

LIST OF CHINESE MEDICINAL MATERIALS (CMM) COMMONLY USED IN FOOD

(as at 03 July 2023)

PREAMBLE

The Singapore Food Agency (SFA) and the Health Sciences Authority (HSA) have jointly established the “List of Chinese medicinal materials commonly used in food” to serve as a guide to the industry on the list of traditional Chinese medicinal materials that are allowed in food.

Traditional Chinese medicinal materials include parts from plants, animals and minerals in their natural states, or in processed forms that have undergone simple processing such as cutting or drying. Traditionally, some of the traditional Chinese medicinal materials are also used in our day-to-day cooking in amounts to impart flavour and for general wellbeing. Examples of food added with such materials are pre-packed soup concentrate and flavoured Asian drinks with herbs. The List is applicable to the use of whole herbs or whole extracts in food and not applicable to the use of isolates or concentrates of the active components from the herbs in food.

The use of traditional Chinese medicinal materials in food is not intended for prevention, treating or alleviating disease conditions. If they are used for medicinal purposes, please refer to the guidelines for traditional medicinal materials available on the [website](#) of the HSA.

S/N	Latin Name	Scientific Name	English Name	Chinese Name	Part(s) of CMM commonly used in food	Therapeutic dosage per day ⁺	Date of Ascension
1.	Agkistrodon halys	Agkistrodon halys	Agkistrodon	蝮蛇	body of snake		31-Aug-04
2.	Arillus Longan	Dimocarpus longan / Euphoria longan	Longan	龙眼肉 / 桂圆肉	fruit		31-Aug-04
3.	Auricularia	Auricularia auricula	Jew's ear (black fungus)	木耳/黑木耳	fruiting body		31-Aug-04
4.	Bulbus Allii Macrostemonis	Allium macrostemon / Allium chinense	Longstamen onion bulb	薤白	bulb		31-Aug-04
5.	Bulbus Fritillariae Cirrhosae	Fritillaria cirrhosa / Fritillaria unibracteata / Fritillaria przewalkii / Fritillaria delavayi / Fritillaria taipaiensis / Fritillaria unibracteata var. wabuensis	Tendrilleaf fritillary bulb	川贝	bulb		31-Aug-04
6.	Bulbus Lilii	Lilium lancifolium / Lilium pumilum / Lilium brownii var. viridulum	Greenish lily bulb / lanceleaf lily bulb	百合	bulb		31-Aug-04
7.	Caulis Et Folium Lactucae Sativae	Lactuca sativa / Lactuca scariola var. sativa	Garden lettuce stem and leaf	莴苣	stem, leaf		31-Aug-04
8.	Colla Corii Asini	Equus asinus	Ass-hide gelatin / Donkey-hide glue	阿胶	-		31-Aug-04

S/N	Latin Name	Scientific Name	English Name	Chinese Name	Part(s) of CMM commonly used in food	Therapeutic dosage per day ⁺	Date of Ascension
9.	Concha Ostreae	Ostrea rivularis / O. talienwhanensis / O. gigas	Oyster shell	牡蛎	shell		31-Aug-04
10.	Cordyceps	Cordyceps sinensis	Aweto (Cordyceps) / Chinese caterpillar fungus	冬虫夏草	-		31-Aug-04
		Cordyceps militaris	Clavaria militaris	蛹虫草, 北冬虫夏草、北虫草、蛹草	-		03-Jul-23
11.	Cormus Eleocharitis Dulcis	Eleocharis dulcis	Water chestnut	马蹄	rhizome		31-Aug-04
12.	Cortex Cinnamomi	Cinnamomum cassia	Cassiabarktree bark (cinnamon)	肉桂	bark		31-Aug-04
13.	Culmus Sacchari Sinensis	Saccharum sinensis	Sweetcane culm	竹蔗 / 甘蔗	stalk		31-Aug-04
14.	Endothelium Corneum Gigeriae Galli	Gallus gallus domesticus	Chicken's gizzard endothelium	鸡内金	dried inner wall of the gizzard		31-Aug-04
15.	Exocarpium Citri Rubrum	Citrus reticulata	Tangerine exocarp / Red tangerine peel	橘红	exocarp (outermost layer of fruit wall)		31-Aug-04
16.	Flos Carthami	Carthamus tinctorius	Safflower flower	红花	flower		31-Aug-04
17.	Flos Caryophylli	Eugenia caryophyllata	Clove	丁香/母丁香	flower bud		31-Aug-04

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18.	Flos Chrysanthemi	Chrysanthemum morifolium	Chrysanthemum flower	菊花	flower		31-Aug-04
19.	Flos Citri aurantii	Citrus aurantium	Bitter citrus immature flower	代代花	flower bud		31-Aug-04
20.	Flos Dolichoris	Dolichos lablab	Flower of white hyacinth bean	白扁豆花	flower, seed		31-Aug-04
21.	Flos Hylocerei Undati	Hylocereus undatus	Common nightbloomingcereus flower	霸王花/剑花 /七星剑花/ 量天尺花	flower		31-Aug-04
22.	Flos Lonicerae	Lonicera japonica / L. hypoglauca / L. confusa / L. dasylepis	Japanese honeysuckle immature flower/ glaucousback honeysuckle immature flower/ wild honeysuckle immature flower / dasylepis honeysuckle immature flower	金银花	flower bud, flower		31-Aug-04
23.	Flos Rosae Rugosae	Rosa rugosa	Rugosa rose flower	玫瑰花	flower bud		31-Aug-04
24.	Flos Sophorae	Sophora japonica	Japanese pagoda tree flower and its bud	槐米, 槐花	flower bud, flower		31-Aug-04
25.	Folium Chrysanthemi	Chrysanthemum morifolium	Chrysanthemum leaf	菊叶	leaf		31-Aug-04
26.	Folium Eriobotryae	Eriobotrya japonica	Loquat leaf	枇杷叶	leaf		31-Aug-04

S/N	Latin Name	Scientific Name	English Name	Chinese Name	Part(s) of CMM commonly used in food	Therapeutic dosage per day ⁺	Date of Ascension
27.	Folium Mori	Morus alba	White mulberry leaf	桑叶	leaf		31-Aug-04
28.	Folium Nelumbinis	Nelumbo nucifera	Hindu lotus leaf	荷叶	leaf		31-Aug-04
29.	Folium Nerviliae Fordii	Nervilia fordii	Ford nervilia leaf	青天葵	leaf		31-Aug-04
30.	Fructificatio Hericii Erinacei / F.H. Coralloidis / Carpophorum Hericii Erinacei	Hericium erinaceus / Hydnum coralloides	Bearded tooth carpophores	猴头菇 / 猴头菌	fruiting body		31-Aug-04
31.	Fructus Alipiniae Oxyphyllae	Alpinia oxyphylla	Sharpleaf calangal fruit	益智仁	fruit		31-Aug-04
32.	Fructus Amomi	Amomum villosum	Villous amomum fruit	砂仁	fruit		31-Aug-04
33.	Fructus Anisi Stellati	Illicium verum	Star anise fruit	八角茴香/大茴香	fruit		31-Aug-04
34.	Fructus Benincasae	Benincasa hispida	Chinese waxgourd fruit (Winter melon)	冬瓜/冬瓜皮/冬瓜子	fruit, skin, seed		31-Aug-04
35.	Fructus Canarii	Canarium album	Chinese white olive	青果	fruit		31-Aug-04
36.	Fructus Canarii Pimelae	Canarium pimela	Black canarytree fruit	乌榄	fruit		31-Aug-04
37.	Fructus Chaenomeles	Chaenomeles speciosa	Common flowering quince fruit	木瓜	fruit		31-Aug-04
38.	Fructus Citri	Citrus medica / C. wilsonii	Medicinal citron fruit / wilson citron fruit	香橼 / 香圆	fruit		31-Aug-04
39.	Fructus Citri Sarcodactylis	Citrus medica L. var. sarcodactylis	Fleshfingered citron fruit / Buddha's hand	佛手	fruit		31-Aug-04

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40.	Fructus Corni	Cornus officinalis	Asiatic cornelian cherry fruit	茺肉	fruit		31-Aug-04
41.	Fructus Crataegi	Crataegus pinnatifida	Chinese hawthorn fruit	山楂	fruit		31-Aug-04
42.	Fructus Foeniculi	Foeniculum vulgare	Fennel fruit	小茴香	fruit		31-Aug-04
43.	Fructus Gardeniae	Gardenia jasminoides	Cape jasmine fruit	梔子	fruit		31-Aug-04
44.	Fructus Hippophae	Hippophae rhamnoides	Seabuckthorn fruit	沙棘	fruit		31-Aug-04
45.	Fructus Hordei Germinatus	Hordeum vulgare	Malt (Germinated barley)	麦芽	fruit (dried germinated ripe fruit)		31-Aug-04
46.	Fructus Jujubae	Ziziphus jujuba	Dates / Common jujube fruit	枣	fruit		31-Aug-04
47.	Fructus Ligustri Lucidi	Ligustrum lucidum	Glossy privet root	女贞子 **	fruit	6-12g	31-Aug-04
48.	Fructus Lycii	Lycium barbarum	Barbary wolfberry fruit	枸杞子	fruit		31-Aug-04
49.	Fructus Momordicae	Momordica grosvenorii / Siraitia grosvenorii	Grosvenor momordica fruit	罗汉果	fruit		31-Aug-04
50.	Fructus Momordicae Charantiae	Momordica charantia	Balsampear fruit (bitter gourd)	苦瓜	fruit		31-Aug-04
51.	Fructus Mori	Morus alba	White mulberry fruit	桑椹	fruit		31-Aug-04
52.	Fructus Mume	Prunus mume	Japanese apricot fruit	乌梅	fruit		31-Aug-04
53.	Fructus Perillae	Perilla frutescens	Common perilla fruit	白苏子 / 紫苏子	fruit		31-Aug-04

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54.	Fructus Phyllanthi	Phyllanthus emblica	Emblic leafflower fruit	余甘子	fruit		31-Aug-04
55.	Fructus Piperis	Piper nigrum	Black pepper fruit	黑胡椒	fruit		31-Aug-04
56.	Fructus Piperis Longi	Piper Longum	Long pepper immature fruit	荜茇	fruit		31-Aug-04
57.	Fructus Rubi	Rubus chingii	Palmleaf raspberry fruit	覆盆子	fruit		31-Aug-04
58.	Fructus Oryzae Germinatus	Oryza sativa	Rice germinating fruit (sprout)	谷芽(稻芽)	fruit		31-Aug-04
59.	Fructus seu Semen Hoveniae Dulcis	Hovenia dulcis / Hovenia acerba, Hovenia trichocarpa	Japanese raisin tree fruit or seed	枳椇子	fruit, seed		31-Aug-04
60.	Fructus Tsaoko	Amomum tsao-ko	Tsao-ko amomum fruit	草果	fruit		31-Aug-04
61.	Ganoderma Lucidum seu Japonicum	Ganoderma lucidum / Ganoderma sinensis	Lucid ganoderma (lingzhi)	灵芝*	fruiting body		31-Aug-04
62.	Herba Agastaches	Agastache rugosa	Wrinkled giant hyssop herb	藿香	aerial part of plant		31-Aug-04
63.	Herba Artemisiae Scopariae	Artemisia capillaris / A. scoparia	Capillary wormwood herb / virgate wormwood herb	茵陈蒿	aerial part of plant		31-Aug-04
64.	Herba Cichorii / Radix circhorii	Cichorium intybus, Cichorium glandulosum	Common chicory herb, glandular chicory herb, Chicory root	菊苣	whole plant		31-Aug-04

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65.	Herba Cirsii	Cirsium setosum	Setose thistle herb	小薊	aerial part of plant		31-Aug-04
66.	Herba Elephantopi	Elephantopus scaber / E. tomentosus	Scabrous elephantfoot herb / tomentose elephantfoot herb	苦地胆	whole plant		31-Aug-04
67.	Herba Evolvuli Alsinoidei	Evolvulus alsinoides	Common evolvulus herb	鹿含草 / 毛将军 / 土丁桂	whole plant		31-Aug-04
68.	Herba Gynostemmae Pentaphylli	Gynostemma pentaphyllum	Fiveleaf gynostemma herb	绞股蓝 **	whole plant	a) 15 - 30g (when used as decoction) b) 3-6g (when ground into powder)	31-Aug-04
69.	Herba Hedyotis Diffusae	Hedyotis diffusa / Oldenlandia diffusa	Spreading hedyotis herb	蛇舌草	whole plant		31-Aug-04
70.	Herba Houttuyniae	Houttuynia cordata	Heartleaf houttuynia herb	鱼腥草	whole plant		31-Aug-04
71.	Herba Lophatheri	Lophatherum gracile	Common lophatherum herb	淡竹叶	leaf		31-Aug-04
72.	Herba Lysimachiae	Lysimachia christinae	Christina loosestrife herb	金钱草	whole plant		31-Aug-04
73.	Herba Menthae / Herba	Mentha piperita / Mentha haplocalyx	Wild mint herb / Peppermint	辣薄荷 / 薄荷	leaf		31-Aug-04

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	Menthae haplocalycis						
74.	Herba Moslae	Mosla chinensis	Chinese Mosla	香薷	aerial part of plant		31-Aug-04
75.	Herba Portulacae	Portulaca oleracea	Purslane herb	马齿苋	aerial part of plant		31-Aug-04
76.	Herba Scutellariae Barbatae	Scutellaria barbata	Barbed skullcap herb	半枝莲	whole plant		31-Aug-04
77.	Herba Taraxaci	Taraxacum mongolicum / Taraxacum sinicum	Dandelion herb	蒲公英	whole plant		31-Aug-04
78.	Margarita	Pteria martensii / Hyriopsis cumingii / Cristaria plicata	Pearl	珍珠	-		31-Aug-04
79.	Mel	Apis cerana / Apis mellifera	Honey	蜂蜜	-		31-Aug-04
80.	Fructificatio Dictyophorae indusiatae / Fructificatio Dictyophorae duplicatae	Dictyophora indusiata / Dictyophora duplicata	Stinkhorn mushroom	竹笙 / 竹荪	fruiting body		31-Aug-04
81.	Nidus Collocaliae	Collocalia esculenta	Edible white-bellied swiftlet nest	燕窝	nest		31-Aug-04
82.	Nux Prinsepieae	Prinsepia uniflora	Hedge prinsepia nut	奈仁肉 / 蕤仁肉	seed		31-Aug-04

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83.	Pericarpium Citri Reticulatae	Citrus reticulata	Tangerine peel	陈皮	pericarp		31-Aug-04
84.	Pericarpium Zanthoxyli	Zanthoxylum bungeanum / Z. schinifolium	Bunge pricklyash pericarp / peppertree pricklyash pericarp	花椒 / 椒目	pericarp		31-Aug-04
85.	Folium Perillae	Perilla frutescens	Common perilla leaf	紫苏叶	leaf		31-Aug-04
86.	Poria	Poria cocos	Indian bread	茯苓	-		31-Aug-04
87.	Radix Acanthopanax Senticosi	Acanthopanax senticosus	Siberian ginseng / manyprickle acanthopanax root	刺五加 **	root, stem, rhizome	9-27g	31-Aug-04
88.	Radix Angelicae Dahuricae	Angelica dahurica	Dahurian angelica root / Taiwan angelica root	白芷	root		31-Aug-04
89.	Radix Angelicae Sinensis	Angelica sinensis	Chinese angelica root (Dang Gui)	当归	root		31-Aug-04
90.	Radix Arnebiae seu Lithospermi	Lithospermum erythrorhizon	Sinkiang-Tibet arnebia root / redroot gromwell root	北紫草	root		31-Aug-04
91.	Radix Asparagi	Asparagus cochinchinensis	Cochinchinese asparagus root	天冬	root		31-Aug-04
92.	Radix Astragali	Astragalus membranaceus	Membranous milkvetch root	黄芪	root		31-Aug-04
93.	Radix Codonopsis	Codonopsis pilosula / Codonopsis tangshen	Tangshen root	党参	root		31-Aug-04
94.	Radix Curcumae	Curcuma wenyujin /	Aromatic turmeric root	郁金	root		31-Aug-04

S/N	Latin Name	Scientific Name	English Name	Chinese Name	Part(s) of CMM commonly used in food	Therapeutic dosage per day ⁺	Date of Ascension
		Curcuma longa / Curcuma domestica / Curcuma aromatica / Curcuma kwangsiensis / Curcuma aeruginosa / Curcuma chuanyujin / Curcuma phaeocaulis					
95.	Radix Curcumae Longae	Curcuma longa / Curcuma domestica	Common turmeric root	姜黄	rhizome		April 2015
96.	Rhizoma Curcumae	Curcuma wenyujin / Curcuma kwangsiensis / Curcuma aeruginosa / Curcuma phaeocaulis / Curcuma zedoaria	Zedoary	莪术	rhizome		April 2015
97.	Radix et rhizoma Ginseng	Panax ginseng	Ginseng root	高丽参 / 人 参	root and rhizome		31-Aug-04
98.	Radix et rhizoma Glycyrrhizae	Glycyrrhiza uralensis / Glycyrrhiza glabra / Glycyrrhiza inflata	Ural licorice root (Liquorice)	甘草	root and rhizome		31-Aug-04

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99.	Radix Morindae Officinalis	Morinda officinalis	Medicinal indianmulberry root	巴戟天	root		31-Aug-04
100.	Radix Notoginseng	Panax notoginseng / Panax pseudoginseng	Sanchi root	三七 / 田七*	root		31-Aug-04
101.	Radix Panacis Quinquefolii	Panax quinquefolium	American ginseng root	泡参 / 西洋参	root		31-Aug-04
102.	Radix Platycodi	Platycodon grandiflorum	Ballonflower root	桔梗	root		31-Aug-04
103.	Radix Polygoni Multiflori Preparata	Polygonum multiflorum	Tuber fleeceflower root (shou wu)	何首乌 (制) **	root	6-12g	31-Aug-04
104.	Radix Puerariae	Pueraria lobata / P. Edulis / P. omeiensis / P.thomsonii / P. phaseoloides	Lobed kudzu vine root / edible kudzu vine root / Omei mountain kudzu vine root / thomson kudzu vine root / trilobed leaf kudzu vine root	粉葛/葛根	root		31-Aug-04
105.	Radix Rehmanniae / Radix Rehmanniae Preparata	Rehmannia glutinosa	Adhesive rehmannia root	地黄	root		31-Aug-04
106.	Oviductus Ranae	Rana temporaria chensinensis / Rana amurensis	Dried Chinese woodfrog	雪蛤 / 哈士蟆	oviduct (fallopian tube)		31-Aug-04

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107.	Receptaculum Fici	Ficus carica	Fig receptacle / Common fig	无花果	fruit		31-Aug-04
108.	Rhizoma Alpiniae Officinarum	Alpinia officinarum	Lesser galangal rhizome	高良姜	rhizome		31-Aug-04
109.	Rhizoma Chuanxiong	Ligusticum chuanxiong	Chuanxiong rhizome	川芎	rhizome		31-Aug-04
110.	Rhizoma Dioscoreae	Dioscorea opposita	Common yam rhizome	山药	rhizome		31-Aug-04
111.	Rhizoma Gastrodiae	Gastrodia elata	Tall gastrodia tuber	天麻	rhizome		31-Aug-04
112.	Rhizoma Imperatae	Imperata cylindrica	Lalang grass rhizome	白茅根	rhizome		31-Aug-04
113.	Rhizoma Nelumbinis	Nelumbo nucifera	Hindu lotus large rhizome	莲藕/藕节	rhizome		31-Aug-04
114.	Rhizoma Phragmitis	Phragmites communis	Common reed rhizome	芦根	rhizome		31-Aug-04
115.	Rhizoma Polygonati	Polygonatum sibiricum, Polygonatum cyrtonema, Polygonatum kingianum	Siberian solomonseal rhizoma, manyflower solomonseal rhizoma, king solomonseal rhizoma	黄精	rhizome		31-Aug-04
116.	Rhizoma Polygonati Odorati	Polygonatum odoratum	Fragrant solomonseal rhizome	玉竹	rhizome		31-Aug-04

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117.	Rhizoma Smilacis Glabrae	Smilax glabra	Glabrous greenbrier rhizome	土茯苓	rhizome		31-Aug-04
118.	Rhizoma Zingiberis Recens / Rhizoma Zingiberis	Zingiber officinale	Ginger	姜 (生姜 / 干姜)	rhizome		31-Aug-04
119.	Semen Armeniacae Amarum / Semen Pruni Armeniacae	Prunus Armeniaca / Prunus sibirica / Prunus mandshurica	Bitter Apricot seed (almond)	苦杏仁	seed		31-Aug-04
120.	Semen Canavaliae	Canavalis gladiata	Sword jackbean seed	刀豆	seed		31-Aug-04
121.	Semen Cassiae	Cassia tora / Cassia obtusifolia	Sickle senna seed / Cassia seed	决明子	seed		31-Aug-04
122.	Semen Coicis	Coix lacryma-jobi	Jobstears seed	薏苡仁 / 米仁	seed (kernel)		31-Aug-04
123.	Semen Euryales	Euryale ferox	Gordon euryale seed	芡实	seed		31-Aug-04
124.	Semen Ginkgo	Ginkgo biloba	Ginkgo seed	白果	seed		31-Aug-04
125.	Semen Juglandis	Juglans regia	English walnut seed	核桃仁	seed		31-Aug-04
126.	Semen Lablab Album	Dolichos lablab	White hyacinth bean	白扁豆	seed		31-Aug-04
127.	Semen Myristicae	Myristica fragrans	Common nutmeg	肉豆蔻	seed (kernel)		31-Aug-04

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128.	Semen Nelumbinis	Nelumbo nucifera	lotus seed	莲子	seed		31-Aug-04
129.	Semen Oroxyli	Oroxylum indicum	Indian trumpetflower seed	千层纸 / 木蝴蝶	seed		31-Aug-04
130.	Semen Persicae	Prunus persica / Prunus davidiana	Peach seed / david peach seed	桃仁	seed		31-Aug-04
131.	Semen Phaseoli	Phaseolus calcaratus / P. angularis	Rice bean seed / adsuki bean seed	赤小豆	seed		31-Aug-04
132.	Semen Pini Koraiensis	Pinus koraiensis	Korean pine seed	松子仁 / 海松子	seed		31-Aug-04
133.	Semen Pruni	Prunus japonica / Prunus humilis / Prunus pedunculata	Dwarf flowering cherry seed /Chinese dwarf cherry seed	郁李仁	seed		31-Aug-04
134.	Semen Raphani	Raphanus sativus	radish seed	莱菔子	seed		31-Aug-04
135.	Semen Sesami Nigrum	Sesamum indicum	Oriental sesame seed / Black sesame	黑芝麻	seed		31-Aug-04
136.	Semen Sinapis	Sinapis alba / Brassica juncea	White mustard seed	芥子/ 黄芥子	seed		31-Aug-04
137.	Semen Sojae Preparatum	Glycine max	Fermented soybean	淡豆豉	seed		31-Aug-04
138.	Semen Sterculiae Lychnophorae	Sterculia lychnophora	Boat-fruited sterculia seed	胖大海	seed		31-Aug-04
139.	Semen Torreyae	Torreya grandis	Grand torreyia seed	榧子	seed		31-Aug-04

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140.	Semen Ziziphi Spinosae	Ziziphus jujuba	Common jujube seed / Spine date seed	酸枣仁	seed		31-Aug-04
141.	Spica Prunellae	Prunella vulgaris	Common selfheal spike	夏枯草	fruit-spike		31-Aug-04
142.	Surculus Phyllostachydis Pubescentis	Phyllostachys pubescens	Moso bamboo shoot	茅竹笋 / 毛笋	shoots		31-Aug-04
143.	Thallus Echloniae / T. Laminariae Et Eckloniae	Laminaria japonica / Ecklonia kurome / Undaria pinnatifida	Kelp thallus / tangle thallus	昆布/海带	-		31-Aug-04
144.	Tremella	Tremella fuciformis	Tremella	银耳 / 白木耳	fruiting body		31-Aug-04
145.	Xylocopa Dissimilis	Xylocopa dissimilis	Carpenter bee	竹蜂	body of bee		31-Aug-04
146.	Zaocys	Zaocys dhumnales	Garter snake	乌梢蛇	body of snake		31-Aug-04
147.	Radix Adenophorae	Adenophora tetraphylla / A. stricta	Fourleaf ladybell root / upright ladybell root	南沙参	root		31-Aug-04
148.	Radix Glehniae	Glehnia littoralis	Coastal glehnia root	北沙参	root		31-Aug-04
149.				甘荀	-		31-Aug-04

* Products containing this ingredient as sole ingredient are classified as Chinese proprietary medicine

S/N	Latin Name	Scientific Name	English Name	Chinese Name	Part(s) of CMM commonly used in food	Therapeutic dosage per day ⁺	Date of Ascension
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⁺ Amount used should be 100-fold below the therapeutic dosage when used in food.