

Annex A The sample collection

RUMEN-UP
PLANT COLLECTION DATA

| Botanical Name | References | Family | Common Name | Fraction | Veg State | Comments | Activity | Phytochemical Profile | Feasibility |
|---------------------------------|------------|------------------|---|------------------|-----------------|--|--|--|--|
| α-carumbolifolius | C003 | Phacaceae | extract | tail tree | | | bactericidal, synergistic | resin, essential oils | Bulk collection feasible from wild and cultivation |
| Aloes nordmannii | H078 | Phacaceae | leaves and stem | tail tree | | | | | Feasible to cultivate in bulk |
| Acanthus spinosus | R115 | Araceae | | | | | | | Bulk collection feasible from wild and cultivation |
| Acer platanoides | H078 | Araceae | | | | | | | Bulk collection feasible from wild and cultivation |
| actaeognol | C002 | | | | | | | | |
| Achillea millefolium | H001 | Asteraceae | Schafgarbe/yarrow | whole overground | flowering | | bactericidal, synergistic, antimicrobial | azulene | Bulk collection feasible from wild and cultivation |
| Actinidia deliciosa | H075 | Cistaceae | Kiwi | whole overground | flowering | | | | Feasible to cultivate in bulk |
| Adenocarpus complicatus | E009 | Cistaceae | Girah | whole overground | late flowering | | | | Feasible to cultivate in bulk |
| Aegopodium podagraria | H002 | Asteraceae | Horse chestnut | leaves and stem | flowering | very leafy with some stems | | flavonoids, coumarin and terpenes in seeds are active. Aescin (haemolytic, inhibits fungal growth, Anti-inflammatory, anti-exudative and cancerostatic). Barringtonol C. Esculin (inhibits chemically induced carcinogenic action. Growth inhibitor of Bacillus subtilis). Fraxetin, Fraxin, Kasmpferol (Radical scavenger, anti-inflammatory, antibacterial and antifungal) | Bulk collection feasible from wild and cultivation |
| Aesculus hippocastanum | R003 | Hippocastanaceae | immature horsechestnut fruits | leaves and stem | | | antimicrobial | saponins | Bulk collection feasible from wild and cultivation |
| Aesculus hippocastanum f. UR124 | | | fruits | fruit | vegetative | leaves and stems | antimicrobial | saponins | Bulk collection from wild feasible |
| Agavechae botanica | H095 | Liliaceae | Guaygrass/couch grass | grass | | Used as a warming remedy and to prevent miscarriages. Soothes the digestive tract. | antimicrobial | | Bulk collection from wild feasible |
| Agropyron repens | R004 | Gramineae | | | | | | | |
| Alcea rosea | R005 | Rosaceae | Bulje | leaves and stem | | | | | |
| Alcea rosea | UR184 | Rosaceae | hollyhock | leaves and stem | | | | | |
| Achenille alpina | R006 | Rosaceae | Alpine lady's mantle | leaves and stem | flowering | | | glycosides | Difficult to cultivate in bulk |
| Achenille vulgaris | H004 | Rosaceae | Fraunmantel/lady's mantle | whole overground | | leaves with fine stem | | tanin | Feasible to cultivate in bulk |
| Achenille vulgaris | E029 | Rosaceae | | | | | | | |
| Achenille vulgaris | UR039 | Rosaceae | garlic mustard | whole overground | early flowering | Pungent oil in seeds. Causes poisoning if eaten in quantity. Causes inflammation of the digestive tract and kidneys. Used as a blood purifier, expectorant, antiseptic, stimulant, anti-Alim (platelet aggregation inhibitor, antithrombotic), Diuretic/urinary (insecticidal, Stimulates fungal growth of Sclerotium cepivorum cathecin), Phorbolol (antiparasitic), S-(E)-propyl-1-ethyl-L-cysteine S-oxide. | | | |
| Alliaria petiolata | UR128 | | leeks | leaves and stem | | | | | |
| Allium cepa | UR129 | | lemons | leaves and stem | | | | | |
| Allium porrum | R086 | | Alder | leaves and stem | | | | | |
| Allium ursinum | R007 | | extract | extract | | | | | |
| Alnus glutinosa | C005 | | extract | extract | | | | | |
| Alnus glutinosa | C004 | | | | | | | | |
| Alnus pinene | C004 | | | | | | | | |
| Alnus terpenol | C006 | | | | | | | | |
| Alnus terpenol | UR041 | | love lies-bleeding/red cockscomb | extract | | | | | |
| Amaranthus caudatus | R008 | Amaranthaceae | | | | | | | |
| Amaranthus caudatus | H104 | Brassicaceae | Juneberry | leaves and stem | vegetative | | | | |
| Amaranthus caudatus | UR111 | Brassicaceae | Juneberry | leaves and stem | | | | | |
| Amaranthus caudatus | R009 | Brassicaceae | Japanese anemone | leaves and stem | | | | | |
| Amaranthus caudatus | C007 | Brassicaceae | | | | | | | |
| Amaranthus caudatus | E035 | Umbelliferae | Engelwurz | whole overground | not flowering | | | | |
| Amaranthus caudatus | H005 | Apiaceae | Engelwurz | whole overground | early fruiting | | | | |
| Amaranthus caudatus | A001 | Umbelliferae | Angelica root | whole plant | | | | | |
| Amaranthus caudatus | E131 | Compositae | mayweed/dinking chamomile | whole overground | late fruiting | | | | |
| Amaranthus caudatus | UR042 | Compositae | | | | | | | |
| Amaranthus caudatus | A002 | Compositae | Chamomile | flowers | | | | | |
| Amaranthus caudatus | R098 | Compositae | sweet vernal grass | grass | | | | | |
| Amaranthus caudatus | UR081 | Compositae | Cow Parsley | whole overground | late flowering | | | | |
| Amaranthus caudatus | E040 | Papilionaceae | Alkele | whole overground | pre-flowering | | | | |
| Amaranthus caudatus | H073 | Ranunculaceae | Strawberry, Ice | leaves and stem | | | | | |
| Amaranthus caudatus | R010 | Ranunculaceae | Burdock/lappal/horny burr/baggers buttons | leaves and stem | | | | | |
| Amaranthus caudatus | UR044 | Ranunculaceae | Bear-berry | leaves and stem | | | | | |
| Amaranthus caudatus | R011 | Aristolochiaceae | | | | | | | |
| Amaranthus caudatus | H100 | Aristolochiaceae | | | | | | | |
| Amaranthus caudatus | H089 | Aristolochiaceae | | | | | | | |
| Amaranthus caudatus | R012 | Compositae | Southernwood | leaves and stem | flowering | | | | |
| Amaranthus caudatus | R013 | Compositae | Wormwood | leaves and stem | vegetative | | | | |
| Amaranthus caudatus | E068 | Compositae | Lords and Ladies | whole overground | not flowering | | | | |
| Amaranthus caudatus | UR078 | Compositae | Knotweed | | | | | | |
| Amaranthus caudatus | UR083 | Compositae | Asparagus fern | | | | | | |
| Amaranthus caudatus | A003 | Liliaceae | Asparagus fern | leaves and stem | | | | | |
| Amaranthus caudatus | R014 | Liliaceae | Asparagus fern | leaves and stem | | | | | |
| Amaranthus caudatus | R015 | Liliaceae | Asparagus fern | leaves and stem | | | | | |

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| Astragal | A037 | Leguminosae | Mikvatchi root | root | flowering | | modifies gut microbes | estrain A | Feasible to cultivate in bulk |
| Attractia maki | H006 | Apiaceae | Sternolide | whole overground | leaves and stem | ferns - very stony | antimalarial | | Bulk collection from wild feasible |
| Alivium fib. femina | R016 | | Lady fern | leaves and stem | early flowering | | | | Feasible to cultivate in bulk |
| Aliplex spc | H107 | Chenopodiaceae | | whole overground | flowering | | | saponins | Feasible to cultivate in bulk |
| Bellia nigra | R017 | Lauraceae | Schwarzessle | leaf | extract | 1ml | antipruritic, allergenic, pesticide, antibiotic | | Bulk collection from wild difficult |
| benzyl-alcohol | C008 | | Daisy | leaf | | | | | Difficult to obtain in bulk |
| Berberis validiana | R118 | Berberidaceae | | leaf | early flowering | | | | Feasible to cultivate in bulk |
| Berberis vulgaris | E082 | Berberidaceae | | leaves and flowers | vegetative | | | | Feasible to cultivate in bulk |
| Bergonia cordifolia | R116 | Chenopodiaceae | | leaves and stem | vegetative | | | | Feasible to cultivate in bulk |
| Beta vulgaris craca | H109 | Chenopodiaceae | | extract | vegetative | stems at 40C | bactericidal, antispasmodic, carminative, anti-inflammatory | | Feasible to cultivate in bulk |
| Beta vulgaris altissima | H108 | Chenopodiaceae | | extract | flowering | | | | Feasible to cultivate in bulk |
| beta-pine | C009 | | | whole overground | leaf tree | | | betulin, flavonoids | Bulk collection feasible from wild and cultivation |
| Betonica (=Stachys) officinalis | H008 | Lamiaceae | Helizest | whole overground | leaf tree | | | | |
| Betula pendula | H110 | Betulaceae | | root | late fruiting | | antimicrobial | | |
| Berberis officinalis | UR048 | Asteraceae | Big head root | root | not flowering | Pyrolizidine alkaloids, Mucilage, tannins and volatile oils, Dhurarin (toxic), other info A toxic terpine, used for heart ailments, rickets, chest ailments and as a laxative | bactericidal, modifies metabolism | | |
| Borago officinalis | C010 | Cruciferae | borago | extract | leaves and stem | | | | |
| boroni-actaif/Boroni | E082 | Cruciferae | | whole overground | leaves and stem | | | | |
| Brassica nigra | R018 | Cucurbitaceae | Box | leaves and stem | late flowering | "leaves, stems and seeds" | antimalarial | | Bulk collection from wild feasible |
| Bryonia dioica | A005 | Labiatae | | leaf | flowering | | | | Feasible to cultivate in bulk |
| Chenopodium chenopium | H009 | Asteraceae | Ringblume (Acker) | whole overground | flowering | | | FA, naphthoquinone, glycosides, oleonolic acid | Feasible to cultivate in bulk |
| Chenopodium officinale | H010 | Asteraceae | Ringblume (Garten) | whole overground | late flowering | | | phenolic acids, polyphenols | Feasible to cultivate in bulk |
| Calluna vulgaris | E135 | Ericaceae | | leaves and flowers | late flowering | | | phenolic acids, polyphenols | |
| Camelia sinensis (D) | A006 | Cameliaceae | Dasireling | leaf | | | | | |
| Camelia sinensis (G) | A007 | Cameliaceae | Green tea | leaf | | | | | |
| Camelia sinensis (O) | A008 | Cameliaceae | Oolong | leaf | | | | | |
| Camelia sinensis (S) | A009 | Cameliaceae | Sencha | leaf | | | | | |
| Campanula trachelium | E145 | Campanulaceae | | whole overground | late flowering | | | | |
| Camphora | C011 | | | extract | | MP=460C | modifies metabolism, antifungal | | |
| Capasa bursa-pastoris | UR003 | Compositae | shepherd's purse | extract | | Glycosaminates (9-methylsulfonylhomyl, 10-methylsulfonyldecolyl), Luteolin, (anti-inflammatory and antibacterial activities), inhibits lipoxygenase, protein kinase C, Contains a small amount of volatile oil, resin and several antibiotic substances, (-)-Archigenin, (inhibits cyclic adenosine monophosphate phosphodiesterase, cytostatic | antimicrobial | | |
| Carduus marianus | UR047 | Compositae | carduus | rhizome | early fruiting | | | | |
| Cardus pycnanthemus | A044 | Compositae | carduus | whole overground | early flowering | | | | |
| Cardus trifida | E098 | Compositae | Goldfiedred rhizome | rhizome | early flowering | | | | |
| Carduus baccatus | H111 | Compositae | | whole overground | early flowering | | | | |
| Carthamus lictoribus | UR048 | Asteraceae | caraway seeds | leaves and flowers | early flowering | Abundant volatile oil, Carvone (carminative, antispasmodic), Cuminaldehyde (used in the synthesis of cuminaldehyde) | bactericidal, antioxidant, antifungal | myricetin | Feasible to cultivate in bulk |
| Carum carvi | UR048 | Asteraceae | caraway seeds | leaves and flowers | early flowering | | | | Feasible to cultivate in bulk |
| Carum verticillatum | E126 | Umbelliferae | | extract | | | | | |
| carveol | C012 | | | seed | | | | | |
| Cassia lora | A010 | Leguminosae | Cassia seed | seed | | | | | |
| Castanea sativa fr | UR125 | Fagaceae | immature sweet chestnut | fruit | | | | | |
| Castanea vulgaris | E146 | Fagaceae | fruits | leaves and flowers | late flowering | | | | |
| Catalpa sp | UR098 | Bignoniaceae | Indian bean tree | leaves and flowers | late flowering | | | | |
| Catalpa speciosa | H082 | Bignoniaceae | | whole overground | late flowering | | | | |
| Centaurea jacea | E159 | Compositae | | whole overground | early fruiting | | | | |
| Centaurea nigra | E023 | Valerianaceae | | whole overground | early fruiting | | | | |
| Cerastium brachypetalum | H080 | Caryophyllaceae | | whole overground | vegetative | | | | |
| Cerasus avium | E054 | Rosaceae | | leaves and stem | early fruiting | | | | |
| Chamaerion angustifolium | UR110 | Papaveraceae | Rosebay willowherb | whole overground | early fruiting | | | | |
| Chamaemelum nobile | UR100 | Papaveraceae | chamomile | whole overground | early fruiting | | | | |
| Chelidonium majus | H011 | Papaveraceae | Schoenfraut | whole overground | pre flowering | Mucilage and tannin, other info The roots and leaves have demulcent, tonic and astringent properties and are used in domestic medicine in decoction, infusion and Causes symptoms similar to hayfever | antimicrobial, choleretic, benzophenanthridin, protuberin, nunguharin, alkaloids, protopins | | Bulk collection feasible from wild and cultivation |
| Chenopodium album | UR005 | Chenopodiaceae | fat hen | whole overground | flowering | Nitrogenous anthocyanins, flavonols, ferulic acid, caffeic acid, nitrates, high oxalate content, other info Oxalates combine with calcium resulting in hypocalcaemia. | | phlorates, oxalic acid | Feasible to cultivate in bulk |
| Chenopodium bonus-henicus | H012 | Chenopodiaceae | Guter Henrich | whole overground | flowering | | | | |
| Chenopodium polysericum | UR004 | Chenopodiaceae | manyseeded goosefoot | whole overground | flowering | Nitrogenous anthocyanins, flavonols, ferulic acid, caffeic acid and hydrocyanic acid Poisonous - hydrocyanic acid, nerve, emmenagogue | | | |
| Chenopodium rubrum | UR113 | Chenopodiaceae | red goosefoot | whole overground | flowering | | | | |
| Chickorium intybus | H013 | Asteraceae | Wergarte | whole overground | flowering | leaves with thick stems | antimalarial | | Feasible to cultivate in bulk |
| Cimicifuga racemosa | R020 | | | leaves and stem | | | antimutagenic, antioxidant | | Feasible to cultivate in bulk |
| cinamic acid | C013 | | extract | extract | | | diffuse metabolism, antifungal | | |
| cinamic aldehyde | C014 | | extract | extract | | | bactericidal, antioxidant | | |

A-2a

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|-------------------------------------|-----------|------------------|------------------------------------|--------------------------|-----------------|---|--|--|-------------------------------------|
| Cissampelos ciliata | UR007 | | wooly thistle | | | Accumulates nitrates in toxic amounts. Treats stomach ache, cramps and bowel pain | | | |
| Cistus ladanifer | E148 | Clusiaceae | | whole overground | late fruiting | | antibiotic | | Difficult to obtain in bulk |
| Cistus laurifolius | R021 | | | leaves and stem | | | modifies metabolism, antifungal, bactericidal | | |
| Cistus | C015 | | extract | extract | | | antimicrobial, bactericidal, antifungal | | |
| Citronellal | C016 | | | | | | synergistic, antifungal | | |
| Citronellol | C017 | | | extract | | | | aponins | Difficult to cultivate in bulk |
| Citrus reticulata | UR138 | Rutaceae | mandarin peel | peel | | Peel is used in Chinese medicine for chest pain, congestion and malaria | | | |
| Clematis vitalba | H102 | | | | flowering | | | | |
| Colcava monensis (Chelidonium) | E132 | Cruciferae | whole overground | whole overground | early fruiting | | | | |
| Cordium maculatum | E094 | Umbelliferae | whole overground | whole overground | late flowering | | | | Feasible to cultivate in bulk |
| Convolvulus arvensis | H112 | Convolvulaceae | Goldthread & Skullcap (Mk C) | leaf | | | | | |
| Capitis trilobata + Scutellaria | A019 | | | leaf | | | | | |
| Corandrium sativum | A011 | Umbelliferae | Coriander | leaf | | leaves with small stems | antimalarial | | Feasible to cultivate in bulk |
| Cordia alliodora | R022 | | Doanweed | leaves and stem | | | antimalarial | | Bulk collection from wild feasible |
| Cordia alliodora | R024 | | Hazel | leaf | | | insect repellent, antifungal, antimutagenic, modulates metabolism | | |
| Coumarin | C018 | | | extract | | solid | | | |
| Crotalaria curvata + Pezia coccinea | A020 | Rosaceae | Hawthorn (red) & Pezia (Mk A) | fruit | | | | proanthocyanidins, epicatechin, flavonol | |
| Crotalaria curvata (Purple) | A012 | | Hawthorn fruit (purple) | fruit | | | | proanthocyanidins, epicatechin, flavonol | |
| Crotalaria curvata fr. (Red) | A013 | | Hawthorn fruit (red) | fruit | | | | flavonoids | Bulk collection from wild difficult |
| Crotalaria monogyna | R102 | | hawthorn | leaves, stem and flowers | | | | | |
| Crotalaria monogyna | E156 | Camptulidaceae | whole overground | whole overground | early fruiting | Alliston other info: The dried juice is largely used in the treatment of indigestion, under various trade names. "Pachin" a white powder, being administered in all digestive disorders such as flatulence, heartburn, vomiting, diarrhoea, indigestion, etc. (H. W. G. Smith). | | | |
| Crotalaria monogyna | UR123 | | melon pits | seed | | Garcic acid (plant growth regulator). Triterp. 12 alpha-glycosylated emodin (plant growth regulator). other info: Used as a laxative in certain tropical countries. Leafy stems are used in the treatment of malaria and is a traditional treatment for cholera vomit. Turmeric, silymarin, the gall bladder, inhibits blood clotting, reduces some liver toxins and helps it metabolize fats. It has anti-inflammatory, non-steroidal action | | | |
| Crotalaria monogyna | UR124 | | pumpkin seeds | seed | | | | | |
| Crotalaria monogyna | UR125 | | chamomile | seed | | | | | |
| Crotalaria monogyna | UR126 | | turmeric | seed | | | | | |
| Curcuma longa | UR103 | Zingiberaceae | | | | | | | |
| curcumin | C019 | | extract | extract | | solid | chemopreventive agent, antiparasitic, antitumor, anti-inflammatory | | Feasible to cultivate in bulk |
| Cydonia oblonga | H079 | Rosaceae | globa antichoke | whole overground | late tree | | | | |
| Cynara scolymus | UR135 | Compositae | | leaf | late flowering | | | | |
| Cynopsium ciliatum | E112 | Ranunculaceae | | leaf | early flowering | | | | |
| Cypripedium | E043 | Papilionaceae | | leaves and stem | not flowering | | | | |
| Cypripedium | E016 | Ericaceae | | leaf | late flowering | | pergative, diuretic | | Feasible to cultivate in bulk |
| Datura stramonium | E095 | Solanaceae | | leaf | not flowering | | | | |
| Datura stramonium | E122 | | | whole overground | not flowering | | anticoagulant, antispasmodic | | |
| Datura stramonium | E123 | | | extract | | solid | anticoagulant, antispasmodic | | |
| Datura stramonium | E020 | | extract | extract | | | | | |
| Datura stramonium | C021 | | | | | | | | |
| Datura stramonium | C022 | | | | | | | | |
| Datura stramonium | C023 | | | | | | | | |
| Datura stramonium | H088 | Caryophyllaceae | Dittany | leaves and stem | vegetative | leaves with thick stems | | aponins | Feasible to cultivate in bulk |
| Datura stramonium | R028 | | | leaves and flowers | early fruiting | | | | Difficult to obtain in bulk |
| Datura stramonium | E129 | Scrophulariaceae | van tubour | leaves and flowers | early fruiting | Beta carotene (pro-vitamin A activity). Dioscin (used in synthesising steroid hormones). Dioscin (used in synthesising steroid hormones). Gracilin (haemolytic) | | | |
| Datura stramonium | UR105 | Dissectiaceae | | leaves and flowers | early flowering | | | | |
| Datura stramonium | E105 | Dissectiaceae | leopard's bane | leaves and stem | | | | alkaloids | Bulk collection from wild difficult |
| Datura stramonium | R106 | | | leaves and stem | | | | | Bulk collection from wild feasible |
| Datura stramonium | R027 | Asteraceae | Milk fern | leaves and stem | flowering | Terre - leaves, stems and (seeds?) brown powder* | | | Feasible to cultivate in bulk |
| Datura stramonium | H014 | | Sowmund | whole overground | flowering | | antihelmintic | | |
| Datura stramonium | H015 | Boraginaceae | Nettelkopf | whole overground | flowering | | mineralisation | | |
| Datura stramonium | UR107 | Zingiberaceae | cardamom pods | seed | | alpha-terpine other info: Seeds are digestive, stimulant and antispasmodic. | | | Feasible to cultivate in bulk |
| Datura stramonium | H016 | Orobanchaceae | Weidenbüschchen | whole overground | fruiting | Penhagallil-beta-D-glucose (antiviral against HIV. Inhibits induced peroxidation in rat liver mitochondria and microsomes). antiozonant | | | |
| Edobotium montanum | UR086 | | Broad leaved wallwort | whole overground | | | | | |
| Equisetum arvense | A014 | Berberidaceae | Herbe Epimède | whole overground | | | | | |
| Equisetum arvense | UR009 | | horsetail/bottlebrush/dutch rushes | whole overground | pre flowering | Contains saponins, silicic acid, silicates, alkaloid named palustrine, thiaminase enzyme. Nicotine (toxic, causes respiratory paralysis, tranquiliser and horticultural insecticide), other info: Thiaminase enzyme destroys vit B1 - poisoning signs similar to vit B1 deficiency. Poisonous principle is not destroyed by drying and storage. Has flavonoids, equisetin, silicic acid, silicic acid, thiaminase | | | Difficult to cultivate in bulk |
| Equisetum arvense | H017 | Equisetaceae | Schachtelhalm | whole overground | pre flowering | | | | |
| Equisetum arvense | E015 | Ericaceae | leaves and flowers | leaves and flowers | early flowering | | | | |

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| Erica australis | E007 | Ericaceae | | whole overground | late flowering | | | | |
| Erica cinerea | E134 | Ericaceae | | leaves and flowers | late flowering | | | | |
| Eryngium campestre | E110 | Umbelliferae | | whole overground | not flowering | | antifungal, antitussive, bactericidal | | |
| eucalyptol | C022 | | | extract | | | | | |
| Eucalyptus globulus | UR052 | Eucommiaceae | eucalyptus | bark | | 1,8-cineole (antihelmintic, expectorant, antiseptic, cockroach repellent). Cumaldehyde (used in the synthesis of cumaldehyde ribosecarbazone which has anti-viral activity) | | | |
| Eucommia ulmoides | A015 | | Eucommia bark | | | | antioxidant | | |
| Eugenia caryophyllata | A016 | Myrtaceae | Clove | buds | | | anti-inflammatory, synergistic, antifungal | caryophyllene, eugenol | |
| eugenol | C023 | | | extract | | | | | |
| eugenol methyl ether | C024 | | | extract | | | hypothermic, myorelaxant | | |
| Eriobotrya helioscopia | E090 | Elphorbiaceae | | whole overground | early fruiting | | | | Feasible to cultivate in bulk |
| Eriomyia alata | RO28 | | Winged spindler tree | leaves and stems | | | | | Feasible to cultivate in bulk |
| Eriosema exoniense | RO30 | | Common spindler | leaves and stem | | | | | Feasible to cultivate in bulk |
| Eriosema canabium | RO31 | Asteraceae | | leaves and stem | | | | | Feasible to cultivate in bulk |
| Eriosema sparsellum | H019 | Elphorbiaceae | Wolfemilch | whole overground | early fruiting | | | terpenoids, alkaloids, phenol esters, flavonol, ellagitannins, malic acid | |
| Eriosema hibernicum | E021 | Elphorbiaceae | | flower | early fruiting | Flavonols and sinapic acid strongly present. Resin, alkaloid, glycoside, dihydrocoumarins, euphorbiasteroid, polyhydrolic diterpene esters, Euphol. Geraniin (effects lipid metabolism) | | | Feasible to cultivate in bulk |
| Eriosema lalrvis | UR077 | | capser sponge | | late flowering | | | | Bulk collection feasible from wild and cultivation |
| Eriosema scaberrimum | H086 | Polygonaceae | | leaf | early fruiting | | | | Bulk collection from wild feasible |
| Fagus purpurea | H020 | Fagaceae | Blubbuche | leaf | | | | | |
| Fagus sylvatica | RO32 | | | leaves and stem | | leaves with small stems | | phenolic acids, saponins | |
| Ferula nuda | E100 | Umbelliferae | | whole overground | late flowering | | | | |
| Ferula pinnatifida | E025 | Gramineae | | whole overground | late fruiting | | | | |
| Ferula pinnatifida | E163 | Floaceae | | leaf | early fruiting | | | | |
| Ferula pinnatifida | H021 | Rosaceae | Mildestol | whole overground | flowering | | | salicylic acid | feasible to cultivate in bulk |
| Ferula pinnatifida | RO33 | | Meadowsweet | leaves and stem | | | | | |
| Ferula pinnatifida | UR054 | | fennel | leaves and stem | | leaves with long stems | antihelmintic | | |
| Ferula pinnatifida | UR120 | | fennel | leaves and stem | | Flavonols, caffeic acid, ferulic acid, coumarins. Anethole (stimulates hepatic regeneration in rats. Spasmolytic, Carminative). Fenchone (counter-irritant). Seselin | | | |
| Ferula pinnatifida | RO34 | | Forsythia | leaves and stem | | Rich in Vit. E, niacin, calcium and phosphorus. Improves milk flow in horses after foaling. Rich in iron, either vivo Treats colic in horses. Has odour of coumarin. | | | |
| Ferula pinnatifida | RO35 | | Ash | leaves and stem | | leaves with small stems | antibiotic | | |
| Ferula pinnatifida | A017 | Oleaceae | Forsythia Fruit | fruit | | leaves with long stems | antimalarial | | Feasible to cultivate in bulk |
| Ferula pinnatifida | UR110 | | bladderwrack | | not flowering | | antimalarial | | Bulk collection from wild feasible |
| Ferula pinnatifida | UR055 | Passoveraceae | Goats rue/french black/galgala | whole overground | | Fucose, Fucoidan (Anticoagulant), Fucosterol, Fucosaxanthin (most abundant carotenoid in the world) other info: In Scotland, called "Paddy tan" and fed to pigs raw / | | | |
| Ferula pinnatifida | UR011 | | Goats rue/french black/galgala | leaves and stem | | | | | |
| Ferula pinnatifida | RO36 | | "clever" "sucky willy" | leaves and stem | | | | | |
| Ferula pinnatifida | RO37 | | Ladies bedstraw | extract | | | | | |
| Ferula pinnatifida | C025 | | | extract | | | | | |
| Gaultheria procumbens | RO37 | Ericaceae | Chesterberry | leaves and stem | | small leaves with long fine stems | bactericidal, inhibits methane oxidation | | Bulk collection from wild difficult |
| Gaultheria procumbens | E044 | Paoliaceae | | leaf | not flowering | | carminative | | Feasible to cultivate in bulk |
| Gaultheria procumbens | H022 | Fabaceae | Gnar | leaves and stem | flowering | | | | |
| Gaultheria procumbens | RO38 | | Willow gentian | leaves and stem | | leaves and purple flowers | antihelmintic | | Feasible to cultivate in bulk |
| Gaultheria procumbens | C026 | | | extract | | | antifungal, bactericidal | | |
| Gaultheria procumbens | E063 | Geraniaceae | | whole overground | late flowering | | | | |
| Gaultheria procumbens | C027 | | | extract | | store at 4°C | synergistic, antifungal, sensory effects | | |
| Gaultheria procumbens | RO39 | | Avena | leaves and stem | | | antimalarial | | Bulk collection from wild difficult |
| Gaultheria procumbens | A018 | Ginkgoaceae | Ginkgo Biloba | leaf | | | antioxidant | | Bulk collection from wild difficult |
| Gaultheria procumbens | RO40 | | Ground Ivy | leaves and stem | | | antioxidant | | Bulk collection from wild difficult |
| Gaultheria procumbens | H086 | Casaebliliaceae | | grass | fall tree | Native to Japan and China | | | Feasible to cultivate in bulk |
| Gaultheria procumbens | R107 | | reed sweet grass | extract | | solid | anticarcinogenic, protective, modifies metabolism | | Bulk collection from wild difficult |
| Gaultheria procumbens | C028 | | | extract | | | | | |
| Glycerhiza uraleensis (HM) | A038 | Leguminosae | Licorice root (Inner Mongolia) | root | | | | flavonoids, saponins, liquiritin, glycyrrhetic acid | |
| Glycerhiza uraleensis (XJ) | A039 | Leguminosae | Licorice root (Xiang Jiling) | root | | | | flavonoids, saponins, liquiritin, glycyrrhetic acid | |
| Glycerhiza uraleensis (XJ) | C029 | | | extract | | Traditionally used to treat limb fractures and tumours. The berries relieve colic. Used to treat coughs and colds | antifungal, bactericidal, anti-inflammatory | | |
| Glycerhiza uraleensis (XJ) | E008 | Cistaceae | | leaves and flowers | early fruiting | | | | |
| Glycerhiza uraleensis (XJ) | E113 | Passoveraceae | | whole overground | late flowering | | | | |
| Glycerhiza uraleensis (XJ) | E005 | Cistaceae | | whole overground | early flowering | | | | |
| Glycerhiza uraleensis (XJ) | RO41 | | ivy | leaves and stem | early flowering | big leaves with thick stems | | | Bulk collection from wild feasible |
| Glycerhiza uraleensis (XJ) | E003 | Cistaceae | | leaves and flowers | early flowering | | | | |
| Glycerhiza uraleensis (XJ) | UR131 | | sunflower seeds | seed | | | | | |
| Glycerhiza uraleensis (XJ) | H102 | | | leaf | pre-flowering | | | | |
| Glycerhiza uraleensis (XJ) | RO42 | Asteraceae | Eradicating | whole overground | late fruiting | | | | Feasible to cultivate in bulk |
| Glycerhiza uraleensis (XJ) | RO43 | Ranunculaceae | Helebore | leaves and stem | late fruiting | | | | Feasible to cultivate in bulk |
| Glycerhiza uraleensis (XJ) | E109 | Compositae | | whole overground | late flowering | | | | Feasible to cultivate in bulk |

RUMEN UP
PLANT COLLECTION DATA

| Botanical Name | Reference | Family | Common Name | Fraction | Vegetative State | Comments | Activity | Phytochemical Profile | Feasibility |
|----------------------------------|-----------|------------------|----------------------------|--------------------------|------------------|--|--|---|---|
| <i>Helichrysum sotochash</i> | E012 | Compositae | Cow parsnip | whole overground | late flowering | leaves and stems | carminative | | Bulk collection from wild feasible |
| <i>Heracleum sphondylium</i> | R044 | Compositae | | leaves and stem | late flowering | | | | |
| <i>Hipochaeris radicata</i> | E137 | Compositae | | whole overground | late flowering | | | | |
| <i>Hirschfeldia incana</i> | E101 | Cruciferae | | leaf | late flowering | | | | |
| <i>Houttuynia cordata</i> | A021 | Saururaceae | Houttuynia | | | | antimicrobial antibiotic, sedative, antifungal, nerve, analgesic | flavonols, caffeic acid, leuco-anthocyanins, levoleucic acid, apolone | |
| <i>Humulus lupulus</i> | UR012 | | hop | | | Toxic. LD50 in rats = 1.8g/kg body weight (6-prenylnaringenin (antifungal agent) (Trichophyton rubrum). Tricyclicdihydrochalcone (bitter), other info Nerve tonic. Stimulates milk production and used to treat digestive ailments, diuretic. Treats indigestion and worms. Used for atonic dyspepsia. Bitter principles and volatile oil stimulate appetite and are anabolic. The oestrogen content increases lactation | | | |
| <i>Hyacinthoides non-scripta</i> | UR089 | | bluebells | | | Beet cells developed beet. Causes dull and lethargic animals. Some reports of cattle and cells being poisoned. Bulbs are poisonous. | antimicrobial | glycosides(sclerans) | Feasible to cultivate in bulk Feasible to cultivate in bulk |
| <i>Hydrangea ciliolata</i> | R045 | Hydrangeaceae | Johanniskraut | leaves and stem | pre flowering | leaves with thick stems | | tannins, resin, rutin, saponins, hyperoside, quercetin, flavonols, hypericin | Feasible to cultivate in bulk Feasible to cultivate in bulk |
| <i>Hydractinum perforatum</i> | H023 | Lamiaceae | *Johanniskraut, schmalbl.* | whole overground | flowering | | | tannins, rutin, saponins, flavonoids, hypericin, hyperoside, quercetin | Feasible to cultivate in bulk |
| <i>Hyoscyamus aureus</i> | H025 | Lamiaceae | Yusop | whole overground | flowering | Traditionally used to treat limb fractures and tumours. The be | | glycoside(s)flavon, saponins, diterpene calcium oxalates | Feasible to cultivate in bulk Difficult to cultivate in bulk Feasible to cultivate in bulk Feasible to cultivate in bulk |
| <i>Illex aquifolium</i> | UR091 | Aquifoliaceae | holly | whole overground | early fruiting | | | | |
| <i>Imantaria oviflora</i> | H091 | Balanaceae | | leaves and stem | vegetative | | | | |
| <i>Indocalis tinctoria</i> | H097 | Fabaceae | | leaves and stem | late flowering | | | | |
| <i>Isatis tinctoria</i> | H113 | Irifidaceae | | whole overground | early flowering | | | | |
| <i>Isatis tinctoria</i> | E124 | Irifidaceae | | whole overground | late flowering | | | | |
| <i>Isatis tinctoria</i> | E108 | Cruciferae | | whole overground | late flowering | | | | |
| <i>Jasione montana</i> | E127 | Campanulaceae | Jasmine | flower | late flowering | | | | |
| <i>Joazeum grandiflorum (1)</i> | A022 | Oleaceae | | flower | | | | | |
| <i>Joazeum grandiflorum (2)</i> | A023 | Oleaceae | Jasmine tea | flower | | | | | |
| <i>Juglans nigra</i> | R048 | Juglandaceae | Black walnut | leaves and stem | early fruiting | | antimicrobial | alkanes, FA, eugenol, glycosides, tannins, polyphenols, carotin, | Feasible to cultivate in bulk Bulk collection feasible from wild and cultivation |
| <i>Juglans regia</i> | H026 | Juglandaceae | Walnut | leaf | | | | cyranogenic glycoside, Malonylglucoban | |
| <i>Juncus effusus</i> | UR088 | Juncaceae | Soft Rush | leaves and stem | late flowering | Pyrazine poisoning. | | terpene, alkaloid (juniperine), Beta-cedrene | |
| <i>Juncus lanceocarpus</i> | E111 | Juncaceae | | stem | | | | | |
| <i>Juniperus communis</i> | UR059 | Juniperaceae | juniper berries | leaves and stem | late fruiting | Gastrointestinal disorders and muscle cramps. Contact dermatitis. Tonic and renal stimulant. Treats blood vessel acid milk and indigestion. Poisonous. Volatile oil is stomachic. Used for kidney complaints. Berries more active than shoots. These are used to treat cystitis | diuretic, abortive, antimicrobial, carminative | | |
| <i>Lonicera caerulea</i> | E077 | Caprifoliaceae | | leaves and flowers | late fruiting | | | | |
| <i>Lonicera caerulea</i> | E073 | Caprifoliaceae | | whole overground | early fruiting | | | | |
| <i>Lamandra digitata</i> | UR014 | Plantaginaceae | white dead-nettle | | | | | | |
| <i>Lamium album</i> | UR015 | Plantaginaceae | nettle | | | | | | |
| <i>Lamium maculatum</i> | E048 | Labiatae | | whole overground | late flowering | | | | |
| <i>Lappa major</i> | E099 | Compositae | | leaves and stem | not flowering | | | | |
| <i>Lathraea squarrosa</i> | UR013 | Lauryaceae | lethaea | leaf | not flowering | Caffeic acid, flavones, auronas, chalcones other info Analgesic, sedative and hypnotic | | | Feasible to cultivate in bulk |
| <i>Laurus nobilis</i> | E165 | Lauryaceae | Bay leaf | leaf | not flowering | | | | |
| <i>Laurus nobilis</i> | UR016 | Lauryaceae | | whole overground | flowering | | | | |
| <i>Lavandula angustifolia</i> | H027 | Lamiaceae | Lavender | whole overground | late flowering | Andromeda-toxin other info Traditional stomach remedy. A tonic that stimulates digestive juices. Antitriped properties. Remedies essential oils | | | Feasible to cultivate in bulk |
| <i>Lavandula stoechas L.</i> | E002 | Labiatae | | whole overground | late flowering | | | | |
| <i>Leontodon alba</i> | UR099 | Compositae | tree mallow | extract | | | | | |
| <i>Leontodon officinalis</i> | C032 | Compositae | | whole overground | pre flowering | Mallows contain tannates which when converted to nitrates combine with haemoglobin to prevent adequate uptake of oxygen. Malvalic acid (Halphen acid) is present | antifungal, bactericidal | | Feasible to cultivate in bulk |
| <i>Levisticum officinale</i> | H028 | Apiaceae | Labsbittel | whole overground | pre flowering | | | essential oils, myristiclike | Feasible to cultivate in bulk |
| <i>Levisticum officinale</i> | A024 | Apiaceae | Bitterroot | root | flowering | | | | Feasible to cultivate in bulk |
| <i>Ligustrum vulgare</i> | H029 | Simarubaceae | Ligustor / golden privet | extract | | | | | |
| <i>Limonium</i> | C030 | Limnaceae | | extract | | | | | |
| <i>Limonium</i> | C031 | Limnaceae | | extract | | | | | |
| <i>Limonium vulgare</i> MILL. | H030 | Strophulariaceae | Lalkraut | whole overground | flowering | | | | Feasible to cultivate in bulk |
| <i>Limonium vulgare</i> | E125 | Limnaceae | | whole overground | late flowering | | | | |
| <i>Limonium vulgare</i> | E0017 | Limnaceae | linseed/flax | seed | late flowering | Condensed tannin, glucosinolate, phytic acid and its degradation products. Saponin. Contains alcohol (antifungal agent) Phytobilitaria metacapsula and Agrobacterium tumefaciens | | | Difficult to cultivate in bulk |
| <i>Limonium vulgare</i> | H081 | Magnoliaceae | | extract | late flowering | | | | |
| <i>Limonium vulgare</i> | C034 | Magnoliaceae | | extract | late flowering | | | | |
| <i>Lobelia inflata</i> | UR018 | Caprifoliaceae | lobelia | leaf | not flowering | isoboline (antispasmodic, antitussive and hypotensive). Lobeline (used in anti-smoking preparations), other info Poisoned cattle | carminative, antitussive, bactericidal, cooling | | |
| <i>Lonicera chrysantha</i> | E143 | Caprifoliaceae | Japanese Honeysuckle | leaves, stem and flowers | not flowering | | | saponins | Difficult to obtain in bulk |
| <i>Lonicera chrysantha</i> | R049 | Caprifoliaceae | | leaves, stem and flowers | not flowering | | | | |

RUMEN-UP
PLANT COLLECTION DATA

| Botanical Name | Reference | Family | Common Name | Practitioner | Vegetative State | Comments | Activity | Phytochemical Profile | Feasibility |
|-----------------------------------|-----------|----------------|---------------------------------|------------------|------------------|--|----------|------------------------------------|-------------|
| <i>Lonicera perichlymenum</i> | R050 | | Honeyuckle | leaf | | | | | |
| <i>Lonicera perichlymenum</i> fr | UR116 | | honeyuckle berries | fruit | | Saponins. Coniferin (precursor of lignin biosynthesis in plants). Scopolamine (anticholinergic), other info A traditional heart tonic and asthma remedy. Laxative. In high doses causes vomiting, diarrhoea and lethargy, however is used in lower quantities to treat diarrhoea, as a diuretic and to cool fevers. Affects the blood sugar. Has antibacterial/antimicrobial | saponins | Bulk collection from wild feasible | |
| <i>Lonicera saponica</i> | A025 | Caprifoliaceae | Honeyuckle | seeds | | | | | |
| <i>Lonicera saponica</i> (flower) | A026 | Caprifoliaceae | Honeyuckle flower | flower | | | | | |
| <i>Lotus corniculatus</i> | H070 | Fabaceae | Hornshoofle | whole overground | pre-flowering | | | | |
| <i>Lycopersicon esculentum</i> | UR029 | | tomato plant leaves | whole overground | | | | | |
| <i>Lycopus europaeus</i> | H031 | Lamiaceae | Wolfsraup | whole overground | flowering | | | | |
| <i>Lycium salicaria</i> | H032 | Lythraceae | Blutwunder | whole overground | flowering | | | | |
| <i>Macleaya cordata</i> | R051 | | Pluma coppy | leaves and stem | | | | | |
| <i>Magnolia officinalis</i> | A028 | Magnoliaceae | Magnolia | leaf | | | | | |
| <i>Magnolia officinalis</i> * | A027 | | Magnolia and Honeyuckle (Mix B) | leaf | | | | | |
| <i>Magnolia officinalis</i> | R052 | | Orsolan ORP9 | leaves and stem | | | | | |
| <i>Melilotus alba</i> | H033 | Melastomaceae | Apple | leaves and stem | | | | | |
| <i>Melilotus alba</i> | H033 | Melastomaceae | Melilot | whole overground | flowering | | | | |
| <i>Melilotus alba</i> | E098 | Melastomaceae | Melilot | whole overground | early fruiting | | | | |
| <i>Melilotus alba</i> | E108 | Melastomaceae | Melilot | whole overground | early fruiting | | | | |
| <i>Melilotus alba</i> | A029 | Melastomaceae | Medicated heven | whole overground | | | | | |
| <i>Mentha pulegioides</i> | UR101 | | Carpean Moss | | | | | | |
| <i>Mentha pulegioides</i> | UR092 | | scutellous mayweed | | | | | | |
| <i>Mentha officinalis</i> | E091 | Peppercorn | | whole overground | late flowering | | | | |
| <i>Mentha officinalis</i> | H034 | Lamiaceae | Zitronmelisse | whole overground | flowering | | | | |
| <i>Mentha piperita</i> | H035 | Lamiaceae | mint | leaves and stem | | | | | |
| <i>Mentha pulegioides</i> | H035 | Lamiaceae | Mint | whole overground | pre flowering | | | | |
| <i>Mentha pulegioides</i> | E167 | Labiatae | Peppermint | whole overground | late flowering | | | | |
| <i>Mentha pulegioides</i> | A030 | Labiatae | Peppermint | leaf | | | | | |
| <i>Mentha pulegioides</i> | C035 | Labiatae | Peppermint | extract | | | | | |
| <i>Mentha pulegioides</i> | R101 | | dog bean | leaves and stem | | | | | |
| <i>Mentha pulegioides</i> | UR082 | | Dopa mercury | | leaf tree | | | | |
| <i>Mentha pulegioides</i> | H065 | Troscodaceae | Goldmelisse | extract | | | | | |
| <i>Mentha pulegioides</i> | C036 | Lamiaceae | horse mint | whole overground | flowering | | | | |
| <i>Mentha pulegioides</i> | UR063 | | | extract | | | | | |
| <i>Mentha pulegioides</i> | C037 | | | extract | | | | | |
| <i>Mentha pulegioides</i> | R092 | | hog myrtle | leaf | | | | | |
| <i>Mentha pulegioides</i> | UR019 | | moss | extract | | | | | |
| <i>Mentha pulegioides</i> | C038 | | Sweet cley | leaves and stem | | | | | |
| <i>Mentha pulegioides</i> | R055 | | waste from diiodol production | extract | | | | | |
| <i>Mentha pulegioides</i> | C039 | | carip/creape | extract | | | | | |
| <i>Mentha pulegioides</i> | UR028 | | | extract | | | | | |
| <i>Mentha pulegioides</i> | UR135 | | | extract | | | | | |
| <i>Mentha pulegioides</i> | C040 | | | extract | | | | | |
| <i>Nicotiana glauca</i> | H094 | Ranunculaceae | basil | | late flowering | | | | |
| <i>Nicotiana glauca</i> | UR020 | | Hemlock/water dropwort | | | | | | |
| <i>Nicotiana glauca</i> | UR080 | | Nechkherze | whole overground | pre flowering | | | | |
| <i>Nicotiana glauca</i> | H037 | Onagraceae | Olive Leaf extract | extract | | | | | |
| <i>Nicotiana glauca</i> | A031 | Onagraceae | resinarrow | leaves and stem | | | | | |
| <i>Nicotiana glauca</i> | R097 | Onagraceae | resinarrow | leaves and stem | | | | | |
| <i>Nicotiana glauca</i> | UR172 | Lamiaceae | Orsolan | leaf | | | | | |
| <i>Nicotiana glauca</i> | A032 | Lamiaceae | Orsolan | leaf | | | | | |
| <i>Nicotiana glauca</i> | UR095 | Ranunculaceae | White Penny root | root | | | | | |
| <i>Nicotiana glauca</i> | A040 | Ranunculaceae | White Penny root | root | | | | | |
| <i>Nicotiana glauca</i> | A033 | Araliaceae | Ginseng | root | | | | | |
| <i>Nicotiana glauca</i> | R117 | Araliaceae | persian ironwood | leaf | | | | | |
| <i>Nicotiana glauca</i> | UR118 | Passifloraceae | passion flower | leaf | | | | | |
| <i>Nicotiana glauca</i> | C041 | Passifloraceae | passion flower | extract | | | | | |
| <i>Nicotiana glauca</i> | R114 | | Chanelled Wrack | leaves and stem | | | | | |
| <i>Nicotiana glauca</i> | UR084 | | Chanelled Wrack | | | | | | |
| <i>Pentagloia sempervivens</i> | E047 | Borragaceae | | whole overground | late flowering | | | | |

RUMEN-UP
PLANT COLLECTION DATA

| Botanical Name | Reference | Family | Common Name | Fraction | Vegetative State | Comments | Activity | Phytochemical Profile | Feasibility |
|----------------------------------|-----------|-----------------|-----------------------------|--------------------------|------------------|---|---------------------------|---------------------------------|--|
| <i>Panicum citri reticulatum</i> | A034 | Rutaceae | Tangerine peel | peel | | | | flavonoids | |
| <i>Petalasia hibida</i> | R105 | | butterbur | leaves and stem | | | antimicrobial | alkohols | Bulk collection from wild feasible |
| <i>Petroselinum oiticima</i> | UR102 | | Italian flat leaved parsley | | | Flavonoid glycosides, flavone glycosides. Flavones are apigenin, luteolin and cryptoxanthin. Apigenin 7'-O-(6'-malonyloxy)acetyl. A high infoSimulant, aromatic, carminative and stomachic properties. Common domestic remedy for infant flatulence and windy colic. Increases milk production. Distilled plant oil | | | Feasible to cultivate in bulk |
| <i>Pencadesium graveolens</i> | UR121 | | Oil | | flowering | 2-carboxyarabinal 1-phosphate (inhibits key enzymes in photosynthesis). Coumestrol (oestrogenic, antifungal, non-competitive inhibitor of peroxidase activity). 3'-5 cyclic | | | |
| <i>Phaseolus vulgaris</i> | UR106 | Hydrophyllaceae | green beans | leaf | not flowering | | | | Feasible to cultivate in bulk |
| <i>Phaseolus vulgaris</i> | E147 | Hydrophyllaceae | | leaf | early fruiting | | | phenolic acids | Feasible to cultivate in bulk |
| <i>Phaseolus vulgaris</i> | H093 | Solanaceae | | leaf | fruiting | | | phenolic acids | Feasible to cultivate in bulk |
| <i>Phaseolus vulgaris</i> | H106 | Phytolaccaceae | | leaf | late tree | | | terpenes, rosin, essential oils | Feasible to cultivate in bulk |
| <i>Phaseolus vulgaris</i> | H077 | Phytolaccaceae | | leaf | late tree | | | | |
| <i>Pinellia officinalis</i> | UR021 | | alshico | | | | | | |
| <i>Pinus aristata</i> | UR132 | unclassified | ground pine | whole overground | flowering | Contains volatile oil. Antineoplastic (stimulates hepatic regeneration in rats. Spasmolytic, Carminative). p-Angiolytic (inhibits platelet aggregation). p-Cresol (disinfectant). | | | Feasible to cultivate in bulk |
| <i>Pinus strobus</i> | H074 | Pinaceae | Stromberg's pine | leaf | late flowering | | | | |
| <i>Pinus strobus</i> | E138 | Pinaceae | | needle | late flowering | | | | |
| <i>Pinus strobus</i> | A035 | Pinaceae | Pine needle | needle | late flowering | | | isocoumarins | |
| <i>Pinus strobus</i> | UR108 | Pinaceae | pepper fruits | whole overground | early flowering | Henfifacanth-19-one. Alpha-Piellandene (irritates the skin. On ingestion causes vomiting and diarrhoea). Pinesine (stimulates | | | |
| <i>Plantago coronopus</i> | E103 | Plantaginaceae | | leaves and stem | not flowering | slimy grass | various | | Bulk collection feasible from wild and cultivation |
| <i>Plantago lanceolata</i> | E057 | Plantaginaceae | Plantain | leaf | not flowering | | | | Difficult to obtain in bulk |
| <i>Plantago media</i> | E069 | Plantaginaceae | | leaf | late tree | | | | |
| <i>Plantago media</i> | H101 | Plantaginaceae | | leaf | late tree | | | | |
| <i>Plantago media</i> | H101 | Plantaginaceae | | leaf | late tree | | | | |
| <i>Podophyllum hexandrum</i> | R059 | Podophyllaceae | | leaves and stem | | leaves with thick stems (very small sample) | antimalarial | saponins | Bulk collection from wild difficult |
| <i>Polygonum vulgare</i> | R108 | Polygonaceae | milwort | leaves, stem and flowers | | | | | |
| <i>Polygonatum x hybridum</i> | R060 | Polygonaceae | Solomon's seal | leaves and stem | | | | | |
| <i>Polygonum bistorta</i> | H040 | Polygonaceae | Knotted | whole overground | flowering | | | | |
| <i>Polygonum orientale</i> | E106 | Polygonaceae | | whole overground | early flowering | | | | |
| <i>Polygonum orientale</i> | R058 | Polygonaceae | Japanese Knotweed | leaves and stem | | leaves with small stems | antimalarial | glycosides | Bulk collection feasible from wild and cultivation |
| <i>Polygonum orientale</i> | UR066 | Polygonaceae | Knopgrass | leaves and stem | | leaves with small stems | antimalarial | oxalic acid | Feasible to cultivate in bulk |
| <i>Polygonum orientale</i> | UR067 | Polygonaceae | Amaboubrich brecker (fungi) | extract | | leaves with small stems | antimalarial | | Bulk collection from wild feasible |
| <i>Polygonum orientale</i> | C001 | Polygonaceae | | leaf | | leaves with small stems | antimalarial | | |
| <i>Polygonum orientale</i> | E122 | Polygonaceae | | leaf | not flowering | leaves with some stems | antimalarial | | |
| <i>Polygonum orientale</i> | R061 | Polygonaceae | Aspen | leaves and stem | | leaves with some stems | antimalarial | | Bulk collection from wild feasible |
| <i>Polygonum orientale</i> | A036 | Polygonaceae | Poria | whole overground | flowering | Too little material | antifungal | | Feasible to cultivate in bulk |
| <i>Polygonum orientale</i> | R066 | Rosaceae | Ganselingerkraut | leaf | early fruiting | | | | Feasible to cultivate in bulk |
| <i>Potentilla aurea</i> | R041 | Rosaceae | Goldfingerkraut | leaf | early fruiting | | | | Bulk collection from wild difficult |
| <i>Potentilla palustris</i> | R100 | Rosaceae | marsh cinquefoil | leaves and stem | | | | | |
| <i>Potentilla palustris</i> | E151 | Rosaceae | | whole overground | early fruiting | | | | |
| <i>Potentilla palustris</i> | R093 | Rosaceae | | leaves and stem | | | | | |
| <i>Potentilla palustris</i> | R113 | Rosaceae | | leaves and stem | | | | | |
| <i>Potentilla palustris</i> | C042 | Rosaceae | | extract | | store at 4°C | bactericidal | | |
| <i>Potentilla palustris</i> | R062 | Rosaceae | Self heal | leaves and stem | | leaves with long stems | antibiotic | | Bulk collection from wild difficult |
| <i>Potentilla palustris</i> | UR109 | Rosaceae | apricot seed | seed | | alpha-cryptoxanthin. Flavoxanthin. Rubixanthin. other info Contains essential oils said to promote longevity. | | | |
| <i>Potentilla palustris</i> | R053 | Rosaceae | green | leaves and stem | | | | | |
| <i>Potentilla palustris</i> | UR172 | Rosaceae | apricot seeds | seed | | | | | |
| <i>Potentilla palustris</i> | UR115 | Rosaceae | slows (blackthorn fruit) | fruit | | | antimicrobial | | Bulk collection from wild feasible |
| <i>Potentilla palustris</i> | R064 | Rosaceae | Bracken | leaves and stem | late tree | forms - leaves with few stems | | | Difficult to cultivate in bulk |
| <i>Potentilla palustris</i> | H003 | Rosaceae | | leaves and stem | late flowering | Natke tokausua and N tran | saponins | | |
| <i>Potentilla palustris</i> | E004 | Rosaceae | | whole overground | | | | | |
| <i>Potentilla palustris</i> | C043 | Rosaceae | | extract | | | antimicrobial, protective | | |
| <i>Potentilla palustris</i> | R095 | Rosaceae | lungwort | leaves and stem | | | | | |
| <i>Potentilla palustris</i> | UR137 | Rosaceae | pomarine waste | leaf | | | | flavonoids, allantoin | Bulk collection from wild feasible |
| <i>Potentilla palustris</i> | E164 | Rosaceae | meadow buttercup | leaves and stem | early flowering | | | | |
| <i>Potentilla palustris</i> | R095 | Rosaceae | meadow buttercup | leaves and stem | early flowering | | | | |
| <i>Potentilla palustris</i> | R097 | Rosaceae | meadow buttercup | leaves and stem | early flowering | leaves with some stems | | | Bulk collection from wild feasible |
| <i>Potentilla palustris</i> | E039 | Rosaceae | lesser celandine | whole overground | early fruiting | leaves with some stems | | phenolic acids | Bulk collection from wild feasible |
| <i>Potentilla palustris</i> | R035 | Rosaceae | wild radish | leaves and stem | | | | | Bulk collection from wild difficult |
| <i>Potentilla palustris</i> | UR076 | Rosaceae | Radish seed | seed | | | antimicrobial | | |
| <i>Potentilla palustris</i> | A043 | Rosaceae | | seed | | | | | |
| <i>Potentilla palustris</i> | R066 | Rosaceae | Reseda | whole overground | late flowering | | | | Feasible to cultivate in bulk |
| <i>Potentilla palustris</i> | H042 | Rosaceae | Reseda | whole overground | late flowering | | | | |
| <i>Potentilla palustris</i> | E119 | Rosaceae | Reseda | whole overground | late flowering | | | | |
| <i>Potentilla palustris</i> | R066 | Rosaceae | rhubarb | leaves and stem | | leaves with thick stems | antimicrobial | | Bulk collection from wild feasible |
| <i>Potentilla palustris</i> | UR070 | Rosaceae | rhubarb | leaves and stem | | leaves with thick stems | antimicrobial | | Bulk collection from wild feasible |

RUMEN-UP
PLANT COLLECTION DATA

| Botanical Name | Reference | Family | Common Name | Fraction | Veg State | Comments | Activity | Phytochemical Profile | Feasibility |
|-----------------------------|-----------|-----------------|-------------------------|--------------------|-----------------|--|----------|---|--|
| Rhus typhina | H044 | Anacardiaceae | Sumach EU | leaf | pre-flowering | Leaves striped | | tannins | Feasible to cultivate in bulk |
| Ribes nigrum | UR024 | Fabaceae | Black currant | leaf | pre-flowering | Leuco-anthracenes, flavonols, caffeic acid, isoflavones. Leaves yield gamma linolenic acid. Sakuranetin (surface fungicide) on leaves. Anodyne, antihistaminic. Bleeder (Crisberg (antifungal)). Corilagin (in vitro has antihypertensive activity due to enzyme inhibitory action on glutamine-trycine transaminase. Inhibits lipolysis). 9,10-Leaves were not stripped | | | Bulk collection feasible from wild and cultivation |
| Rubia pseudocastanea | UR071 | Fabaceae | Caster oil plant | leaf | pre-flowering | | | | |
| Rubia tinctoria | H045 | Fabaceae | Robbia | leaves and stem | not flowering | | | | |
| Rosa canina fr | E038 | Rosaceae | rosehips | fruit | not flowering | | | lycopferine, malic acid, apogonins, protocatechuic acid, rubicanthin, vanilic acids | Bulk collection from wild difficult |
| Rosa gallica | R067 | Rosaceae | Rosa | leaves and stem | not flowering | | | essential oils, camphor, cineole, borneol, limonene, camphene, limonene, camphens. | Feasible to cultivate in bulk |
| Rosa rugosissima | R068 | Rosaceae | sweet briar | leaves and stem | not flowering | | | | |
| Rosmarinus officinalis | A045 | Lamiaceae | Rosemary | leaf | late flowering | | | | |
| Rubia tinctoria | H105 | Rubiacaceae | rasberry leaves | leaves and stem | early flowering | | | | |
| Rubus fruticosus | UR116 | Rosaceae | | leaves and stem | late flowering | Tannins. "Fragaria" active principle. Cyanidin-3-O-glucoside (leaf growth inhibitor for Heliothis virescens). Progenidin B4. | | | |
| Rubus ulmifolius | UR133 | Rosaceae | | leaves and stem | not flowering | | | | |
| Rumex acetosa | E014 | Rosaceae | | whole overground | late fruiting | | | | |
| Rumex crispus | E070 | Compositae | | whole overground | late flowering | | | | |
| Rumex crispus | E128 | Compositae | | whole overground | late flowering | | | | |
| Rumex crispus | E075 | Polygonaceae | | whole overground | late fruiting | | | | |
| Ruta graveolens | H047 | Rutaceae | Weitraute | whole overground | pre-flowering | | | | |
| Salix caprea | R089 | Rutaceae | goat willow | leaves and stem | pre-flowering | | | | |
| Salix fragilis | R070 | Rutaceae | Crack Willow | leaf | vegetative | | | | |
| Salix viminalis | UR099 | Rutaceae | Oster (willow) | leaf | vegetative | | | | |
| Salvia officinalis | H099 | Lamiaceae | Sage | leaf | pre-flowering | | | | |
| Salvia officinalis | A046 | Lamiaceae | Wiesensalbei | whole overground | pre-flowering | | | | |
| Salvia pratensis | H071 | Lamiaceae | Muskateller Salbei | whole overground | flowering | | | | |
| Salvia sclarea | H049 | Lamiaceae | | whole overground | late flowering | | | | |
| Salvia verticillata | E159 | Labiatae | | leaves and flowers | late flowering | | | | |
| Sambucus alba | E120 | Caprifoliaceae | | leaf | early fruiting | | | | |
| Sambucus nigra | H050 | Caprifoliaceae | Holunder | leaves and stem | late flowering | | | | |
| Sambucus racemosa | R073 | Rosaceae | Red elder | whole overground | early flowering | | | | |
| Sanguisorba minor | E034 | Compositae | | whole overground | flowering | | | | |
| Santolina chamaecyparissium | E011 | Compositae | | whole overground | flowering | | | | |
| Saponaria officinalis | H051 | Caryophyllaceae | Sälfenkraut | whole overground | flowering | | | | |
| Scrophularia auriculata | UR079 | Labiatae | Water figwort | root | flowering | | | | |
| Scutellaria lateriflora | A041 | Labiatae | Stuckcap root | whole overground | flowering | | | | |
| Setaria arvensis | H052 | Gramineae | | whole overground | late flowering | | | | |
| Setaria arvensis | E087 | Gramineae | | whole overground | flowering | | | | |
| Senecio jacobaea | H053 | Asteraceae | Greiskraut | whole overground | flowering | | | | |
| Senecio vulgaris | UR073 | Asteraceae | Grundsel | whole overground | flowering | | | | |
| Sequoiadendron giganteum | UR139 | Gymnocladaceae | Wellingtonia conifer | whole overground | late flowering | | | | |
| Sideritis hyssopifolia | E169 | Labiatae | | whole overground | late flowering | | | | |
| Silene alba (L.) SCH & TH | H054 | Caryophyllaceae | Wiesensilge | whole overground | late flowering | | | | |
| Silene dioica | R075 | Caryophyllaceae | red campion | leaves and stem | late flowering | | | | |
| Silene maritima | E102 | Caryophyllaceae | | leaves and stem | late flowering | | | | |
| Solanum tuberosum | R076 | Solanaceae | bittersweet | leaves and stem | late flowering | | | | |
| Solanum tuberosum | UR030 | Solanaceae | potato plant leaves | leaves and stem | late flowering | | | | |
| Solidago canadensis | R077 | Asteraceae | golden rod | leaves and stem | flowering | | | | |
| Solidago virgaurea | H056 | Asteraceae | Goldrute (Echte) | whole overground | flowering | | | | |
| Sonchus asper | E154 | Compositae | | whole overground | early fruiting | | | | |
| Sophora flavescens | A042 | Leguminosae | Flavescant Sophora root | root | early fruiting | | | | |
| Sorbus aucuparia | R078 | Rosaceae | rowan | leaves and stem | late flowering | | | | |
| Stachys palustris | R079 | Lamiaceae | Woundwort | leaves and stem | late flowering | | | | |
| Stellaria holostea | E064 | Caryophyllaceae | Chickweed | whole overground | flowering | | | | |
| Stellaria media | UR074 | Caryophyllaceae | Teufelskleebl | whole overground | pre-flowering | | | | |
| Succisa pratensis | H057 | Dipsacaceae | Beinwell | whole overground | late flowering | | | | |
| MOENCH | | | | whole overground | late flowering | | | | |
| Symphylum officinale | H058 | Boraginaceae | | whole overground | late flowering | | | | |
| Symphylum tuberosum | E046 | Boraginaceae | Lilac | leaves and stem | late flowering | | | | |
| Syringia vulgaris | R080 | Asteraceae | Balsamkraut | leaves and stem | pre-flowering | | | | |
| Tanacetum parthenium | H059 | Asteraceae | feverfew | whole overground | pre-flowering | | | | |
| Tanacetum parthenium | UR008 | Asteraceae | Rainfarn | whole overground | flowering | | | | |
| Tanacetum vulgare | H067 | Asteraceae | Dandelion | leaves and stem | not flowering | | | | |
| Taraxacum dens-leonis | E067 | Compositae | | extract | | | | | |
| Taraxacum officinale | R082 | Compositae | Yew | extract | | | | | |
| Taraxacum officinale | UR104 | Compositae | | extract | | | | | |
| Taxus baccata | C044 | Pinaceae | | extract | | | | | |
| terpene-4-ol | C045 | Pinaceae | | extract | | | | | |
| terpinolene | C045 | Pinaceae | | extract | | | | | |

RUMEN UP
PLANT COLLECTION DATA

| Botanical Name | Reference | Family | Common Name | Fraction | Veg State | Comments | Activity | Phytochemical Profile | Feasibility |
|-----------------------|-----------|------------------|-----------------------------|--------------------|-----------------|--|---|--|---|
| terephthalic acid | C046 | | | extract | | | | | |
| Teucrium scorodonia | R083 | Cupressaceae | wood sage | leaves and stem | | | bactericidal | saponins | Bulk collection from wild difficult Difficult to cultivate in bulk |
| Thuja plicata | H084 | | | leaf tree | late tree | Native to Namerica | | | |
| Thymalea cordifolia | E018 | Thymelaeaceae | | leaves and stem | not flowering | solid | antihyal, antifungal, bactericidal | | |
| Thymol | C047 | | | extract | | | | | |
| Thymus maichiana | E017 | Labiatae | | whole overground | early flowering | | | | Feasible to cultivate in bulk |
| Thymus scophyllum | H080 | Lamiaceae | Zitronenbimian | whole overground | flowering | | | | |
| Thymus vulgaris | A047 | Labiatae | Thyme | leaf | | | antimicrobial | | |
| Tilia cordata | H081 | Thraceae | Linde | leaves and flowers | flowering | leaves with little stems | | saponins | Bulk collection feasible from wild and cultivation Bulk collection from wild feasible |
| Tilia europaea | R084 | | Linde | leaves and stem | | | | | |
| Trigonostemon | E107 | Compositae | | whole overground | early fruiting | | | | |
| Trichomanes bifurc | A046 | Caulaceae | Trichomanes fruit | fruit | | | | | |
| Tribulus terrestris | E170 | Papilionaceae | | whole overground | late flowering | | | | |
| Trochilanthus | E057 | Rubiaceae | | whole overground | late flowering | | | | |
| Trochilanthus | H082 | Trigonostemon | Kausherkress | whole overground | flowering | | | | |
| Tuberaria guttata | E010 | Papilionaceae | | whole overground | early flowering | | | | Feasible to cultivate in bulk |
| Tulipa sp. | UR027 | | waste from tulip production | | | Glycosides named tuliposides A and B (fungitoxic, allergenic), Flavonanthin, other info Bulbs when mistaken for onions cause vomiting, respiratory laryng and contact dermatitis | | | |
| Tussilago farfara | H083 | Asteraceae | Halleitich | leaf | early fruiting | | | tetronach, alkaloids, pyrozinon | Feasible to cultivate in bulk |
| Urtica latifolia | E114 | Typhaceae | | whole overground | not flowering | | | | |
| Urtica europaea | UR130 | | gorse | leaf | early flowering | Asparagine (highly toxic and tetragenic. Causes 'crooked calf' disease when ingested. Cardiotonic). Daidzein (antifungal, antiparasite) | | | |
| Urtica dioica | E097 | Urticaceae | | leaf | | | | | |
| Urtica dioica | E142 | Cistaceae | | whole overground | late flowering | | | | |
| Urtica dioica | A048 | Urticaceae | Nettle | leaf | | | | | |
| Vaccinium vitifolium | R085 | Ericaceae | Strawberry | leaves and stem | | stems with small leaves | antimalarial | acetylcholine, histamine, serotonin (5-HT) | Feasible to cultivate in bulk |
| Vaccinium vitifolium | R086 | | strawberry | leaves and stem | | many stems with small leaves | antimalarial | phenolic acids | Bulk collection from wild difficult |
| Valeriana officinalis | R087 | Valerianaceae | Valerian | leaves and stem | | "very stony, leaves and flowers" | carminative | phenolic acids | Bulk collection feasible from wild and cultivation |
| valeric-acid | C048 | | | extract | | | sedative, anti-inflammation, antispasmodic, anhyseric | | |
| Verbascum floccosum | E123 | Scrophulariaceae | | whole overground | not flowering | | | | |
| Verbascum thapsus | R088 | Scrophulariaceae | mullen | leaves and stem | | very large leaves with thick stem | antimalarial | lignoids, saponins, veroin, terpenoids | Feasible to cultivate in bulk |
| Verbascum officinale | H086 | | Eisenhut | whole overground | flowering | | | | Feasible to cultivate in bulk |
| Verbena officinalis | C049 | Verbenaceae | | extract | | spreading further info | insecticidal | | |
| Viburnum opulus | R089 | | guelder rose | leaves and stem | | large leaves with small stems | antimalarial | | Bulk collection from wild feasible |
| Vicia cracca | E058 | Papilionaceae | | whole overground | late flowering | | | | |
| Vicia sativa | UR085 | | Common Vetch | leaves and stem | | 3-cyanoglucosides (cyanoprotein amino acid nitrite) cyanogenic glycosides. Alkaloese. Convicine (a nucleoside). L-beta-Cyanoglucosamine (neurotoxic leading to hyperexcitability, tremors, | | | Bulk collection from wild difficult |
| Vicia sepium | R090 | | beach vetch | leaves and stem | | very stony with leaves | | saponins | Feasible to cultivate in bulk |
| Vicia minor | R091 | | Perkwidde | leaves and stem | | leaves with small stems | | saponins | Bulk collection from wild difficult |
| Vicia odorata | E139 | | sweet violet | whole overground | late flowering | | | | Feasible to cultivate in bulk |
| Vicia rivina | H087 | Violaceae | | whole overground | blooming stub | Native to S. Europe and W Asia | | | |
| Vicia spinus-caulis | UR119 | Verbenaceae | grape leaves | leaf | | Butyric acid, Gallic acid (antibacterial, antiviral, antifungal, antiinflammatory, antitumor, anti-anaphylactic, antimutagenic, cholelretic and bronchodilatory activity. Inhibits | antimicrobial, anti-inflammation, antitumor, anti-anaphylactic, antimutagenic, cholelretic and bronchodilatory activity. Inhibits | | Feasible to cultivate in bulk |
| Vicia vinifera | C050 | | | extract | | | | | |
| Zingiber officinale | A050 | Zingiberaceae | Ginger | root | | | modifies metabolism, antioxidant | | |