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Guidance

Banned and restricted herbal ingredients

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An alphabetical list of herbal ingredients which are subject to various restrictions in the UK. Some herbal ingredients are subject to more than one set of restrictions.

The Medicines and Healthcare products Regulatory Agency (MHRA) has made every effort to make sure that the information in this document is correct. However, it is the responsibility of manufacturers, wholesale dealers, importers and anyone placing medicinal products on the market to ensure that they comply with the law.

MHRA does not accept liability for any inaccuracies in this document or the absence of any information as this document is guidance only.

Legislation

Legal provision	Main effect
<p>The Medicines (Aristolochia and Mu Tong etc.) (Prohibition) Order 2001 SI 1841 (http://www.legislation.gov.uk/ukSI/2001/1841/made)</p>	<p>Not permissible to manufacture, import, sell or supply any unlicensed medicine in the UK which contains the named herbal ingredients. See Annex 1 which explains in more detail the provisions relating to all Aristolochia and ingredients at risk of confusion with Aristolochia species.</p>
<p>The Human Use Regulations 2012 Regulation 214 (http://www.legislation.gov.uk/ukSI/1997/1830/contents/made)</p>	<p>Prescription Only Medicines (POMs) can only be made available via a prescription from a registered doctor or dentist.</p>
<p>The Human Use Regulations 2012 No. 1916 Schedule 20 Part 1 (http://www.legislation.gov.uk/ukSI/1977/2130/made)</p>	<p>Prohibits the sale or supply (including general retail or following a one-to-one consultation with a practitioner) of herbal medicines in the UK, if it contains one or more of the listed plants, except where sold in premises which are registered pharmacies and by or under the supervision of a pharmacist.</p>
<p>The Human Use Regulations 2012 No. 1916 Schedule 20 Part 2 (http://www.legislation.gov.uk/ukSI/1977/2130/made)</p>	<p>Plants listed in Part 2 can only be sold in herbal medicines following a one-to-one consultation with a practitioner, at the dosages in column 2 or percentage of the substance in the product not exceeding that specified in column 3. If the dosage (or percentage of the substance in the product) specified is exceeded, the herbal medicines containing these plants can only be supplied in premises which are registered pharmacies and by or under the supervision of a pharmacist.</p>

Legal provision	Main effect
<p>The Medicines for Human Use (Kava-kava) (Prohibition) Order 2002 SI 3170 (http://www.legislation.gov.uk/ukSI/2002/3170/contents/made)</p>	<p>Prohibits the sale, supply or importation of any medicine for human use which consists of or contains a plant (or part of a plant) belonging to the species <i>Piper methysticum</i> (known as Kava-kava) or an extract from such a plant, except those for external use only.</p>
<p>The Medicines for Human Use (Prohibition) (Senecio and Miscellaneous Amendments) Order 2008 (http://www.legislation.gov.uk/ukSI/2008/548/contents/made)</p>	<p>Prohibits the sale, supply or importation of any medicine for human use which consists of or contains a plant, or part of a plant, belonging to the species <i>Senecio</i> or an extract from such a plant.</p>

Banned and restricted herbal ingredients

Botanical source	Common name	Legal category	Maximum dose where permitted for internal use only. Max dose (MD) ¹ , max daily dose (MDD) ²	Maximum dose where permitted for external use only. Percentage (%)
<p>All <i>Aconitum</i> species including: <i>Aconitum napellus</i>, <i>Aconitum stoerkianum</i>, <i>Aconitum uncinatum</i> var <i>japonicum</i>, <i>Aconitum deinorrhizum</i>, <i>Aconitum balfourii</i>, <i>Aconitum chasmanthum</i>, <i>Aconitum spicatum</i>, <i>Aconitum lycoctonum</i></p>	<p>Aconite</p>	<p>POM and SI 2130 – Parts II & III</p>	<p>No permitted dose unless made available by a prescription from a registered doctor or dentist.</p>	<p>1.3% or below</p>
<p><i>Adonis vernalis</i></p>	<p><i>Adonis vernalis</i></p>	<p>SI 2130 – Parts II and III</p>	<p>100 mg (MD), 300 mg (MDD)</p>	<p>No dose permitted</p>
<p><i>Akebia quinata</i>, <i>Akebia trifoliata</i></p>	<p>Mutong</p>	<p>SI 1841</p>	<p>Prohibited in all unlicensed medicines</p>	<p>Prohibited in all unlicensed medicines</p>

Botanical source	Common name	Legal category	Maximum dose where permitted for internal use only. Max dose (MD)¹, max daily dose (MDD)²	Maximum dose where permitted for external use only. Percentage (%)
Apocynum, cannabinium	Canadian Hemp	SI 2130 – Part I	Can only be sold in premises which are registered pharmacies and by or under the supervision of a pharmacist	Can only be sold in premises which are registered pharmacies and by or under the supervision of a pharmacist
Areca catechu	Areca	SI 2130 – Part I	Can only be sold in premises which are registered pharmacies and by or under the supervision of a pharmacist	Can only be sold in premises which are registered pharmacies and by or under the supervision of a pharmacist
Aristolochia, Aristolochia clematis, Aristolochia contorta, Aristolochia debelis, Aristolochia fang-chi, Aristolochia manshuriensis, Aristolochia serpentaria	Mu tong; Fangji; Birthwort; Long Birthwort; Indian Birthwort	POM	No permitted dose unless made available by a prescription from a registered doctor or dentist	No permitted dose unless made available by a prescription from a registered doctor or dentist
Aristolochia, Aristolochia clematis, Aristolochia contorta, Aristolochia debelis, Aristolochia fang-chi, Aristolochia manshuriensis, Aristolochia serpentaria	Mu tong; Fangji; Birthwort; Long Birthwort; Indian Birthwort	SI 1841	Prohibited in all unlicensed medicines	Prohibited in all unlicensed medicines

Botanical source	Common name	Legal category	Maximum dose where permitted for internal use only. Max dose (MD)¹, max daily dose (MDD)²	Maximum dose where permitted for external use only. Percentage (%)
Artemisia cina	Santonica	SI 2130 – Part I	Can only be sold in premises which are registered pharmacies and by or under the supervision of a pharmacist	Can only be sold in premises which are registered pharmacies and by or under the supervision of a pharmacist
Atropa belladonna - herb, Atropa acuminata - herb	Belladonna herb	SI 2130- Parts II and III	50 mg (MD), 150 mg (MDD)	Can only be sold in premises which are registered pharmacies and by or under the supervision of a pharmacist
Atropa belladonna - root, Atropa acuminata - root	Belladonna root	SI 2130 – Parts II and III	30 mg (MD), 90 mg (MDD)	Can only be sold in premises which are registered pharmacies and by or under the supervision of a pharmacist
Aspidosperma quebrachoblanco	Quebracho	SI 2130- Part II and III	50 mg (MD), 150 mg (MDD)	Can only be sold in premises which are registered pharmacies and by or under the supervision of a pharmacist

Botanical source	Common name	Legal category	Maximum dose where permitted for internal use only. Max dose (MD)¹, max daily dose (MDD)²	Maximum dose where permitted for external use only. Percentage (%)
Brayera anthelmintica	Kousso	SI 2130 – Part I	Can only be sold in premises which are registered pharmacies and by or under the supervision of a pharmacist	Can only be sold in premises which are registered pharmacies and by or under the supervision of a pharmacist
Catha edulis	Catha	SI 2130 – Part I	Can only be sold in premises which are registered pharmacies and by or under the supervision of a pharmacist	Can only be sold in premises which are registered pharmacies and by or under the supervision of a pharmacist
Chelidonium majus	Celandine	SI 2130 – Part II and III	2 g (MD), 6 g (MDD)	Can only be sold in premises which are registered pharmacies and by or under the supervision of a pharmacist
Chenopodium ambrosioides var anthelminticum	Chenopodium	SI 2130 – Part I	Can only be sold in premises which are registered pharmacies and by or under the supervision of a pharmacist	Can only be sold in premises which are registered pharmacies and by or under the supervision of a pharmacist

Botanical source	Common name	Legal category	Maximum dose where permitted for internal use only. Max dose (MD)¹, max daily dose (MDD)²	Maximum dose where permitted for external use only. Percentage (%)
Cinchona calisaya, Cinchona ledgerana, Cinchona officinalis, Cinchona succirubra, Cinchona micrantha	Cinchona bark	SI 2130 – Part II and III	250 mg (MD), 750 mg (MDD)	Can only be sold in premises which are registered pharmacies and by or under the supervision of a pharmacist
Clematis armandii, Clematis montana	Mu tong	SI 1841	Not permitted in any unlicensed medicines	Not permitted in any unlicensed medicines
Claviceps purpurea	Ergot, prepared Ergot of Rye; Smut of Rye; Spurred Rye;	POM	Can only be made available by a prescription from a registered doctor or dentist	Can only be made available by a prescription from a registered doctor or dentist
Cocculus indicus		POM	Can only be made available by a prescription from a registered doctor or dentist	Can only be made available by a prescription from a registered doctor or dentist
Cocculus laurifolius, Cocculus orbiculatus, Cocculus trilobus	Fangji	SI 1841	Not permitted in any unlicensed medicines	Not permitted in any unlicensed medicines

Botanical source	Common name	Legal category	Maximum dose where permitted for internal use only. Max dose (MD)¹, max daily dose (MDD)²	Maximum dose where permitted for external use only. Percentage (%)
Colchicum autumnale	Colchicum corm	SI 2130 – Part II and III	100 mg (MD), 300 mg (MDD)	Can only be sold in premises which are registered pharmacies and by or under the supervision of a pharmacist
Conium maculatum	Conium leaf and fruits	POM and SI 2130 – Parts II and III	No permitted dose unless made available by a prescription from a registered doctor or dentist.	7.0 % and below
Convallaria majalis	Convallaria	SI 2130- Parts II and III	150 mg (MD), 450 mg (MDD)	Can only be sold in premises which are registered pharmacies and by or under the supervision of a pharmacist
Crotalaria berberoana	Crotalaria fulva	2130 – Part I	Can only be sold in premises which are registered pharmacies and by or under the supervision of a pharmacist	Can only be sold in premises which are registered pharmacies and by or under the supervision of a pharmacist

Botanical source	Common name	Legal category	Maximum dose where permitted for internal use only. Max dose (MD)1, max daily dose (MDD)2)	Maximum dose where permitted for external use only. Percentage (%)
Crotalaria spectabilis	Crotalaria spect	SI 2130 – Part I	Can only be sold in premises which are registered pharmacies and by or under the supervision of a pharmacist	Can only be sold in premises which are registered pharmacies and by or under the supervision of a pharmacist
Curcubita maxima	Cucurbita	SI 2130 – Part I	Can only be sold in premises which are registered pharmacies and by or under the supervision of a pharmacist	Can only be sold in premises which are registered pharmacies and by or under the supervision of a pharmacist
Datura stramonium, Datura innoxia	Stramonium	SI 2130- Parts II and III	50 mg (MD), 150 mg (MDD)	Can only be sold in premises which are registered pharmacies and by or under the supervision of a pharmacist
Delphinium staphisagria	Stavesacre seeds	SI 2130 – Part I	Can only be sold in premises which are registered pharmacies and by or under the supervision of a pharmacist	Can only be sold in premises which are registered pharmacies and by or under the supervision of a pharmacist

Botanical source	Common name	Legal category	Maximum dose where permitted for internal use only. Max dose (MD)1, max daily dose (MDD)2)	Maximum dose where permitted for external use only. Percentage (%)
Digitalis leaf, Digitalis prepared	Foxglove	POM	Can only be made available via a prescription from a registered doctor or dentist	Can only be made available via a prescription from a registered doctor or dentist
Dryopteris filix-mas	Male fern	SI 2130 – Part I	Can only be sold in premises which are registered pharmacies and by or under the supervision of a pharmacist	Can only be sold in premises which are registered pharmacies and by or under the supervision of a pharmacist
Duboisia myoporoides, Duboisia leichardtii	Duboisia	SI 2130 – Part I	Can only be sold in premises which are registered pharmacies and by or under the supervision of a pharmacist	Can only be sold in premises which are registered pharmacies and by or under the supervision of a pharmacist
Ecballium elaterium	Elaterium	SI 2130 – Part I	Can only be sold in premises which are registered pharmacies and by or under the supervision of a pharmacist	Can only be sold in premises which are registered pharmacies and by or under the supervision of a pharmacist

Botanical source	Common name	Legal category	Maximum dose where permitted for internal use only. Max dose (MD) ¹ , max daily dose (MDD) ²	Maximum dose where permitted for external use only. Percentage (%)
Embelia ribes, Embelia robusta	Embelia	SI 2130 – Part I	Can only be sold in premises which are registered pharmacies and by or under the supervision of a pharmacist	Can only be sold in premises which are registered pharmacies and by or under the supervision of a pharmacist
Ephedra sinica, Ephedra equisetina, Ephedra distachya, Ephedra intermedia, Ephedra gerardiana	Ephedra	SI 2130 – Parts II and III	600 mg (MD), 1800 mg (MDD)	Can only be sold in premises which are registered pharmacies and by or under the supervision of a pharmacist
Erysimum canescens	Erysimum	SI 2130 – Part I	Can only be sold in premises which are registered pharmacies and by or under the supervision of a pharmacist	Can only be sold in premises which are registered pharmacies and by or under the supervision of a pharmacist
Gelsemium sempervirens	Gelsemium	SI 2130 – Parts II and III	25 mg (MD), 75 mg (MDD)	Can only be sold in premises which are registered pharmacies and by or under the supervision of a pharmacist

Botanical source	Common name	Legal category	Maximum dose where permitted for internal use only. Max dose (MD)¹, max daily dose (MDD)²	Maximum dose where permitted for external use only. Percentage (%)
Holarrhena antidysenterica	Holarrhena	SI 2130 – Part I	Can only be sold in premises which are registered pharmacies and by or under the supervision of a pharmacist	Can only be sold in premises which are registered pharmacies and by or under the supervision of a pharmacist
Hyoscyamus niger, Hyoscyamus albus, Hyoscyamus muticus	Hyoscyamus	SI 2130 – Parts II and III	100 mg (MD), 300 mg (MDD)	Can only be sold in premises which are registered pharmacies and by or under the supervision of a pharmacist
Juniperus sabina	Savin	SI 2130 – Part I	Can only be sold in premises which are registered pharmacies and by or under the supervision of a pharmacist	Can only be sold in premises which are registered pharmacies and by or under the supervision of a pharmacist
Lobelia inflata	Lobelia	SI 2130 – Parts II and III	200 mg (MD), 600 (MDD)	Can only be sold in premises which are registered pharmacies and by or under the supervision of a pharmacist

Botanical source	Common name	Legal category	Maximum dose where permitted for internal use only. Max dose (MD)1, max daily dose (MDD)2)	Maximum dose where permitted for external use only. Percentage (%)
Mallotus philippinensis	Kamala	SI 2130 – Part I	Can only be sold in premises which are registered pharmacies and by or under the supervision of a pharmacist	Can only be sold in premises which are registered pharmacies and by or under the supervision of a pharmacist
Mandragora autumnalis	Mandrake	POM	Can only be made available via a prescription from a registered doctor or dentist	Can only be made available via a prescription from a registered doctor or dentist
Papaver somniferum	Poppy capsule	POM	Can only be made available via a prescription from a registered doctor or dentist	Can only be made available via a prescription from a registered doctor or dentist
Pausinystalia yohimbe	Yohimbe bark	SI 2130 – Part 1	Can only be sold in premises which are registered pharmacies and by or under the supervision of a pharmacist	Can only be sold in premises which are registered pharmacies and by or under the supervision of a pharmacist

Botanical source	Common name	Legal category	Maximum dose where permitted for internal use only. Max dose (MD)1, max daily dose (MDD)2)	Maximum dose where permitted for external use only. Percentage (%)
Pilocarpus jaborandi, Pilocarpus microphyllus	Jaborandi	SI 2130 - Parts II and III	Can only be sold in premises which are registered pharmacies and by or under the supervision of a pharmacist	5.0 % or below
Piper methysticum	Kava-kava	SI 3170	Not permitted in unlicensed medicines, except those exclusively for external use	Not permitted in unlicensed medicines, except those exclusively for external use
Podophyllum	May Apple; Devil's Apple; Wild Lemon; Indian podophyllum	POM	Can only be made available via a prescription from a registered doctor or dentist	Can only be made available via a prescription from a registered doctor or dentist
Podophyllum indian	May Apple; Devil's Apple; Wild Lemon; Indian podophyllum	POM	Can only be made available via a prescription from a registered doctor or dentist	Can only be made available via a prescription from a registered doctor or dentist

Botanical source	Common name	Legal category	Maximum dose where permitted for internal use only. Max dose (MD)1, max daily dose (MDD)2)	Maximum dose where permitted for external use only. Percentage (%)
Podophyllum resin	May Apple; Devil's Apple; Wild Lemon; Indian podophyllum	POM	Can only be made available via a prescription from a registered doctor or dentist	20 % or below
Punica granatum	Pomegranate Bark	SI 2130 – Part I	Can only be sold in premises which are registered pharmacies and by or under the supervision of a pharmacist	Can only be sold in premises which are registered pharmacies and by or under the supervision of a pharmacist
Rauwolfia serpentina	Rauwolfia; serpentwood; Indian snakeroot	POM	Can only be made available via a prescription from a registered doctor or dentist	Can only be made available via a prescription from a registered doctor or dentist
Rauwolfia vomitoria	African serpentwood	POM	Can only be made available via a prescription from a registered doctor or dentist	Can only be made available via a prescription from a registered doctor or dentist

Botanical source	Common name	Legal category	Maximum dose where permitted for internal use only. Max dose (MD)¹, max daily dose (MDD)²	Maximum dose where permitted for external use only. Percentage (%)
Rhus radicans	Poison Ivy	SI 2130 – Part I	Can only be sold in premises which are registered pharmacies and by or under the supervision of a pharmacist	Can only be sold in premises which are registered pharmacies and by or under the supervision of a pharmacist
Rhus toxicodendron	Poison Oak	SI 2130 – Parts II and III	Can only be sold in premises which are registered pharmacies and by or under the supervision of a pharmacist	10.0 % or below
Schoenocaulon officinale	Sabadilla; Cevadilla	POM	Can only be made available via a prescription from a registered doctor or dentist	Can only be made available via a prescription from a registered doctor or dentist
Scopolia carniolica, Scopolia japonica	Scopolia	SI 2130 – Part I	Can only be sold in premises which are registered pharmacies and by or under the supervision of a pharmacist	Can only be sold in premises which are registered pharmacies and by or under the supervision of a pharmacist

Botanical source	Common name	Legal category	Maximum dose where permitted for internal use only. Max dose (MD)¹, max daily dose (MDD)²	Maximum dose where permitted for external use only. Percentage (%)
Senecio	Ragwort; Groundsel	SI 548	Not permitted in any unlicensed medicines	Not permitted in any unlicensed medicines
Stephania tetrandra	Fangji	SI 1841	Not permitted in any unlicensed medicines	Not permitted in any unlicensed medicines
Strophanthus kombe, Strophanthus courmonti, Strophanthus nicholsoni, Strophanthus gratus, Strophanthus emini, Strophanthus sarmentosus, Strophanthus hispidus	Strophanthus	SI 2130 – Part I	Can only be sold in premises which are registered pharmacies and by or under the supervision of a pharmacist	Can only be sold in premises which are registered pharmacies and by or under the supervision of a pharmacist
Strychnos ignatii; S. cuspidata	Ignatius bean	POM	Can only be made available via a prescription from a registered doctor or dentist	Can only be made available via a prescription from a registered doctor or dentist
Strychnos nux vomica seed, Nux vomica seed;	Poison Nut	POM	Can only be made available via a prescription from a registered doctor or dentist	Can only be made available via a prescription from a registered doctor or dentist

Botanical source	Common name	Legal category	Maximum dose where permitted for internal use only. Max dose (MD)¹, max daily dose (MDD)²	Maximum dose where permitted for external use only. Percentage (%)
Ulmus fulva, Ulmus rubra	Slippery Elm Bark (whole or unpowdered)	SI 2130 – Part I	Can only be sold in premises which are registered pharmacies and by or under the supervision of a pharmacist	Can only be sold in premises which are registered pharmacies and by or under the supervision of a pharmacist
Veratrum viride, Hellebore American; Green Hellebore; American Veratrum;	Indian Poke	POM	Can only be made available via a prescription from a registered doctor or dentist	Can only be made available via a prescription from a registered doctor or dentist
Veratrum album	White Hellebore	POM	Can only be made available via a prescription from a registered doctor or dentist	Can only be made available via a prescription from a registered doctor or dentist
Viscum album	Mistletoe berry	SI 2130 – Part I	Can only be sold in premises which are registered pharmacies and by or under the supervision of a pharmacist	Can only be sold in premises which are registered pharmacies and by or under the supervision of a pharmacist

1. 'Maximum dose' or 'MD' means the maximum quantity of the substance contained in the amount of the medicinal product for internal use, which it is recommended should be taken or administered at any one time.

2. Maximum daily dose' or 'MDD' means the maximum quantity of the substance contained in the amount of the medicinal product for internal use, which it is recommended should be taken or administered in any period of 24 hours.