

Jurtir og aðrar lífverur sem hafa verið skoðaðar hjá stofnuninni með tilliti til lyfjalaga nr. 93/1994 með síðari breytingum

A= Lyfjastofnun metur vöru ekki sem lyf út frá þessu innihaldsefni, óháð magni. Ath. að áletranir geta gert vöru að lyfi (sjá áletranalista) ef til stendur að markaðssetja hana.

B= Vara með þessu innihaldsefni gæti fallið undir lyfjalög. Senda þarf vöruna í flokkun hjá Lyfjastofnun.

Til að leita að jurtum eftir öðru en latnesku heiti er hentugt að velja Ctrl-F og slá inn leitarorð.

Jurtir (Latneskt heiti)	Jurtir (Íslenskt heiti / Enskt heiti)	Fl.
Abelmoschus tegundir (sjá Hibiscus-tegundir)	Læknaólfur / Chinarose	A
Acacia spp	Akasíu tré / Akasie-species	A
Acaciae gummi (sjá Gummi arabicum)	Arabískt gúmmi / Arabísk gum	A
Acanthopanax spinosum		A
Achillea millefolium	Vallhumall / Yarrow	A
Achillea moschata	Krydd humall / Musk Milfoil	A
Aconitum spp	Venusvagn, bláhjálmur / Aconitum, Aconite	B
Acorus calamus	/ Sweet flag, Calamus	B
Adonis spp	Adonis tegundir / Adonis species	B
Aesculus hippocastanum	Hestakastanía / Horse chestnut	B
Agaricus Blazei		A
Agastache foeniculum	/ Anis Hyssop	A
Agrimonia eupatoria	/ Agrimony, Cocklebur, Stickwort	A
Agrimonia spp	Agrimony tegundir / Agrimony species	A
Agropyron repens	/ Agropyron, Couch-grass root, Dog grass	A
Alaria esculenta		A
Alchemilla vulgaris (A. Xanthochlora)	Ljónslappi / Alchemilla, Lady´s mantle	A
Aletris farinose	/ Unicorn Root	B
Allii bulbosus (A. sativum)	Hvítlaukur / Garlic	A
Allium ursinum	/ Ramson	A
Aloe spp	Aloe tegundir / Aloe species	A
Aloysia citriodora (A. triphylla)	/ Lemon verbena	A
Alpinia galanga	/ Greater Galanga	A
Alpinia officinarum	Dverggalanga / Lesser Galanga	A
Althaea officinalis	/ Althea, Marshmallow root	A
Amanita muscaria	Berserkjasveppur / Fly agaric, Ibo Tengutake	B
Amanita spp	Amanita tegundir / Amanita species	B
Amaranthi cruenti semen	Skrauthala fræ / Amaranth seed	A
Amaranthus caudatus	/ Amaranth	A
Amomum subulatum	/ Large Cardamom	A
Amorphallus konjac	/ Glucomannan, Konjac root	A
Amygdalae semen dulce	Möndlur / Almond	A
Anamirta cocculus	/ Levant berry	B
Andrographis paniculata		A
Anethum graveolens	Sólselja, Dill / Dill	A
Angelica archangelica radix	Ætihvannarót / Angelica root	A



Jurtir (Latneskt heiti)	Jurtir (Íslenskt heiti / Enskt heiti)	Fl.
Angosturae cortex	Angosturae börkur	A
Anisi fructus	Anís (aldin) / Anis (fruit)	A
Anisi stellati fructus	Stjörnuanis (aldin) / Star Anis (fruit)	A
Antennaria dioica	/ Catsfoot	A
Anthemis nobilis (sjá Chamaemelum nobile)	Rómversk kamilla / Roman Chamomile	A
Anthriscus cerefolium	Garðakjörlauf /	A
Anthyllis vulneraria	Gullkollur / Kidney Vetch	A
Aphanizomenon flos-aquae	Blágrænir þörungar / Klamath blue-green algae	A
Apium graveolens	Blaðsellerí / Celery	A
Aralia racemosa	/ American Spikenard	A
Aralia spp	Aralia tegundir / Aralia species	A
Arctium spp	Arctium tegundir / Burdock species	A
Areca catechu	Betel hneta / Betel nut, Areca nut	B
Arenaria rubra (sjá Spergularia rubra)	/ Sandwort	A
Argyrea nervosa	fræ / Morning glory, Baby Hawaiian Woodrose (seed)	B
Aristolochia spp	Aristolochia tegundir / species	B
Aroniae melanocarpae fructus	aldin / Black chokeberry (fruit)	A
Artemisia absinthium	Malurt (vermút) / Wormwood	B
Artemisia annua		B
Artemisia dracuncululus (sjá Dracunculi herba) (krydd)	Estragon / Estragon	A
Artemisia vulgaris	Búrót / Mugwort	B
Asa foetida	Djöflatað / Asafoetida, Stinking gum	A
Asclepias tuberosa	/ Pleurisy root	B
Ascophyllum spp-nodosum	Þari / Kelp Klóþang (brúnþörungur)/Rockweed, Knotted wrack (brown algae)	A
Aspalathus linearis	Rauðrunni / Rooibos tea plant	A
Asparagus racemosus	Læknaspergill/Satavar, Shatavari, Shatamull	A
Asperula odorata (sjá Galium odoratum)	/ Sweet woodrill	A
Asphalatus contaminatus (sjá Lebeckia contaminata)		A
Astragalus glycyphyllos	Sætuhnútar /Licorice milk vetch	A
Astragalus membranaceus	Græðihnúta /Chinese mik vetch	B
Atractylodes japonica	japanese atractylodes	A
Atropa belladonna	Völvuauga, Sjáaldursjurt/deadly night shade, Belladonna	B
Avena sativa	Hafrar/ Oats, Oat grass, Oat straw	A
Bacopa monniera		A
Banisteriopsis caapi		B
Baptisia tintoria		B
Barosma betulina	/ Buchu	A
Bauhinia spp	Bauhinia tegundir / species	A
Bellis perennis	Freyjubrá, Fagurffill / Daisy	A
Berberidis fructus	Berberidis aldin / fruit	A
Berberis vulgaris sine fructibus (nema ber)	Ryðbroddur / Barberry	B
Beta vulgaris	Beetroot	A
Betonica officinalis (sjá Stachys officinalis)	/ Betonie, Wood Betony	A
Borago officinalis	Borage seed oil	A



Jurtir (Latneskt heiti)	Jurtir (Íslenskt heiti / Enskt heiti)	Fl.
Boswellia serrata		A
Brassica campestris (B. Nigra, B. napus)	Repjufræ / Rape seed	A
Brassica oleracea acephala / capitata	Kale leaf / Cabbage	A
Bryonia alba		B
Bucco folium	Bucco blöð / leaf	A
Bupleurum falcatum	/ Buplerum	A
Bursae pastoris herba / Capsella Bursa Pastoris	Hjartarfi / Shepherd 's purse	B
Calendula officinalis	Morgunfrú / Marigold	A
Callitris quadrivalvis		A
Calluna vulgaris	Beitilyng / Heather	A
Camellia sinensis		A
Cananga odorata	/ Cananga, Ylang-Ylang	A
Canarium fructus	Canarium aldin / Pili nut, Java almond	A
Cannabis spp	Kannabis tegundir / Cannabis species	B
Capsicum annuum (krydd)	Kayenne pipar / Cayenne	A
Carduus (sjá Cnicus benedictus)	/ Blessed thistle, Holy thistle	A
Carduus marianus (sjá Silybum marianum)	Mjólkurpistill / Milk thistle	A
Carthamus lanatus / tinctorius	Litunarpistill / Safflower	A
Carum carvi	Kúmen / Caraway	A
Caryophyllatae radix	Negulrót / Clove (root)	A
Caryophyllus aromatica (krydd)	Negull / Clove	A
Cassia angustifolia	Senna / Senna	B
Cassia spp	Cassia tegundir / species	B
Castanea sativa	Kastaníuhneta / European Chestnut	A
Catha edulis	Khat / Khat, Qut, Kat, Chaat	B
Catharanthus spp	Catharanthus tegundir / species	B
Centaurea cyanus	Garðakornblóm / Cornflower	A
Centaureum tegundir	/ Centaury	A
Centella asiatica	/ Gotu Kola, Hydrocotyle, Indian pennywort	B
Cephaelis ipecacuanha	/ Ipecac, Ipecacuanha	B
Ceratonia siliqua		A
Ceratoniae fructus	Karób, Jóhannesarbrauð (aldin) / Carob (fruit)	A
Ceratoniae semen	Kaób fræ / Carob seed	A
Cerefolii gennanici herba	Garðkerfill /	A
Cetraria islandica (sjá Lichen islandicus)	Fjallagrös / Iceland moss	A
Chamaemelum nobile (sjá Anthemis nobilis)	Rómversk kamilla / Roman Chamomile	A
Chamaenerion angustifolium (sjá Epilobium angustifolium)		A
Chelidonium majus	/ Celandine	B
Chenopodii quinoaese semen	Quinoa fræ / seed	A
Chenopodium album	/ Lamb's quarters	A
Chenopodium quinoa	Hélunjóli / Quinoa	A
Chimaphila umbellata	/ Love-in-winter	A
Chlorella spp	Grænþörungur / Chlorella species	A
Chondrus crispus	Fjörugrös / Irish moss	A
Chrysanthemum parthenium (sjá Tanacetum parthenium)	Glitbrá / Feverfew	A



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Chrysanthemum vulgare (sjá Tanacetum vulgare)		B
Cichorium intybus	Kaffifífill, Síkoría / Chicory	A
Cimicifuga racemosa	Slöngujurt / Black cohosh	B
Cinchona officinalis	Kínabörkur / Cinchonae bark	B
Cinnamomum burmannii	Kanill	A
Cinnamomum zeylanicum	Kanill / Ceylon Cinnamon	A
Cirsium spp	Cirsium tegundir / species	A
Citrus reticulata	Mandarínutré / Tangerine, mandarin orange	A
Clematis virginiana	Bergsóley / Clematis	B
Cnicus benedictus (sjá Carduus)	/ Blessed thistle, Holy thistle	A
Cochlearia armoracia	Piparrót / Horse Radish	A
Codonopsis pilosulae		B
Coffea arabica (sjá Jasminum arabicum)	Kaffirunni / Coffee plant	A
Coix lachryma-jobi	/ Job's tears	A
Coleus forskohlii		B
Commiphora molmol, C. myrrha	/ Myrrh, African myrrh, Gum myrrh	A
Condurango cortex	Condurango börkur / bark	B
Conium maculatum	/ Hemlock	B
Convallaria majalis	Dalalilja /	B
Convolvulus tegundir	/ Elephant creeper	B
Cordyceps sinensis	Cordyceps / Cordyceps, Dong chong zia cao	B
Coriandrum sativum (krydd)	Kóríander / Coriander	A
Corylus avellana	Hesliðiður / Hazel	A
Crataegus spp	Snæþyrnir / Hawthorn	B
Crocus sativus	Saffron / Saffron	A
Cucurbita maxima og pepo	Grasker, kúrbítur / Pumpkin, zucchini	A
Cuminum cyminum (krydd)	Kúmín / Cumin	A
Curculigo orchioides		A
Curcuma amada	/ Mango ginger, Indian ginger	A
Curcuma longa (krydd)	/ Turmeric	A
Curcuma zedoaria	/ Zedoary	A
Cusparia officinalis		A
Cyanopsis tetragonolobus	Guar gúmmí / Guar gum	A
Cyanotis vage rót		B
Cyclocaraya paliurus	/ Blue Coin Willow	A
Cydonia oblonga	Roðarunni (öll jurtin) / Quince	A
Cymbopogon flexuosus / citratus	Sítrónuilmgresi / Lemongrass	A
Cymbopogon nardus (C. winterianun)	/ Citronella Oil	A
Cynara scolymus	Ætilþistill / Artichoke	A
Cynodon dactylon	Klógresi / Bermuda-grass	A
Cynosbati fructus	Rósaldin / Rose-hip	A
Cyperus rotundus		B
Cytisus scoparius	/ Gyvel	B
Damianae folium	Damiana blöð / leaf	A
Digitalis purpurea	Fingurbjargarblóm /	B



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Dioscorea bulbifera	Sætuhnúður / Yam, Air potato	A
Dioscorea spp	Dioscorea tegundir / species	A
Dipsacus japonicus		A
Dipsacus laciniatus	/ Teasel root	A
Dolichos biflorus		A
Dolichos pruriens (sjá Mucuna pruriens)		A
Dracunculi herba (sjá Artemisia dracunculus) (krydd)	Estragon / Estragon	A
Drosera ramtacea		A
Drosera rotundifolia	Sóldögg / Sundew	A
Dunaliella bardawil		A
Dunaliella salina		A
Echinaceae angustifolia	Sólhattur / Echinacea, Kansas snakeroot	A
Echinaceae purpurea	Sólhattur / Echinacea, Purple coneflower	A
Eisenia Bicyclis		A
Elettaria cardamomum (krydd)	Kardemommur / Cardamom	A
Eleutherococcus senticosus	Síberíu ginseng / Eleuthero, Siberian ginseng	A
Elytrigia repens (sjá Agropyron repens)		A
Embella spp	Embella tegundir / species	B
Emblica officinalis		A
Ephedra vulgaris	Efedrín / Ephedra, Ma huang	B
Epilobium angustifolium	Sígurskúfur / Fireweed	A
Epimedium grandiflorum (E. sagittatum)	/ Horny goat weed	B
Equisetum arvense	Elfting / Horsetail	A
Equisetum hyemale	/ Shave grass	A
Erica tetralix		A
Eriobothrya japonica (nema fræ)	Dúnepli / Loquat	A
Eriodictyon californicum	/ Yerba santa	A
Erythroxylum catuaba	Catuaba börkur / Catuaba bark	B
Euclayptus globulus	/ Eucalyptus	A
Eucommia ulmoides	/ Cortex Eucommiae	B
Eugenia caryophyllata (krydd)	Negull / Clove	A
Eupatorium perfoliatum	/ Boneset, Thoroughwort	B
Eupatorium purpureum	/ Joe Pye, Gravel root	B
Euphoria longana fructus	Euphoria longana aldin / Longan	A
Euphrasia spp	Augnfró / Eyebright	A
Eurycoma longifolia	/ Tongkat ali	B
Evodia rutaecarpa	/ Evodia	B
Fagopyrum esculentum	Bókhveiti / Buckwheat	A
Ferula assa-foetida		A
Ficus carica		A
Filipendula	Mjaðjurt / Meadowsweet	A
Foeniculum vulgare (krydd)	Fennel / Fennikel	A
Foenigraeci semen	Bukkehorn fræ / Fenugreek seed	A
Forsythia suspensa	/ Weeping Forsythia	A
Fragaria vesca	Viltt jarðarber / Wild strawberry	A



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Fritillaria	/ Thunberg fritillary	B
Fucus spp	Þang / Wracks	A
Fumaria officinalis	/ Fumitory	B
Galangae rhizoma	Galanga rætur / Galanga root	A
Galega officinalis	Goat 's rue/ French liliac/ Professor weed	B
Galeopsis spp		A
Galium aparine	/ Cleavers	A
Galium odoratum (sjá Asperula odorata)	/ Sweet woodruff	A
Galium spp	/ Clivers	A
Galium verum	Maðra / Lady's Bedstraw	A
Ganoderma lucidum	/ Reishi mushroom	A
Garcinia cambogia		A
Garciniae hanburyi fructus	/ Gamboge fruit	A
Gentiana lutea	Mariuvöndur / Gentian	A
Gentiana spp		A
Gentianae radix	Gentian rót / Gentiana root	A
Geranium spp		A
Geum urbanum	Biskupshattur / Avens	A
Glycine max	Sojabaunaolía / soy bean oil	A
Glycyrrhiza glabra (sjá Liquiritiae radix)	Lakkrísrot / Licorice root	A
Glycyrrhiza uralensis	/ Gan Cao	A
Graminis rhizoma (sjá Tritici repentis radix)	Húsapuntur (rætur) / Couchgrass (root)	A
Griffonia simplicifolia (fræ)		B
Grindelia robusta		A
Guaiacum officinale og sanctum		A
Guajaci lignum		A
Guarea rusbyi	/ Cocillana bark	B
Gummi arabicum (sjá Acaciae gummi)	Arabískt gúmmí / Arabisk gum	A
Gymnema sylvestre		A
Gynadropsis pentaphylla		A
Gynostemma pentaphyllum	/ Southern ginseng, Jiaogulan, Miracle grass	A
Hamamelis virginiana	Haustnornahesli/American witchhazel, Common witchhazel	A
Haronga madagascariensis sjá Harungana m.		
Harpagophytum procumbens	Djöflakló/gaddakló / Devil's claw	B
Harungana madagascariensis	Haronga	A
Hedera helix	Bergflétta / Ivy, English ivy	B
Helianthus annuus	Sólblóm / Sunflower	A
Helianthus tuberosus	/Ætihnúður, Tópinambur/ Jerusalem artichoke	A
Hemidesmus indicus	/ False Sarsaparilla	A
Hennae folium	Henna lauf / Henna leaves	A
Henriaria glabra		B
Herpestis monniera		A
Hibiscus tegundir		A
Hippophae rhamnoides	Hafþyrnir / Sea Buckthorn	A
Hizikia Fusiforme	/ Hiziki	A



Jurtir (Latneskt heiti)	Jurtir (Íslenskt heiti / Enskt heiti)	Fl.
Hoodia gordonii		B
Hordeum sativum (H. vulgare)	Bygg / Barley	A
Humulus lupulus	Humlar / Hops	A
Huperzia selago		B
Huperzia serrata		B
Hydrangea arborescens	Hortensía / Hydrangea	B
Hydrastis canadensis	/ Goldenseal	B
Hypericum perforatum	Jónsmessurunni, Jóhannesarjurt / St. John's Wort, Hypericum	B
Hyssopus officinalis	Ísópur / Hyssop	A
Iecoris aselli oleum	Cod liver oil / Þorskalýsi	A
Illicium verum	Stjörnuanis / Star Anis	A
Inula helenium	/ Elecampane	A
Ipomoea aquatica (I. reptans) (rhizome/radix))	Klukkubróðir (stöngull/rót) / Morning glory	A
Iris rhizoma	Fjóla (rætur) / Violet (root)	A
Iris germanica	/ Flag Iris	A
Iris pallida		A
Iris versicolor	Sverðlilja / Blue flag	A
Isatis tinctoria	/ Dyer's woad, woad	A
Ispaghulae testa (sjá Testa ispaghula)	Husk / Psyllium husk	A
Jasminum arabicum (sjá Coffea arabica)	Kaffirunni / Coffee plant	A
Jasminum grandiflorum		A
Jasminum officinale	Common Jasmine, Poet 's Jasmine, True Jasmine eða White Jasmine	A
Juglandis folium	Valhnetulauf / Walnut leaves	A
Juglans regia	Valhnetutré / Walnut tree	A
Juniperi folium (krydd)	Einiberjanálar / Juniper	A
Juniperi fructus (krydd)	Einiber / Juniper	A
Juniperus communis (krydd)	Einiber / Juniper	B
Knautia arvensis	Ekkjublóm / Field Scabious	A
Krameria triandra	/ Rhatany	A
Lactuca sativa folium	Kál / Lettuce	A
Laminaria spp	Þari / Seaweed, Kelp	A
Lamium album	/ White Deadnettle	A
Lappa major (sjá Arctium lappa)		A
Larrea divaricata		B
Larrea mexicana (L. tridentata)	/ Palo ondo, Creosote bush, Chaparral	B
Laser trilobum		A
Laser trilobum (sjá Siler trilobum)		A
Laurus nobilis	Lárviður / Bay	A
Lavandula latifolia		A
Lavandula officinalis	Lofnarblóm / Lavender	A
Lawsonia inermis	Henna runni / Henna bush	A
Lebeckia contaminata	Rauðrunni/Rooibush	A
Lentinula edodes	Shiitake sveppur / Shiitake mushroom	A
Leonurus cardiaca	/ Motherwort	B



Jurtir (Latneskt heiti)	Jurtir (Íslenskt heiti / Enskt heiti)	Fl.
Leonurus sibiricus	Siberian Motherwort	B
Lepidium meyenii	Maca rót / Maca root	A
Lepidium sativum	Karsi / Garden Cress	A
Leuzea carthamoides (sjá Rhaponticum carthamoides)	/ Maralroot	A
Levisticum officinale	/ Lovage	A
Lichen islandicus (sjá Cetraria islandica)	Fjallagrös / Iceland moss	A
Ligusticum porteri	/ Osha	B
Lilium tigrinum		A
Linaria vulgaris	/ Flax dodder	A
Linum usitatissimum	Hörfræ / Linseed / Flaxseed	A
Lippia citriodora (sjá Verbena citriodora, V. triphylla)	/ Lemon verbena	A
Liquiritiae radix (sjá Glycyrrhiza glabra)	Lakkrísrot / Licorice root	A
Liriosma ovata (sjá Ptychopetalum olacoides)	/ Muira puama	A
Lithospermum officinalis	/ Gromwell	A
Lithothamnium spp		A
Lobelia inflata		B
Lobelia spp		B
Loeselia coccinea		A
Lonicera caprifolium	/ Kaprifol	B
Lonicera japonica	/ Nindo	B
Lotus arabicus	/ Lotus	A
Luffa operculata		B
Lupuli fructus	Humall (aldin) / Hop (fruit)	A
Lycium barbarum	Úlfaber / Wolfberry, Goji berry	A
Lycopersicon spp	Tomato extract (Red/Green) / GTE	A
Lycopodium selago	Jafni / Club moss	B
Lycopodium spp		B
Lythrum salicaria	/ Purple Loosestrife	A
Lytta vesicatoria	Spanish fly	B
Macis		A
Magnoliae flos (blóm)		A
Mahonia aquifolium	/ Barberry, Oregon grape	B
Maitake mushroom		A
Majorana hortensis (sjá Origanum majorana)	Kryddmæra / Marjoram, sweet	A
Malpighia glabra (M. Punicifolia)	Índíukirsuber / Acerola, Barbados cherry	A
Mandragora officinarum		B
Manna		A
Marrubium spp		A
Mastix	/ Mastics	A
Mate folium	Mate lauf / Mate (leaves)	A
Matricaria recutita	Þýsk kamilla / German chamomile	A
Medicago sativa	Alfalfa / Alfalfa	A
Melaleuca alternifolia	Te-tré / Tea Tree	A
Melaleuca leucadendron		A
Melaleuca spp		A



Jurtir (Latneskt heiti)	Jurtir (Íslenskt heiti / Enskt heiti)	Fl.
Melaleuca viridiflora	/ Niaouli	A
Melia azadirachta	/ Neem leaf	B
Melissa officinalis	Sítrónumelissa / Lemon balm	A
Mentha piperita	Piparmynta / Peppermint	A
Mentha spp		A
Menyanthes trifoliata	Horblaðka / Bogbean	A
Mesua semen	Mesua fræ / Mesua seed	A
Meum athamanticum	/ Spignel	A
Millefolii herba	Vallhumall / Yarrow	A
Mitragyna speciosa	/ Kratom	B
Momordicae charantiae fructus (aldin)		A
Monarda didyma	Bergamót /	A
Monascus purpureus	/ Red yeast rice	B
Montmorillonite clay	Bentonite	A
Morinda citrifolia	Noni aldin / Noni fruit	A
Morus alba	Mórber / Mulberry	A
Morus nigra	Mórber / Mulberry black	A
Mucuna pruriens	Velvet bean	A
Myrciaria dubia		A
Myrciaria jaboticaba	/ Camu-camu	A
Myrica cerifera	/ Bayberry, Wax Myrtle	A
Myristica fragrans (krydd)	Múskat / Nutmeg	A
Myrrhae gummi	Myrra, útvortis / Myrrh, external use	A
Myrrhis odorata	Kerfill / Sweet Cicely	A
Myrtilli folium	Bláberjablöð / Blueberry leaves	A
Nardostachys grandiflora	Jatamansii rót / root	B
Nasturtium officinale	Brunnperla / Watercress	A
Nasturtium sativum (sjá Lepidium sativum)		A
Nepeta cataria	/ Catnip	A
Nigella sativa	/ Black seed, Black cumin	A
Nucis vomicae semen	/ Nux vomica (seed)	B
Ocimum basilicum (O. sanctum) (krydd)	Basilíka / Basilica	A
Oenothera biennis	Kvöldvorrós / Evening Primrose	A
Oenothera spp		A
Olea europaea	Olive leaf	A
Ononis spinosa	/ Rest harrow	A
Opuntia ficus-indica		A
Opuntia streptacantha	/ Nopal cactus, Prickly Pear	A
Origanum majorana (sjá Majorana hortensis)	Kryddmæra / Marjoram, sweet	A
Origanum vulgare	Oregano / Oregano	A
Orthosiphon spicatus (O. stamineus)	Java te / Java tea	A
Oxalis acetosella	/ Wood Sorrel	A
Oxycoccus quadripetalus	Trönuber / Cranberry	A
Pachyrrizus erosus radix	/ Yam Bean root	A
Paeonia lactiflora	White Peony	A



Jurtir (Latneskt heiti)	Jurtir (Íslenskt heiti / Enskt heiti)	Fl.
<i>Paeonia officinalis</i>	Bóndarós / Peon, Peony	A
<i>Palmaria palmata</i>	Þörungar, söl / Algae	A
<i>Panax ginseng</i>	Panax ginseng / Ginseng	A
<i>Papaver somniferum</i>	Ópíumvalmúi /	B
<i>Papaver spp</i>		B
<i>Papaveris semen</i>	/ Poppyseed	A
<i>Parthenocissus quinquefolia</i> (ekki aldin)	Bergflétta / Ivy, American	A
<i>Passiflora incarnata</i>	Passiflóra / Passion flower	B
<i>Pausinystalia yohimbe</i>	/ Yohimbe	B
<i>Peganum harmala</i>	Syrian rue	B
<i>Pelargonium spp</i>		A
<i>Peletia canaliculata</i>		A
<i>Perilla frutescens</i>		B
<i>Petroselinum crispum</i>	Steinselja / Parsley	A
<i>Peumus boldus</i>	/ Boldo, Boldus	B
<i>Pfaffia paniculata</i>	/ Suma, Brazilian ginseng	B
Phaeophyceae	Brúnþörungar / Brown algae	A
<i>Phaseolus vulgaris</i>	Kidney bean	A
<i>Phragmites communis</i>	/ Reed Grass	A
<i>Phyllanthus emblica</i>	/ Alma	A
<i>Phyllanthus spp</i>		B
<i>Physalis peruviana fructus</i>	Stíkilsber / Cape Gooseberry	A
<i>Phytolacca americana</i> (<i>P. decandra</i>)	/ Pokeweed	B
<i>Picrasma excelsa</i>	/ Bitter Ash	A
<i>Picrorhiza kurroa</i>		B
<i>Pimenta dioica</i>		A
<i>Pimenta officinalis</i>		A
<i>Pimentae fructus</i> (krydd)	Allrahanda / Allspice	A
<i>Pimpinella anisum</i>	Anis / Anise	A
<i>Pimpinella saxifraga</i>	Nónblóm / Pimpernel	A
<i>Pimpinella spp</i>		A
<i>Pimpinellae radix</i>	Akurilju rót / Pimpinelle root	A
<i>Pinellia tuberifera</i>		A
<i>Pinus pinaster</i> extract	Pycnogenol	A
<i>Piper angustifolium</i>	/ Matico	A
<i>Piper methysticum</i>	Kava-kava / Kava-kava	B
<i>Piperis albi fructus</i> (krydd)	Hvítur pipar / White pepper	A
<i>Piperis nigri fructus</i> (krydd)	Svartur pipar / Black pepper	A
<i>Pistacia lentiscus</i>	Viðarkvoða úr Lentiscus / Mastic	A
<i>Plantago lanceolata</i>	/ English/buckhorn plantain, ribgrass, ribwort	A
<i>Plantago major</i>	Mjölbananajurt / Plantain greater	A
<i>Plantago ovata</i>	/ Ispaghula husk, Ispaghula testa	A
<i>Polygala amara</i>	/ Milkwort, bitter	A
<i>Polygala senega</i>	Snákarót / Senega snakeroot	A
<i>Polygonatum spp</i>		B



Jurtir (Latneskt heiti)	Jurtir (Íslenskt heiti / Enskt heiti)	Fl.
Polygonum aviculare	/ Knotgrass, common	A
Polygonum spp		A
Polypodium vulgare	/ Polypody	A
Poria cocos		A
Porphyra tenera		A
Potentilla anserina	Tágamura / Silver weed	A
Potentilla erecta		A
Primula spp		A
Prionace glauca / Isurus oxyrinchus	Shark cartilage / hákarlabrjósk	A
Prunus amygdalus var. Dulcis	Möndlur / Almond	A
Prunus armeniaca	Apríkósufrae / Apricot seed	B
Prunus serotina	/ Wild cherry	A
Prunus spinosa	Þyrniplóma / Sloe	A
Psoralea corylifolia		A
Psyllii semen / Isphagula	Psyllium frae / Psyllium seed	A
Pterocarpus marsupium	/ Kino	A
Ptychopetalum olacoides (sjá Liriosma ovata)	/ Muira puama, Potency wood root	A
Pulmonaria officinalis	/ Lungwort	A
Pygeum africanum		A
Quassia amara	Beiskjuviður / Quassia	A
Quercus	Oat grass	A
Raphanus sativus var. niger	/ Black Radish	B
Ratanhiae radix	/ Ratanhia root	A
Rauvolfia serpentina		B
Rauvolfia spp		B
Reishi		A
Rhamnus frangula	Frangúla / European buckthorn, Frangula	B
Rhamnus purshiana	Cascara / Buckthorn, Cascara sagrada	B
Rhaponticum carthamoides (sjá Leuzea carthamoides)	/ Maral root	A
Rhei rhizoma (stöngull)		B
Rheum palmatum (rót)	Rabarbara rót / Rhubarb root	B
Rhodiola rosea (Sedum rosea)	Burnirót / Arctic root	A
Rhodymenia palmata	Söl / Dulse	A
Rhus toxicodendron		B
Ribes nigrum	Sólber / Black current	A
Rorippa nasturtiumaquaticum	Brunnperla / Watercress	A
Rosa canina	Rósaldin / Rose-hip	A
Rosa spp	Rósategundir / Rose species	A
Rosemarinus officinalis (krydd)	Rósmarín / Rosemary	A
Rubia cordifolia (R.tinctorum)	Litunarmaðra /	B
Rubus fruticosus	Blacberry	A
Rubus idaeus	Red Raspberry	A
Rumex acetosa	/Sheep sorrel	A
Rumex crispus	/ Yellow Dock	B
Ruscus aceleatus	/ Butcher's broom	A



Jurtir (Latneskt heiti)	Jurtir (Íslenskt heiti / Enskt heiti)	Fl.
Ruta graveolens	/ Rue, common rue	B
Salvia divinorum		B
Salvia lavandulaefolia (krydd)	Salvía / Sage	B
Salvia officinalis (að undanskildu kryddi)	Salvía / Sage	B
Salvia officinalis (krydd)	Salvía krydd / Salvie as spice	A
Salviae hispanicae semen (fræ)	/ Chia seed	A
Sambucus spp		A
Sandaraca resina	/ Sandarak	A
Sanguisorba minor	/ Salad Burnet	A
Sanicula europaea	/ Sanikel	A
Sarothamnus	/ Gyvel	B
Sarsaparillae radix		A
Sassafras albidum	/ Sassafras	B
Satureja hortensis	/ Summer Savory	A
Satureja montana	/ Winter Savory	A
Saussurea lappa		B
Saxifraga granulata	Kornasteinbrjótur / Meadow Saxifrage	A
Sceletium tortuosum	/ Kanna	B
Schini terebinthifolii fructus	Rósapipar sem krydd (aldin) / Rose pepper as spice (fruit)	A
Schisandra chinensis	Schisandra / Schisandra, hoku-gomishi	A
Scutellaria lateriflora	/ Scullcap	B
Secale cornutum		B
Serenoa serrulata	Saw palmetto	B
Senecio aureus	Krossffill / Life root, Squaw weed, Ragwort	B
Sesami semen	Sesamfræ / Sesam seed	A
Sesamum indicum	Sesamjurt / Sesam	A
Shiitake mushroom		A
Sida cordifolia		B
Sideritis montana		A
Sideritis spp		A
Siler trilobum		A
Silybum marianum (sjá Carduus marianus)	Mjólkurpistill / Milk thistle	A
Sinapis alba		A
Sinapis nigra (sjá Brassica nigra)		A
Smilax officinalis	/ Sarsaparilla Root	A
Solanum dulcamara		B
Solidago virens	Gullgras / Golden rod	A
Sophora japonica	/ Pagoda tree	A
Sophora secundiflora (fræ)	/ Mountain Laurel, Mescal bean	B
Spergularia rubra (sjá Arenaria rubra)	/ Sandwort	A
Spharentus indicus		A
Spilanthes oleracea		A
Spinacia oleracea	Spinach leaf	A
Spiraea ulmaria	Mjaðjurt / Meadowsweet	A
Spiraeae herba	/ Spirea	A



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Spiraea ulmaria (sjá Filipendula ulmaria)		A
Spirulina spp	Spirúlína, blágrænuþörungar / Spirulina, dihe, blue-green algae	A
Stachys (sjá Betonica officinalis)	/ Betonie, Wood Betony	A
Stellaria media		A
Stevia rebaudiana	Stevía / Stevia, Sweet leaf of Paraguay	A
Strychnos nux vomica	/ Nux vomica, Quaker button	B
Swertia chirata		A
Symphytum officinale	Komfrey / Comfrey	B
Syzygium aromaticum (krydd)	Negull / Clove	A
Tabebuia ipe, Tecoma ipe	/ Lapacho, Pau D'Arco, Ipe Roxo	B
Tabernanthe iboga	/ Star Jasmine	B
Tagetes erecta		A
Tamarindus indica	/ Tamarind	A
Tanacetum parthenium (sjá Chrysanthemum parthenium)	Glitbrá / Feverfew	A
Tanacetum vulgare	/ Tansy	B
Taraxacum officinale	Túnfífill / Dandelion	A
Terminalia arjuna		A
Terminalia belerica	/ Bibhitaki	A
Terminalia chelsula	/ Haritaki	A
Testa ispaghula (sjá Ispaghulae testa)	Husk / Psyllium husk	A
Thea sinensis (sjá Camellia sinensis)		A
Thymus citrodorus		A
Thymus serpyllum (krydd)	Timían / Wild Timian	A
Tilia cordata		A
Tiliae flos (blóm)		A
Tinospora cordifolia	/ Guvel	B
Toluifera balsamum, Myroxylon spp	Tólúbalsam / Tolu balsam, opobalsam	A
Tribulus terrestris	/ Caltrop, Puncture vine	B
Trichosanthes cucumerina		A
Trichosanthes japonica		A
Trichosanthes kirilowi		A
Trientalis europaea	/ Chickweed Wintergreen	A
Trifolium pratense	Rauðsmári / Red Clover	A
Trigonella foenum-graecum	/ Fenugreek	A
Tritici durhi egypti semen	Kamut fræ	A
Tritici germinis oleum (olía, útvortis)	Hveitikímólía, útvortis	A
Tritici repentis radix (sjá Graminis rhizoma)		A
Tritici repentis radix (sjá Graminis rhizoma)	Húsapuntur / Couchgrass	A
Triticum aestivum	Wheat grass	A
Turnera diffusa aphrodisiaca	/ Damiana	A
Tussilago farfara	Hóffífill / Coltsfoot	B
Ulmus rubra	Slippery elm bark	A
Ulmus spp		A
Uncaria tomentosa	Kattarkló / Cat's claw	B



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Undaria pinnatifida	Japönsk þarategund / Wakame	A
Urtica dioica	Brenninetla / Nettle leaf	A
Urtica urens		A
Uvae-ursi folium	/ Uva-Ursi leaves	B
Uvae-ursi fructus	/ Uva-Ursi fruit	A
Vaccinium oxycoccus (V. macrocaropn)	Trönuber / Cranberry	A
Vaccinium vitis-idaea	Týtuber / Cowberry	A
Vaccinium myrtillus	Aðalbláber / Bilberry	A
Valeriana officinalis	Garðabrúða / Valerian, Baldrian	B
Vanilla planifolia	Vanilla / Vanilla	A
Verbascum phlomoides	/ Wolly Mullein	A
Verbascum spp		A
Verbascum thapsiforme	/ Mullein	A
Verbena citriodora (V. triphylla) (sjá Lippia triphylla)	/ Lemon verbena	A
Verbena officinalis	/ Vervain	A
Veronica spp		A
Vigna sesquipedalis semen		A
Vinca minor		B
Viola tricolor	Brenningarfjóla / Pansy	A
Viscum album	Mistilteinn / Mistletoe	B
Vitex agnus-castus	/ Chaste tree, Chasteberry , Agnus castus	B
Vitex trifolia		A
Vitis vinifera	/ Grape seed extract; Grape skin extract	A
Vitis-idaeae folium	Týtuberjalauf / Cowberry, Foxberry (leaf)	A
Withania somnifera útdráttur/extract	/ Ashwagandha, Indian ginseng, Winter cherry	B
Withania somnifera mulin rót		A
Yucca spp	/ Yucca	A
Zanthoxylum americanum	/ Prickly ash	B
Zedoariae rhizoma	/ Zedoaria root	A
Zingiber officinale (krydd)	Engifer / Ginger	A
Ziziphus jujuba	/ Jujube	B