



F15/19: China Health Food Regulations

Food Products

4/06/2019

For Your Information

1 Application of this FYI

- (1) This guidance applies specifically to health food products intended for export to China. This includes nutritional or dietary supplements, foods which use health claims on product labels or are considered health food products in China (refer to section 2 below).
- (2) The following FYI has been incorporated into this guidance document and hereby cancelled:
 - a) F18/17 China Health Food Regulations, issued 2 May 2017.

2 Definitions for health food products in China

- (1) **Health foods**¹ are defined in China as foods which:
 - a) claim to have specific health functions or can supplement certain vitamins and/or minerals; and
 - b) are suitable for certain people to help them improve body functions without therapy, and will bring no acute, subacute or chronic harm to the human body.
- (2) China classifies health foods under the following two categories:
 - a) **Nutritional or dietary supplements**, which refers to products whose purpose is to supplement or replenish nutrients such as vitamins and minerals. Their functions include supplementing insufficient dietary intakes, prevention of nutritional deficiency, and lowering the risk of chronic and degenerative diseases.
 - b) **Functional health foods**, which refers to products that claim specific health functions or physiological effects on the human body. They are defined as being suitable for consumption by specific groups of people and have the effect of regulating human bodily functions, but are not used or make claims purporting to provide treatment of diseases.

3 China regulations on health food products

- (1) Health foods intended to be exported to China should comply with the relevant laws, regulations and standards in China, including but not limited to the following:
 - a) China's [measures for health food registration and filing](#) (refer to section 4).
 - b) China's [list of nutrients that are permitted to be used as ingredients in health foods, and list of nutrient supplements permitted to have health claims](#)² (also referred to as the 'health food raw

¹ As per China GB Standard for Natural and Health Foods (GB 16740-2014)

² Currently only nutrient supplements, such as vitamins and minerals, are recognised as providing 'health functions' and are permitted to use health claims.

- materials catalogue' and 'health functions list' respectively). Both lists are outlined in separate tables in the above link.
- c) China's [announcement on regulating health claims for dietary supplements](#), which requires products to indicate whether it has undergone 'human consumption testing' or 'animal testing' on the label, depending on the health claim being made.
 - d) China's [notice on health food functions approved by the Ministry of Health](#), which provides a list of approved health food functions permitted to be indicated on health food labelling. An unofficial translation of the list is outlined in **Appendix 1**.
 - e) China's [notice on further regulating the management of raw materials for health foods](#), which outlines raw materials permitted for use in health foods, and those which are prohibited. An unofficial translation of the raw materials is outlined in **Appendix 2**.
 - f) National Guo Biao (GB) standards, including *National GB Standard for Natural and Health Foods (GB 16740-2014)* and *National GB Standard for Nutrition Labelling of Pre-packaged Foods (GB 28050-2011)*.
 - g) Relevant laws and regulations such as [China's Food Safety Law](#) and [Advertising Law](#).
- (2) Exporters and manufacturers should seek further guidance with an importer or in-market agent for additional information and guidance on compliance with China's health food regulations. China has also published guidance on its health food regulations which is available (in Chinese) [here](#).
 - (3) MPI understands there is regular surveillance of health food products in China by authorities to ensure compliance with Chinese regulations, including the use of health claims and health food labelling. Exporters and manufacturers should ensure products are truthful, accurate and not misleading for consumers.

4 Guidelines on health food filing and registration in China

- (1) China's [measures for health food registration and filing](#) have been in force since 1 July 2016, and requires all imported health food products to be approved via filing or registration before being allowed to be sold in China.
- (2) Whether a product requires filing or registration depends on the type of health food category it falls under, and whether or not it meets relevant Chinese legislation. Currently, it is understood that:
 - a) **nutritional or dietary supplements** are subject to filing; and
 - b) **functional health foods** (eg products that use functional health claims) are subject to registration.
- (3) Further details specific to health food filing and health food registration are outlined below in 4.1 and 4.2.
- (4) The following information is relevant to both filing and registration applications:
 - a) Application for filing and registration should be authorised by the manufacturer, translated into Chinese, and notarised by a notarisation agency in China.
 - b) Imported health food products should be marketed or sold in the country of production for at least one year before being eligible for pre-export filing or registration in China. Alternatively, the manufacturer can provide evidence of the product being sold in foreign markets and safety of the product for human consumption.
 - c) Testing and clinical trials may be required to be carried out by [approved laboratories](#)³ in China.

³ Unofficial guidance on approved laboratories for health food registration is available at: <https://food.chemlinked.com/f-lists/china-approved-labs-for-health-food-registration> (copy and paste link into web browser if not redirected).

4.1 Further details on health food filing in China

- (1) Health food **filing** in China is understood to be for nutritional or dietary supplements (such as vitamins and minerals).
- (2) Products for filing should comply with relevant regulations outlined above in section 3. This includes meeting China's list of nutrients permitted to be used as ingredients in health foods, and list of nutrient supplements permitted to have health claims (refer to section 3 (1) b). Nutritional or dietary supplements which do not comply with these lists, are likely to be subject to registration.
- (3) MPI understands the entire filing process may take 8-12 months or longer, and involves the provision of product information and testing such as for hygiene, stability and composition.

4.2 Further details on health food registration in China

- (1) Health food **registration** in China is understood to be for functional health foods (eg products that use functional health claims), as well as nutritional or dietary supplements which do not meet China's requirements for filing (as outlined in section 4.1 (2) above).
- (2) Products for registration should comply with relevant regulations outlined above in section 3. This includes meeting China's list of approved health functions permitted to be indicated in health food labelling, and list of permitted raw materials (refer to section 3 (1) d and 3 (1) e). Any health claims or ingredients used outside of the approved lists is likely to require further review and assessment by authorities, which may lengthen the time for registration approval.
- (3) MPI understands the registration process may take 1-3 years or longer (depending on the functional claim being made) and can be very costly. The process may include animal and in some cases human trials as part of the testing, as well as documentation for toxicology, efficacy, composition and hygiene.
- (4) The application form for registration of imported health foods in China is available [online](#). The application form requires accompanying information and documentation about the product for registration such as research, labelling, processing and testing details, evidence of sale and compliance with relevant standards and processing requirements in the originating country. Samples may also be required to be provided as part of the application process.
- (5) Once a health food product is registered, separate application forms (also accessible in the link outlined in section 4.2 (4) above) are available for:
 - a) making amendments to existing health food registration;
 - b) renewing existing health food registration; and
 - c) transferring ownership of existing health food registration
- (6) The period of validity for each registration approval is five years, which must be extended before expiry if the product is to continue to be sold in the Chinese market. The renewal should be applied at least three months before its expiry.
- (7) China has published guidance⁴ on the approval process for health foods requiring registration.

⁴ China's *Notice on the Detailed Rules for Examination and Approval of Health Food Registration (2016 version)*: <http://samr.cfda.gov.cn/WS01/CL0847/166399.html>, China's *Health Food Registration Application Service Guide*: <http://samr.cfda.gov.cn/WS01/CL0087/167894.html>

5 Guidelines on health claims and health food labelling in China

- (1) Health claims refer to a relationship between a food and health (eg 'calcium is good for bone density') and differs from nutritional content claims, which are claims about the content of certain nutrients or substances in a food (eg 'low in fat', 'good source of calcium'). Further information on understanding health claims is available [here](#).
- (2) Nutritional content claims are not considered health claims and are allowed to be used on food labels in accordance with GB Standard for Nutrition Labelling of Prepackaged Foods (GB 28050-2011) and GB Standards for Uses of Nutritional Fortification Substances in Foods (GB 14880-2012).
- (3) Health foods imported to China should comply with relevant labelling requirements as outlined in section 3, including using health claims which fall within the scope of China's list of approved health functions permitted to be indicated in health food labelling (refer to section 3 (1) d).
- (4) MPI understands that recent amendments to China's Advertising Law further restrict what can be used to market health foods. This includes restrictions on:
 - a) Assertions or guarantee of efficacy and safety;
 - b) Mentioning disease prevention or cures;
 - c) Claiming or implying the product is essential for ensuring health;
 - d) Comparing it with drugs or other health food; and
 - e) Using endorsements.
- (5) Exporters are advised to liaise with their importer on the applicable standards and requirements for health food labelling.

6 Cross-border e-commerce trade in health foods

- (1) Anyone seeking to trade health foods to China via cross-border e-commerce channels (including direct-to-consumer via post, express freight or courier channels) should refer to FYI [F14/19 Guidance for cross-border e-commerce trade to China](#).
- (2) Exporters should work with their importer or in-market consultant for further advice and guidance on CBEC trade to China.

Contact for further information

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Disclaimer

This "For Your Information" is intended for use as a guideline only and should not be taken as definitive or exhaustive. The Ministry for Primary Industries (MPI) endeavours to keep this information current and accurate. However, it may be subject to change without notice. MPI will not accept liability for any loss resulting from reliance on this information.

Appendix 1: China's National Health Commission (NHC) list of health claims approved for use in health food labelling

Source: <http://samr.cfda.gov.cn/WS01/CL1975/228074.html>

Note: This list is an unofficial translation and should only be used as guidance and is subject to change.

- (1) immune regulation
- (2) regulate blood lipids
- (3) regulate blood sugar
- (4) delay aging
- (5) improve memory
- (6) improve vision
- (7) promote lead discharge
- (8) clear and moisten throat
- (9) regulate blood pressure
- (10) improve sleep
- (11) promote lactation
- (12) anti-mutation
- (13) anti-fatigue
- (14) anti-hypoxia
- (15) anti-radiation
- (16) lose weight
- (17) promote growth and development
- (18) improve osteoporosis
- (19) improve nutritional anemia
- (20) Aiding protection against chemical liver injury.
- (21) beauty (acne / removing melasma / improve skin moisture and oil)
- (22) improve gastrointestinal function (regulate intestinal flora / promote digestion / laxative / auxiliary protection of the gastric mucosa)

Appendix 2: NHC list of approved raw materials

Source: <http://www.nhc.gov.cn/sps/s3593/200810/bc239ea3d226449b86379f645dfd881d.shtml>

Note: The lists are unofficial translations and should only be used as guidance and are subject to change.

Raw ingredients approved for use as food and drug

Table 1: Substances approved for use as both a food and a drug

	Chinese	English
1	丁香	Cloves
2	八角茴香	Star anise
3	刀豆	Jack bean
4	小茴香	Fennel
5	小蓟	Thistle
6	山药	Yam
7	山楂	Hawthorn
8	马齿苋	Purslane
9	乌梢蛇	Dry body of <i>Zaocys dhumnades</i> (black striped snake)
10	乌梅	Dried Fructus mume (dark plum)
11	木瓜	Papaya
12	火麻仁	Semen Cannabis (Hemp kernel)
13	代代花	Seville orange flower (bitter orange)
14	玉竹	<i>Polygonatum odoratum</i> (Solomon's seal)
15	甘草	Liquorice
16	白芷	Radix <i>Angelica dahurica</i> (Dahurian Angelica Root)
17	白果	Gingko nuts
18	白扁豆	semen dolichoris (Hyacinth bean, Egyptian kidney bean)
19	白扁豆花	semen dolichoris flowers
20	龙眼肉 (桂圆)	Longan flesh (longan fruit)
21	决明子	Semen cassia (cassia seed)
22	百合	Lily bulbs
23	肉豆蔻	Nutmeg

	Chinese	English
24	肉桂	Cinnamon
25	余甘子	Fructus phyllanthi (Emblic Leafflower Fruit/ Yu Gan Zi)
26	佛手	Fructus citri sarcodactylis (Buddha's hand citrus)
27	杏仁 (甜、苦)	Almond (sweet, bitter)
28	沙棘	Sea buckthorn
29	牡蛎	Oysters
30	芡实	Semen euryales (Gorgon fruit seeds)
31	花椒	Pericarpium zanthoxyli (fruit of Sichuan pepper)
32	赤小豆	<i>Phaseolus calcaratus</i> (Red bean, Ricebean)
33	阿胶	Donkey-hide gelatin
34	鸡内金	Membrane of chicken gizzard
35	麦芽	Malt
36	昆布	Kelp
37	枣 (大枣、酸枣、黑枣)	Chinese dates (Fructus ziziphi jujubae, Zizyphus jujube, Dateplum persimmon)
38	罗汉果	<i>Momordica grosvenori</i> (Luo Han Guo)
39	郁李仁	Semen pruni (prunes)
40	金银花	Flos lonicerae (honeysuckle)
41	青果	Fructus canarii (Chinese white olive)
42	鱼腥草	Herba houttuyniae (<i>Houttuynia cordata</i>)
43	姜 (生姜、干姜)	Ginger (both fresh and dry)
44	枳椇子	Semen hoveniae
45	枸杞子	Chinese wolfberry
46	梔子	Fructus gardeniae (Gardenia)
47	砂仁	Fructus amomi (<i>Amomum villosum</i>)
48	胖大海	<i>Scaphium scaphigerum</i>
49	茯苓	Poria cocos (China root/Tuckahoe)
50	香橼	Fructus citri (Citron)
51	香薷	Herba moslae

	Chinese	English
52	桃仁	Peach kernel (peach seed)
53	桑叶	Mulberry leaf
54	桑椹	Mulberry
55	桔红	Exocarpium citri rubrum
56	桔梗	Radix platycodonis (Bellflower)
57	益智仁	Semen amomi Amari
58	荷叶	Lotus leaves
59	莱菔子	Semen raphani (Radish seed)
60	莲子	Semen nelumbinis (Lotus seed)
61	高良姜	Chinese ginger (Galangal)
62	淡竹叶	<i>Lophatherum gracile</i> (Bamboo leaf)
63	淡豆豉	Semen sojae praeparatum (Fermented soya bean)
64	菊花	Chrysanthemum
65	菊苣	Chicory
66	黄芥子	Semen sinapis albae (Mustard)
67	黄精	<i>Polygonatum canaliculatum</i>
68	紫苏	Perilla
69	紫苏籽	<i>Perilla frutescens</i> (Perilla seeds)
70	葛根	Radix puerariae (Root of Kudzu vine)
71	黑芝麻	Black sesame
72	黑胡椒	Black pepper
73	槐米	Pagodatree flower bud
74	槐花	Flos sophorae (Sophora flower, Pagoda tree flower)
75	蒲公英	Dandelion
76	蜂蜜	Honey
77	榧子	Semen torreyae (Torreya seed)
78	酸枣仁	Semen Ziziphi spinosae (Jujube seed)
79	鲜白茅根	Fresh cogongrass rhizome
80	鲜芦根	Fresh reed rhizome

	Chinese	English
81	蝮蛇	Viper
82	橘皮	Orange peel
83	薄荷	Mint
84	薏苡仁	Semen coicis (Coix seed)
85	薤白	Allii macrostemi bulbosus (long stamen onion bulb)
86	藿香	Wrinkled giant hyssop (Chinese patchouli)

Raw ingredients approved for use in health foods

Table 2: Substances approved for use in Health Food

	Chinese	English
1	人参	Ginseng
2	人参叶	Ginseng leaf
3	人参果	Ginseng fruit
4	三七	Pseudo-ginseng
5	土茯苓	<i>Smilax glabra</i> root
6	大蓟	Setose thistle
7	女贞子	Fructus ligustri lucidi
8	山茱萸	Semen corni (Dogberry)
9	川牛膝	<i>Cyathla capitata</i>
10	川贝母	<i>Fritillaria cirrhosa</i>
11	川芎	<i>Ligusticum wallichii</i>
12	马鹿胎	Deer fetus extract
13	马鹿茸	Deer antler
14	马鹿骨	Deer bones
15	丹参	Radix salviae miltiorrhizae (Red sage root)
16	五加皮	Acanthopanax bark
17	五味子	Fructus schisandrae chinensis (fruit of Chinese magnolia vine)
18	升麻	Rhizoma cimicifugae (rhizome of <i>Cimicifuga foetida</i>)
19	天门冬	Radix asparagi (root of <i>Asparagus cochinchinensis</i>)

	Chinese	English
20	天麻	<i>Gastrodia elata</i> tuber
21	太子参	Radix pseudostellariae (<i>Pseudostellaria heterophylla</i> root)
22	巴戟天	<i>Morinda officinalis</i>
23	木香	Radices saussureae (Saussurea root)
24	木贼	<i>Equisetum hiemale</i> (horsetail)
25	牛蒡子	Fructus arctii (<i>Articum lappa</i>)
26	牛蒡根	Burdock root
27	车前子	Semen plantaginis (Plantago seed)
28	车前草	Plantain
29	北沙参	Radix glehniae (Glehnia root)
30	平贝母	Fritillaria bulb
31	玄参	Radix scrophulariae (Figwort root)
32	生地黄	Radix rehmanniae recens (<i>Rehmannia glutinosa</i> root)
33	生何首乌	Crude polygonum (<i>Fallopia multiflora</i>)
34	白及	<i>Bletilla striata</i> (hyacinth orchid)
35	白术	Bighead Atractylodes rhizome
36	白芍	Radices paeoniae alba (<i>Paeonia lactiflora</i> roots)
37	白豆蔻	<i>Amomum cardamomum</i> (Cardamom)
38	石决明	Concha haliotidis (Abalone shell)
39	石斛 (需提供可使用证明)	<i>Dendrobium nobile</i> (permission of use should be provided)
40	地骨皮	Cortex lycii radices
41	当归	Angelica
42	竹茹	Caulis bambusae in taeniam (Zhu Ru)
43	红花	Safflower
44	红景天	Herba rhodiolae (Radiola)
45	西洋参	American ginseng
46	吴茱萸	Evodia rutaecarpa (Evodia)
47	怀牛膝	Radix achyranthis bidentatae (<i>Achyranthes bidentate</i> root)

	Chinese	English
48	杜仲	<i>Eucommia ulmoides</i>
49	杜仲叶	Folium cortex eucommiae (<i>Eucommia ulmoides</i> leaf)
50	沙苑子	Semen astragali complanati (<i>Astragalus</i> seed)
51	牡丹皮	Moutan bark (tree peony bark)
52	芦荟	Aloe
53	苍术	Rhizoma atractylodis (Rhizome of Chinese <i>Atractylodes</i>)
54	补骨脂	Fructus psoraleae (<i>Psoralea corylifolia</i>)
55	诃子	Fructus chebulae (<i>Myrobalan</i>)
56	赤芍	Peony root
57	远志	<i>Polygala</i> root (<i>Polygala tenuifolia</i>)
58	麦门冬	Radices ophiopogonis (<i>Ophiopogon</i> root)
59	龟甲	Tortoise shell
60	佩兰	Eupatorium
61	侧柏叶	Cacumen biotae (<i>Platycladus orientalis</i>)
62	制大黄	Prepared rhubarb
63	制何首乌	Radix Polygoni multiflori praeparata (<i>Polygonum multiflorum</i> root)
64	刺五加	<i>Aesculus wilsonii</i>
65	刺玫果	Fructus Rosae Davuricae (Rosehip)
66	泽兰	Herba lycopi (Eupatorium)
67	泽泻	Rhizoma alismatis (<i>Alisma orientale</i> rhizome)
68	玫瑰花	Flos rosae rugosa (Rose)
69	玫瑰茄	Malvaceae Hibiscus sabdariffa (Roselle)
70	知母	Rhizoma anemarrhenae (<i>Anemarrhena</i> rhizome)
71	罗布麻	Bluish dogbane (<i>Apocynum</i>)
72	苦丁茶	Broadleaf holly leaf
73	金荞麦	Golden buckwheat rhizome
74	金樱子	Fructus rosae laevigatae (<i>Rosa laevigata</i> /Cherokee rose)
75	青皮	Pericarpium citri reticulatae viride (Mandarin peel)
76	厚朴	<i>Magnolia officinalis</i>

	Chinese	English
77	厚朴花	Flos magnoliae officinalis (<i>Magnolia officinalis</i> flowers)
78	姜黄	Turmeric
79	枳壳	Fructus aurantii (Bitter orange fruit)
80	枳实	Fructus aurantii immaturus (Immature bitter orange fruit)
81	柏子仁	Semen boitae (Cedar kernel)
82	珍珠	Pearls
83	绞股蓝	<i>Gynostemma pentaphyllum</i> (Jiaogulan)
84	胡芦巴	Semen trigonellae (Fenugreek)
85	茜草	Indian madder root
86	荜茇	Long pepper
87	韭菜子	Semen allii tuberosi (Leek)
88	首乌藤	Caulis polygoni multiflori (<i>Polygonum multiflorum</i> stems)
89	香附	Rhizoma cyperi, multiflora (Nut grass rhizome)
90	骨碎补	Drynaria rhizome
91	党参	<i>Codonopsis pilosula</i> (Dang shen)
92	桑白皮	Root bark of white mulberry
93	桑枝	Ramulus mori (Mulberry branch)
94	浙贝母	<i>Fritillaria thunbergii</i>
95	益母草	Motherwort (<i>Leonurus heterophyllus</i>)
96	积雪草	<i>Centella asiatica</i>
97	淫羊藿	Herba epimedii (Epimedium)
98	菟丝子	Semen cuscutae (Chinese dodder seed)
99	野菊花	Flos chrysanthemi indicis (wild chrysanthemum flower)
100	银杏叶	Ginkgo leaf
101	黄芪	<i>Astragalus mongholicus</i> (Huáng Qí)
102	湖北贝母	Hupei fritillary bulb
103	番泻叶	Folium sennae (Senna leaf)
104	蛤蚧	Gecko
105	越橘	Cowberry (Lingonberry)

	Chinese	English
106	槐实	Fructus Sophorae (Sophora fruit)
107	蒲黄	Cattail pollen
108	蒺藜	Fructus Tribuli (<i>Tribulus terrestris</i> /puncture-vine fruit)
109	蜂胶	Propolis
110	酸角	Tamarind fruit
111	墨旱莲	Eclipta
112	熟大黄	Prepared rhubarb rhizome
113	熟地黄	Prepared Rehmannia root
114	鳖甲	Turtle shell

Raw ingredients prohibited for use in health food

Table 3: Substances Prohibited for use in Health Food

	Chinese	English
1	八角莲	<i>Dysosma versipellis</i>
2	八里麻	Chinese Azalea fruit
3	千金子	Semen Euphorbiae Lathyridi (Mole plant seed)
4	土青木香	Aristolochia (Dutchman's pipe root)
5	山莨菪	<i>Scopolia tangutica</i>
6	川乌	Monkshood
7	广防己	<i>Aristolochia fangchi</i>
8	马桑叶	Chinese coriaria leaf
9	马钱子	Dog button (<i>nux vomica</i>)
10	六角莲	<i>Dysosma pleiantha</i>
11	天仙子	Semen hyoscyami (Henbane seed)
12	巴豆	<i>Croton tiglium</i>
13	水银	Mercury
14	长春花	<i>Catharanthus roseus</i> (Madagascar Periwinkle)
15	甘遂	Euphorbia kansui
16	生天南星	Unprocessed Rhizoma Arisaematis

	Chinese	English
17	生半夏	Unprocessed Rhizoma Pinelliae (Pinellia tuber)
18	生白附子	Unprocessed rhizoma typhonii
19	生狼毒	Unprocessed radix euphorbiae lantu
20	白降丹	Hydrargyrum chloratum compositum
21	石蒜	Short-tube lycoris (<i>Lycoris radiata</i>)
22	关木通	Caulis aristolochiae manshuriensis (<i>Aristolochia manshuriensis</i> stems)
23	农吉痢	<i>Crotalaria sessiliflora</i> (Nong Ji)
24	夹竹桃	<i>Nerium indicum</i> (Oleander)
25	朱砂	Cinnabar
26	米壳 (罂粟壳)	pericarpium papaveris (fructus papaveris/Poppy capsules)
27	红升丹	Hydrargyrum oxydatum crudum
28	红豆杉	Chinese yew (<i>Taxus chinensis</i>)
29	红茴香	<i>Illicium henryi</i>
30	红粉	Hydrargyri oxydum rubrum
31	羊角拗	<i>Strophanthus divergens</i>
32	羊躑躅	<i>Rhododendron molle</i>
33	丽江山慈姑	<i>Iphigenia indica</i>
34	京大戟	Radix Euphorbiae Pekinensis (<i>Euphorbia pekinensis</i> root)
35	昆明山海棠	<i>Tripterygium hypoglaucum</i>
36	河豚	Globefish (Pufferfish)
37	闹羊花	<i>Rhododendron molle</i>
38	青娘虫	Cantharis sinica
39	鱼藤	Tuba root (<i>Derris elliptica</i>)
40	洋地黄	Digitalis (Foxglove)
41	洋金花	Flos daturae (Datura flower)
42	牵牛子	Semen Pharbitidis (Morning glory seed)
43	砒石 (白砒、红砒、砒霜)	Arsenolite (white arsenic, arsenicum sublimatum, arsenic)
44	草乌	Radix aconiti agrestis

	Chinese	English
45	香加皮 (杠柳皮)	Chinese silkvine bark (periplocae cortex)
46	骆驼蓬	<i>Peganum harmala</i>
47	鬼臼	<i>Podophyllum versipelle</i> (<i>Dysosma versipellis</i>)
48	莽草	<i>Illicium anisatum</i> (Shikimi)
49	铁棒槌	<i>Aconitum pendulum</i>
50	铃兰	Lily of the valley
51	雪上一枝蒿	Short-pedicel aconite root
52	黄花夹竹桃	Yellow oleander seed
53	斑蝥	Cantharides (Blister beetle)
54	硫磺	Sulphur (Brimstone)
55	雄黄	Realgar
56	雷公藤	<i>Tripterygium wilfordii</i>
57	颠茄	<i>Atropa belladonna</i> (Belladonna)
58	藜芦	<i>Veratrum nigrum</i> (black false hellebore)
59	蟾酥	Senso (Toad venom)