiru puama		See <i>Ptychopetalum olacoides</i> Benth.
Munklöss		See <i>Cynoglossum officinale</i> L.
Nakna jungfrun		See <i>Colchicum autumnale</i> L.
Nattskatta		See <i>Solanum nigrum</i> L.
<i>Nicotiana</i> L.	Tobaks släktet	
Niopo		See <i>Anadenanthera peregrina</i> L.
Ormbär		See <i>Paris quadrifolia</i> L.
<i>Paris quadrifolia</i> L.	Ormbär	
<i>Pausinystalia johimbe</i> (K.Schum.) Pierre ex Beille	Johimbe, yohimbe	
<i>Peganum harmala</i> L.	Syrian rue (English name)	
Pestilensrot		See <i>Petasites hybridus</i> (L) Gaertn.
Pestilleört		See <i>Petasites hybridus</i> (L) Gaertn.
Pestskråp		See <i>Petasites hybridus</i> (L) Gaertn.
<i>Petasites hybridus</i> (L) Gaertn.	Pestskråp, pestilensrot, pestilleört	
<i>Phytolacca americana</i> L.	Pokeweed (English name)	
<i>Piper methysticum</i> Forster	Kava kava	
Pipranka		See <i>Aristolochia</i> species
<i>Plectranthus barbatus</i> var. Grandis (L.H.Cramer) Lukhoba & A.J.Paton [ <i>Coleus forskohlii</i> (Willd.) Brig.]	Makandi	
<i>Podophyllum peltatum</i> L. och <i>P. Hexandrum</i> Royle	Fotblad	
Pokeweed (English name)		See <i>Phytolacca americana</i>

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<i>Polygonatum odoratum</i> (Mill) Druce	Getrams	
Pomerans		See <i>Citrus aurantium</i> L.
<i>Psychotria ipecacuanha</i> (Brot.) Stokes and <i>P. acuminata</i> Benth. [ <i>Cephaelis ipecacuanha</i> (Brot.) och <i>C. acuminata</i> Karst.]	Ipecacuanha, kräkrot	
<i>Ptychopetalum olacoides</i> Benth.	Muira puama	
<i>Pulsatilla vulgaris</i> Miller [ <i>Anemone pulsatilla</i> L.]	Backsippa	
Puncturevine (English name)		See <i>Tribulus terrestris</i>
Renfana		See <i>Chrysanthemum vulgare</i> (L.) Bernh.
Revormsgräs		See <i>Chelidonium majus</i> L.
Rosensköna		See <i>Catharantus</i> arter
<i>Rubia tinctorum</i> L.	Krapp	The assessment applies to root.
Rudbeckia		See <i>Echinacea angustifolia</i> DC
<i>Ruta graveolens</i> L.	Vinruta	
Rävkaka		See <i>Strychnos vux-vomica</i> L.
Rävkaketråd		See <i>Strychnos vux-vomica</i> L.
Röd rudbeckia		See <i>Echinacea purpurea</i> (L.) Moench
Röd solhatt		See <i>Echinacea purpurea</i> (L.) Moench
<i>Salvia divinorum</i> Epl.&Jätiva	-	
Sassafras		See <i>Sassafras albidum</i> (Nutt) Nees
<i>Sassafras albidum</i> (Nutt) Nees	Sassafras	
<i>Senecio</i> arter, <i>Senecio vulgaris</i> L. m.fl.	Korsört, gubbört	
Singröna		See <i>Vinca minor</i> L.
Sjölök		See <i>Urginea maritima</i> (L.) Bak.
Skelört		See <i>Chelidonium majus</i> L.
Slättergubbe		See <i>Arnica montana</i> L.
<i>Solanum dulcamara</i> L	Besksöta, kvesved, bittersöta	
<i>Solanum nigrum</i> L.	Nattskatta	
Solhatt		See <i>Echinacea angustifolia</i> DC
Spikklubba		See <i>Datura</i> arter
Stor svalört		See <i>Chelidonium majus</i> L.
Stormhattarter, stormhatt m. fl.		See <i>Aconitum</i> arter
<i>Strychnos vux-vomica</i> L.	Rävkaketråd, rävkaka	
<i>Symphytum</i> arter, <i>Symphytum officinale</i> L. m.fl.	Vallört, äkta vallört	
Syrian rue (English name)		See <i>Peganum harmala</i> L.
Sävenbom		See <i>Juniperus sabina</i> L.

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[ <i>Tanacetum vulgare</i> L.]	Renfana	See <i>Chrysanthemum vulgare</i> (L.) Bernh.
<i>Taxus baccata</i> L.	Idegran	
<i>Teucrium chamaedris</i> L.	Ädelgamander Wall germander (English name)	
Tibast		See <i>Daphne mezereum</i> L.
Tidlösa		See <i>Colchicum autumnale</i> L.
Träjon		See <i>Dryopteris filix-mas</i> (L.) Schott
Tobaks släktet		See <i>Nicotiana</i> L.
<i>Tribulus terrestris</i> L.	Puncturevine (English name) Burzeldorn (German name)	
Trädgårdsvintergröna		See <i>Vinca minor</i> L.
Tussilago		See <i>Tussilago farfara</i> L.
<i>Tussilago farfara</i> L.	Tussilago, hästhov	
<i>Urginea maritima</i> (L.) Bak.	Sjölök	
Vallört		See <i>Symphytum officinale</i> L.
<i>Veratrum album</i> L.	Vit prustrot, vit nysrot	
<i>Vinca minor</i> L.	Vintergröna, singlaröna, trädgårdsvintergröna	
Vinruta		See <i>Ruta graveolens</i> L.
Vintergröna		See <i>Vinca minor</i> L.
<i>Viscum album</i> L.	Mistel	
Vit nysrot		See <i>Veratrum album</i> L.
Vit prutsrot		See <i>Veratrum album</i> L.
Wall germander (English name)		See <i>Teucrium chamaedris</i> L.
Yin yang huo (Chinese name)		See <i>Epimedium sagittatum</i>
Yohimbe		See <i>Pausinystalia johimbe</i> (K.Schum.) Pierre ex Beille
Yopo		See <i>Anadenanthera peregrina</i> L.
Ädelgamander		See <i>Teucrium chamaedris</i> L.
Änglakornett		See <i>Datura</i> species
Äkta vallört		See <i>Symphytum officinale</i> L.

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