

FOOD INGREDIENTS' RECORD OF VIEWS

(As at 09 September 2025)

This document provides a record of Singapore Food Agency (SFA)'s views on the use of specific ingredients in food. The views indicated may be subject to review and amendment based on scientific developments and new information on the safety of these ingredients.

This document does not include food additives/ingredients/substances that are listed in the Food Regulations, or the list of Chinese medicinal materials (CMM) commonly used in food. Please refer to the links below for the relevant documents:

- Food Regulations: <https://www.sfa.gov.sg/legislation>
- List of permitted food additives: <https://www.sfa.gov.sg/regulatory-limits/limits-for-food-additives>
- List of Chinese medicinal materials (CMM) commonly used in food:
[http://www.sfa.gov.sg/docs/default-source/default-document-library/list-of-chinese-medicinal-materials-\(cmm\).pdf](http://www.sfa.gov.sg/docs/default-source/default-document-library/list-of-chinese-medicinal-materials-(cmm).pdf)
- Novel food guidance document: <https://www.sfa.gov.sg/food-import-export/commercial-food-imports> [Click on the word 'document' within the text under "Conditions related to Novel Food"]

For food or food ingredients that are not listed within this document, please check with SFA using our online feedback form:

<https://csp.sfa.gov.sg/feedback>

Guiding notes:

Herbal or botanical ingredients, when added to food products, should not confer any medicinal and/or therapeutic properties to the food. This is because food is generally consumed ad libitum and for nutritional purposes, as opposed to medicines and pharmaceuticals, which are consumed to treat or alleviate a condition of the body.

Use of botanical ingredients listed below are restricted to the specific plant parts specified. When considering the use of extracts of the listed botanicals, only whole extracts are considered to be permitted, unless otherwise specified. Extracts that have been processed to refine levels of active components, or fortified with these active components, are not considered to be whole extracts, and will be required to be evaluated by SFA, before they may be used in food products sold in Singapore.

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BOTANICALS

S/N	Botanical/Scientific Name	English Name	Chinese Name	Part(s) commonly used in food
1	<i>Acacia Victoriae</i>	Wattle Seed	-	Seed
2	<i>Acer saccharum</i>	Maple water / Maple sap	糖枫 / 硬枫 / 石枫 / 东部糖枫	Sap
3	<i>Adansonia digitata</i>	Baobab fruit	猴面包树	Fruit pulp
4	<i>Allium hypsistum</i>	Jimbu	-	Leaves
5	<i>Allium macrostemon</i>	Longstamen onion bulb	薤白 / 小根蒜 / 山蒜 / 苦蒜 / 小么蒜 / 小根菜 / 野蒜 / 团葱	Flower / Leaves / Root / Bulb
6	<i>Allium tuberosum</i> Rottler ex Spreng. / <i>Allium argyi</i> / <i>Allium roxburghii</i> / <i>Allium tricoccum</i> / <i>Allium uliginosum</i> / <i>Allium clarkei</i>	Garlic Chives / Chinese Leeks / Chinese Chives / Flat Chives / Oriental Garlic	韭菜	Leaves / Flower / Stem / Stalk / Bulb
7	<i>Aloe barbadensis</i> / <i>Aloe vulgaris</i>	Aloe Vera	芦荟	Leaves
8	<i>Anethum graveolens</i>	Dill seed / Adas Manis	-	Seed
9	<i>Angelica keiskei</i> / <i>Angelica keiskei</i> Koidzumi / <i>Angelica utilis</i>	Ashitaba / Tomorrow's Leafd	明日叶	Leaves
10	<i>Antidesma bunius</i>	Mao berry	五月茶 / 通天炮 / 五味子	Leaves / Fruit
11	<i>Apium graveolens</i>	Celery seed / Biji Seladeri	芹菜籽	Seed
12	<i>Aristotelia chilensis</i>	Maqui berry	马基莓 / 马奇果 / 智利酒果	Fruit
13	<i>Aspalathus linearus</i>	Rooibos / Red tea / Red bush	南非歪豆茶 / 博士茶	Leaves
14	<i>Avena sativa</i> / <i>Avena byzantina</i>	Oats	燕麦 / 皮燕麦	Seed
15	<i>Bactris gasipaes</i>	Peach palm / Pewa nut	桃椰子	Fruit / Leaves
16	<i>Betula pendula</i>	Birch sap	垂枝桦	Leaves
17	<i>Brassica chinensis</i> var. <i>rosularis</i> / <i>Brassica rapa</i> L. subsp. <i>chinensis</i> (L.) Hanelt	Bak choy / Chinese cabbage / Chinese mustard / Chinese white cabbage	小白菜	Leaves
18	<i>Brassica juncea</i>	Indian Mustard / Chinese Mustard / Vegetable Mustard / Mustard / Jie Cai / Kai Choi	芥菜	Leaves / Flower / Seed / Root

19	<i>Brassica nigra</i>	Mustard seed / Biji Sawi	芥子	Seed
20	<i>Camellia oleifera</i>	Camellia	油茶	Seed oil
21	<i>Camellia sinensis</i>	Theae folium / Thea sinensis / Green tea	茶树	Leaves
22	<i>Capsicum annuum</i>	Cayenne pepper / Red Hot Chilli / Paprika	辣椒	Fruit
23	<i>Carum carvi</i>	Caraway Seed	葛缕子	Fruit
24	<i>Cinnamomum tamala</i>	Indian bay leaves / Tejpatra	柴桂 / 桂皮 / 三股筋 / 肉桂 / 桂皮 / 辣皮树	Leaves
25	<i>Cinnamomum verum</i>	Cinnamon / Kayu Manis	肉桂	Inner bark
26	<i>Citrus</i>	Citrus	柑橘属水果	Fruit / Fibre (extracted from citrus fruit)
27	<i>Citrus aurantium</i>	Giant Golden Citrus	虎头柑 / 大砂柑	Fruit
28	<i>Citrus microcarpa</i>	Kalamansi / Calamansi	四季橘	Fruit
29	<i>Clitoria ternatea</i>	Butterfly Pea	-	Flower
30	<i>Codonopsis lanceolata</i>	Bonnet Bell Flower, Lance Asia Bell, Todok (deodeok)	四叶参 / 山海螺 / 奶参 / 羊乳 / 轮叶党参	Root
31	<i>Coleus amboinicus</i> Lour / <i>Coleus aromaticus</i> / <i>Plectranthus aromaticus</i> / <i>Plectranthus amboinicus</i>	Torbangun / Mexican Mint / Spanish Thyme / Cuban Oregano / Indian Borage	左手香 / 到手香 / 印度薄荷	Leaves
32	<i>Corchorus olitorius</i>	Jute mallow / Nalta jute / Moroheiya	山麻 / 斗鹿 / 油罐草 / 假龙胆草 / 巨藤	Leaves
33	<i>Coriandrum sativum</i> L.	Coriander / Ketumbar	香菜	Leaves
34	<i>Crocus sativus</i> L.	Saffron	-	Flowers
35	<i>Curcuma longa</i> / <i>Curcuma domestica</i>	Turmeric / Kunyit	黄姜	Rhizome
36	<i>Cuminum cyminum</i>	Cumin seed / Jintan Putih	-	Seed
37	<i>Cyclea Barbata</i> Miers	Green grass jelly / Cincau hijau / Krung ba dan	毛叶轮环藤 / 箕藤 / 金锁匙	Leaves
38	<i>Cymbopogon citratus</i> (DC.) Stapf / <i>Andropogon citriodorum</i> / <i>Acroceras citratus</i>	Sereh Makan / Lemongrass	柠檬草 / 柠檬香茅 / 香茅草	Leaves / Stalk
39	<i>Daucus carota</i> ssp. <i>sativus</i> var. <i>atrorubens</i>	Black carrot	黑胡萝卜	Root

40	<i>Elettaria cardamomum</i>	Cardamon / Kepulaga Besar / Kepulaga Kecil	豆蔻	Seed
41	<i>Eragrostis abyssinica</i>	Teff	苔麸 / 埃塞俄比亚画眉草	Grain
42	<i>Euterpe oleracea / Euterpe badiocarpa / Euterpe cuatrecasana / Euterpe beardii / Catis martiana</i>	Acai / Assai Palm / Cabbage Palm / Euterpe Palm / Multi- stemmed Assai Palm	蔬食埃塔棕	Fruit
43	<i>Ferula assa-foetida</i>	Asafetida / Asafoetida	阿魏	Root
44	<i>Foeniculum vulgare</i>	Fennel / Adas Pedas	小茴香	Fruit / Seed
45	<i>Garcinia indica</i>	Kokum	印度藤黄	Fruit
46	<i>Garcinia mangostana</i>	Mangosteen	山竹 / 莽吉柿 / 芒翕 / 山竺 / 山竹子 / 倒捻 / 凤果	Fruit / Pericarp / Hull
47	<i>Glebionis coronaria</i>	Crown daisy	茼蒿 / 春菊 / 艾菜 / 打某菜 / 皇帝菜	Leaves / Flower
48	<i>Gnetum gnemon</i> L.	Belinjau, Meninjau / Bago / Gnemon Tree / Maninjau / Minjau / Songkok / Spanish Joint Fir	灌状买麻藤	Leaves / Seed
49	<i>Hibiscus sabdariffa / Hibiscus gossypifolius / Abelmoschus cruentus / Hibiscus digitatus / Sabdariffa rubra / Hibiscus sanguineus</i>	Roselle / Jamaica Sorrel / Red Sorrel / Sorrel / Indian Sorrel / Asam Susar	玫瑰茄 / 山茄子	Flower / Leaves / Fleshy calyxes of the roselle flower
50	<i>Illicium verum</i>	Star anise / Bunga Pekak	八角茴香	Fruit / Seed
51	<i>Irvingia gabonensis</i>	African Mango seed / Dika nuts	非洲芒果 / 野生芒果 / 野生芒果籽提取物	Fruit / Oil / Fat
52	<i>Jasminum officinale</i>	Jasmine / Common Jasmine	茉莉	Flower
53	<i>Jasminum sambac</i>	Arabian jasmine	茉莉	Flower
54	<i>Landoltia punctate</i>	Dotted duckmeat / Dotted duckweed / Giant duckweed	-	Leaves
55	<i>Lavandula angustifolia</i> Mill.	Lavender	薰衣草	Leaves / Flower
56	<i>Lemna obscura</i>	Little duckweed	-	Leaves
57	<i>Lemna aequinoctialis</i>	Tropical duckweed	-	Leaves

58	<i>Lemna gibba</i>	Gibbous Duckweed / Swollen duckweed / Windbags / Duckweed	-	Leaves
59	<i>Lemna japonica</i>	Duckweed	-	Leaves
60	<i>Lemna minor</i>	Duckweed / Common duckweed	-	Leaves
61	<i>Lemna minuta</i>	Dinky duckweed / Minute duckweed / Least duckweed	-	Leaves
62	<i>Lemna turionifer</i>	Turion duckweed	-	Leaves
63	<i>Lemna valdiviana</i>	Small duckweed	-	Leaves
64	<i>Lepidium meyenii</i>	Maca root / pepper grass / pepper weed / maca-maca / maka	瑪卡 / 瑪咖	Root
65	<i>Linum usitatissimum</i>	Flaxseed oil / Flax / Flaxseed / Linseed	亚麻 / 胡麻	Seed
66	<i>Madhuca latifolia</i>	Illipe nut	阔叶马胡卡	Nut
67	<i>Malpighia glabra</i> / <i>M. emarginata</i> and <i>M. punicifolia</i>	Acerola fruit / West Indian Cherry / Barbados cherry / Escobillo	西印度櫻桃 / 黃褥花	Fruit
68	<i>Malva sylvestris</i>	Mallow Flower / Common Mallow	欧錦葵	Seed / Leaves / Flower
69	<i>Medicago sativa</i>	Alfalfa / Lucerne	紫苜蓿	Leaves / Seedling
70	<i>Mentha piperita</i>	Peppermint	欧薄荷 / 辣薄荷	Leaves
71	<i>Momordica cochinchinensis</i> Spreng.	Gac	木鱉果 / 木鱉子 / 木鱉子 / 藤桐子 / 刺苦瓜	Fruit
72	<i>Morinda citrifolia</i>	Noni fruit / Indian mulberry / Great Morinda / Hog Apple / Cheese fruit / Noni berry	海濱木巴戟 / 海巴戟	Leaves / Fruit / Seed
73	<i>Moringa oleifera</i>	Horse-radish Tree / Kelur / Merunggai / Drumstick Tree	辣木	Fruit / Leaves / Flower / Seed
74	<i>Morus rubra</i>	Red mulberry	紅桑	Fruit
75	<i>Myrciaria dubia</i>	Camu	卡姆果	Fruit
76	<i>Myrica rubra</i>	Chinese bayberry	杨梅 / 树梅	Fruit
77	<i>Myristica fragrans</i> Houtt.	Nutmeg / Pokok Pala / Buah Pala / Pala	玉果 / 肉果	Fruit / Seed / Mace
78	<i>Nigella sativa</i> Linn.	Black Cumin / Jintan Hitam / Habatus Sauda / Kolonji seed	黑枯茗	Seed
79	<i>Ocimum basilicum</i>	Basil	九层塔	Leaves
80	<i>Olea europaea</i>	Olive	油橄欖 / 木犀欖 / 齐墩 / 阿列布	Fruit

81	<i>Ophiopogon japonicus</i>	Dwarf Lilyturf / Mondo Grass	麦冬	Root
82	<i>Opuntia ficus indica</i>	Prickly pear cactus / barbary fig / 7orten fig / mission cactus / spineless cactus / tuberous prickly pear	梨果仙人掌	Pad / Fruit
83	<i>Opuntia robusta</i>	Wheel cactus	-	Pad / Fruit
84	<i>Opuntia streptacantha</i> / <i>Opuntia cardona</i>	Westwood pear / Gracemere pear / White spine pear	-	Pad / Fruit
85	<i>Origanum majorana</i>	Marjoram / Sweet Marjoram	墨角兰 / 马郁草 / 马约兰草 / 甜墨角兰 / 多节墨角兰 / 马乔兰	Leaves
86	<i>Oryza sativa</i> L.	Black rice	水稻	Grain
87	<i>Osmanthus fragans</i> / <i>Flos Osmanthus</i> <i>Fragus</i>	Sweet Osmanthus / Fragrant Olive / Sweet Tea / Sweet Olive	桂花	Flower
88	<i>Perilla frutescens</i> / <i>Acrymia nankinensis</i>	Beefsteak Plant / Perilla / Perilla Mint / Chinese Basil	紫苏	Fruit / Leaves / Flower / Seed
89	<i>Petroselinum crispum</i> / <i>Petroselinum</i> / <i>Petroselinum vulgare</i> / <i>Petroselinum Tortense</i> var. <i>crispum</i>	Parsley	欧芹 / 荷兰芹	Leaves
90	<i>Phaseolus vulgaris</i>	White bean	-	Seed
91	<i>Physalis peruviana</i>	Cape Gooseberry / Golden Berry	灯笼果	Fruit
92	<i>Picea abies</i>	Norway spruce / European spruce	欧洲云杉	Shoot / Needle
93	<i>Pimenta dioica</i> (L.) Merr.	Allspice / Jamaica Pepper / Pimento	多香果	Fruit
94	<i>Pimpinella anisum</i>	Aniseed / Jintan manis	茴芹籽	Seed
95	<i>Pinus sylvestris</i>	Pine	松树	Inner bark
96	<i>Piper nigrum</i>	Common Pepper / Pepper Plant / Black Pepper / White Pepper / Madagascar Pepper / Lada Hitan	胡椒 / 白胡椒 / 黑胡椒	Fruit
97	<i>Platostoma palustre</i> / <i>Mesona procumbens</i> / <i>Mesona chinensis</i>	Hsian-tsao / Chin Chow / Cincau	凉粉草 / 仙草	Leaves / Shoot

98	<i>Plinia cauliflora</i> / <i>Myrciaria cauliflora</i> / <i>Myrciaria jaboticaba</i> / <i>Myrciaria jaboticaba</i> / <i>Myrciaria tenella</i> / <i>Myrciaria trunciflora</i>	Jaboticaba / Brazilian Grape Tree	拟爱神木 / 木葡萄 / 树葡萄 / 小硕果 / 珍 宝果 / 嘉宝果	Fruit
99	<i>Plukenetia volubilis</i>	Sacha inchi / Sacha peanut / Mountain peanut / Inca nut / Inca-peanut	印加果 / 星油藤 / 印 奇果 / 印加花生 / 南 美油藤	Seed / Leaves
100	<i>Punica granatum</i>	Pomegranate / Delima	安石榴 / 石榴	Fruit / Seed
101	<i>Quercus alba</i>	Acorn / White Oak / Quebec oak / Stave oak	北美白橡	Acorn
102	<i>Rhus coriaria</i>	Sumac	阳葛	Fruit
103	<i>Rosa canina</i> / <i>Rosa</i> spp	Dog rose / Dogbrier / Common briar	犬蔷薇 / 狗蔷薇 / 狗 牙蔷薇	Rosehip fruit / Fruit
104	<i>Rosa roxburghii</i> Tratt / <i>Rosa microphylla</i>	Chestnut rose / Burr rose / Chinquapin rose	刺梨	Fruit
105	<i>Rumex acetosa</i>	Sorrel / Spinach dock / Narrow-leaved dock	酸模	Leaves
106	<i>Salvia hispanica</i>	Chia Seed	奇亚籽	Seed
107	<i>Salvia Rosmarinus</i> / <i>Rosmarinus</i> <i>officinalis</i>	Rosemary	迷迭香	Leaves
108	<i>Santalum</i> <i>acuminatum</i>	Quandong / Native peach	框东	Fruit
109	<i>Sargassum fasiforme</i>	Hizikia / Hijiki seaweed	羊栖菜 / 鹿尾菜	Seaweed
110	<i>Satureja hortensis</i>	Summer savory / Winter savory	夏季香薄荷	Leaves
111	<i>Schisandra chinensis</i>	Omija	五味子	Fruit
112	<i>Siraitia grosvenorii</i>	Luo Han Guo / Monk Fruit	罗汉果	Fruit
113	<i>Smallanthus</i> <i>sonchifolius</i>	Yacon / Peruvian Ground Apple	雪莲果	Tuber
114	<i>Sorbus aucuparia</i>	Rowanberry	花楸浆果	Fruit
115	<i>Synsepalum</i> <i>ducificum</i>	Miracle fruit	神秘果 / 变味果 / 蜜 拉圣果	Fruit
116	<i>Syzygium</i> <i>aromaticum</i> / <i>Acca</i> <i>caryophyllus</i> / <i>Eugenia aromatica</i>	Clove / Cengkih / Chengkeh / Chingkeh	丁香	Flower bud
117	<i>Tamarindus indica</i>	Tamarind / Asam / Asam Jawa / Tamarindo / Indian Date	罗望子 / 酸豆	Fruit

118	<i>Tendrilleaf fritillary bulb / Bulbus ritillariae cirrhosae / Fritillaria cirrhosa</i>	Chuan Bei Mu	川贝母 / 川贝	Bulb
119	<i>Terminalia ferdinandiana</i>	Kakadu plum / Gubinge	卡卡杜李 / 公山羊李	Fruit
120	<i>Theobroma grandiflorum</i>	Cupuacu	大花可可 / 古布亚苏	fruit
121	<i>Thymus vulgaris</i> L. / <i>Origanum thymus</i> / <i>Thymus collinus</i>	Thyme / Garden Thyme / Common Thyme / English Thyme	百里香	Leaves
122	<i>Tiliacora trianda</i>	Yanang	蔘露藤	Leaves
123	<i>Trachyspermum copticum</i> / <i>Trachyspermum ammi</i>	Ajowan fruit / Bishop's-weed / Ethiopian caraway / Ajawa / Ajamoda	印度藏茴香	Fruit / Leaves / Seed
124	<i>Trigonella foenum-graecum</i>	Fenugreek / Methi seed	胡芦巴 / 云香草 / 香草 / 苦草 / 苦豆 / 苦朵菜 / 香苜蓿 / 香豆子	Leaves / Seed
125	<i>Triticum turanicum</i>	Kamut / Khorasan wheat	小麦	Grain
126	<i>Vaccinium myrtillus</i>	Bilberries / Bilberry / Blueberry / Hurtleberry	黑果越桔	Fruit
127	<i>Vanilla planifolia</i>	Vanilla	扁叶香草兰	Pod
128	<i>Wolffia arrhizal</i>	Spotless watermeal / Rootless duckweed	-	Whole plant
129	<i>Wolffia brasiliensis</i>	Brazilian watermeal / Duckweed	-	Whole plant
130	<i>Wolffia columbiana</i>	Columbian watermeal / Duckweed	-	Whole plant
131	<i>Wolffia globosa</i>	Asian watermeal / Duckweed	-	Whole plant
132	<i>Wolffiella gladiata</i>	Bogmat / Mud-miget / Duckweed	-	Whole plant
133	<i>Zingiber officinale</i>	Common Ginger / Ginger / Halia	姜	Rhizome

MUSHROOMS

S/N	Scientific Name	English Name	Chinese Name
1	<i>Agaricus blazei</i> Murill / <i>Agaricus subrufescens</i>	Cogumelo do Sol / Himematsutake	姬松茸 / 巴西蘑菇
2	<i>Boletus edulis</i> / <i>Boletus badius</i> / <i>Boletus smithii</i>	Boletus mushrooms / Porcini mushrooms / Bay boletus / Smith's boletus	美味牛肝菌 / 大腿蘑 / 网纹牛肝菌
3	<i>Cantharellus</i> spp / <i>Cantharellus cibarius</i> / <i>Cantharellus tubaeformis</i>	Chanterelle mushrooms / Yellow chanterelle / Winter chanterelle	鸡油菇 / 鸡油菌 / 黄菇 / 酒杯蘑菇

4	<i>Flammulina velutipes</i>	Enoki	金针菇
5	<i>Grifola frondosa</i>	Maitake mushroom	灰树花 / 舞菇 / 贝叶多孔菌 / 云蕈 / 栗子蘑 / 栗蘑 / 千佛菌 / 莲花菌 / 甜瓜板 / 奇果菌 / 叶奇果菌
6	<i>Hpysizygus marmoreus</i>	White beech mushroom / Bunashimeji / Hon-shimeji	斑玉蕈 / 玉蕈 / 蟹味菇 / 荷叶离褶伞 / 真姬菇
7	<i>Lentinus Edodes Mycelia</i>	Shiitake mushroom	香菇 / 冬菇 / 北菇 / 香蕈 / 厚菇 / 薄菇 / 花菇 / 椎茸
8 ^a	<i>Lignosus rhinocerus</i>	Tiger Milk Mushroom	虎乳灵芝
9	<i>Pleurotus citrinopileatus</i>	Golden oyster mushroom	金针菇
10	<i>Pleurotus cornucopiae</i> (Paulet) Rolland	Golden oyster mushroom / Tamogi Take	白黄侧耳 / 姬菇 / 紫孢侧耳
11	<i>Pleurotus ferulae</i> / <i>Pleurotus eryngii</i> var. <i>ferulae</i>	King trumpet mushroom / French horn mushroom / Eryngi / King oyster mushroom / King brown mushroom / Boletus of the steppes	杏鲍菇
12	<i>Pleurotus ostreatus</i>	Oyster mushroom / Common oyster mushroom / White oyster mushroom / Gray oyster mushroom	平菇 / 侧耳 / 糙皮侧耳 / 蠔菇 / 黑牡丹菇 / 北风菌 / 鲍鱼菇 / 天喜菇
13	<i>Pleurotus salmoneostramineus</i>	Salmon Oyster / Strawberry Oyster / Flamingo Mushroom / Takihiro Hiratake / Tabang Ngungut	桃红侧耳 / 桃红平菇
14	<i>Shizophyllum commune</i>	Split gill	裂褶菌 / 白参
15	<i>Volvariella volvacea</i>	Straw mushroom	草菇 / 兰花菇 / 美味草菇 / 美味包脚菇 / 苞脚菇 / 中国蘑菇 / 稻草菇 / 秆菇 / 麻菇 / 南华菇 / 贡菇 / 家生菇

a. up to 600 mg/day of the dried powder form

ALGAE

S/N	Scientific Name	English name	Chinese name
1	<i>Arthrospira platensis</i> / <i>Spirulina platensis</i> / <i>Spirulina maxima</i>	Spirulina	螺旋藻
2	<i>Ascophyllum nodosum</i>	Norwegian kelp	褐藻 / 泡叶藻 / 海藻
3	<i>Caulerpa lentitillifera</i>	Sea grape / Green caviar / Latok	长茎葡萄蕨藻
4	<i>Chondrus crispus</i>	Irish moss / Carrageen moss	爱尔兰苔
5	<i>Cryptomonadales chlorella</i> / <i>Chlorella sorokiniana</i> / <i>vulgaris</i>	Chlorella	小球藻
6	<i>Eucheuma cottonii</i> / <i>Kappaphycus alvarezii</i>	Seaweed / Gusô	长心卡帕藻

7	<i>Gigartina chamissoi</i>	-	-
8	<i>Laminaria digitata</i>	Oarweed	掌状海带
9	<i>Palmaria palmate</i> / <i>Lithothamnium calcareum</i> / <i>Lithothamnion calcareum</i> / <i>Haematococcus pluvialis</i>	Dulse / Red algae	紅藻
10	<i>Porphyra yezoensis</i>	Nori	海苔 / 紫菜
11	<i>Ulva lactuca</i>	Sea lettuce	石莼 / 海莴苣
12	<i>Undaria pinnatifida</i>	Wakame powder	裙带菜 / 若布 / 翅藻 / 海带芽
13	<i>Chlamydomonas reinhardtii</i>	-	莱茵衣藻

BACTERIA SPECIES

S/N	Scientific Name
1	<i>Bacillus coagulans</i> GBI-30, (ATCC PTA-6086)
2	<i>Bacillus coagulans</i> SANK 70258
3	<i>Bacillus subtilis</i> natto
4	<i>Bifidobacterium bifidum</i>
5	<i>Bifidobacterium breve</i>
6	<i>Bifidobacterium lactis</i>
7	<i>Bifidobacterium longum</i>
8	<i>Lactobacillus acidophilus</i>
9	<i>Lactobacillus bulgaricus</i>
10	<i>Lactobacillus casei</i> / <i>Lacticaseibacillus casei</i>
11	<i>Lactobacillus delbrueckii</i>
12	<i>Lactobacillus paracasei</i> / <i>Lacticaseibacillus paracasei</i>
13	<i>Lactobacillus plantarum</i> / <i>Lactiplantibacillus plantarum</i>
14	<i>Lactobacillus rhamnosus</i> / <i>Lacticaseibacillus rhamnosus</i>
15	<i>Lactobacillus salivarius</i> / <i>Ligilactobacillus salivarius</i>
16	<i>Lactococcus lactis</i>
17	<i>Leuconostoc mesenteroides</i>
18	<i>Propionibacterium acidipropionici</i>

CARBOHYDRATES / SACCHARIDES

S/N	Name
1	Allulose
2	D-ribose
3	D-tagatose
4	High fructose tapioca syrup
5	Isomaltooligosaccharide
6	Isomaltulose (Palatinose)
7	Maltodextrin
8	Resistant maltodextrin
9	Xylo-oligosaccharides (XOS)
10	Agave Inulin

OTHERS

S/N	Name
1	Hashima
2	Kala Namak (Indian black salt)
3	Medium Chain Triglycerides

4	<i>Saccharomyces cerevisiae</i> (Brewer yeast / Baker yeast)
5	Rapeseed / Canola Protein Isolate
6	Bovine Colostrum

Revision History

1. 12 October 2022 – Initial Issue
2. 09 September 2025 – Added entries for *Acacia Victoriae*, *Anethum graveolens*, *Apium graveolens*, *Aspalathus linearis*, *Brassica nigra*, *Cinnamomum verum*, *Clitoria ternatea*, *Coriandrum sativum* L., *Crocus sativus* L, *Cuminum cyminum*, *Daucus carota* ssp. *sativus* var. *atrorubens*, *Elettaria cardamomum*, *Foeniculum vulgare*, *Illicium verum*, *Landoltia punctata*, *Lemna gibba*, *Lemna minor*, *Lemna japonica*, *Lemna obscura*, *Lemna turionifer*, *Lemna valdiviana*, *Lemna aequinoctialis*, *Lemna minuta*, *Ophiopogon japonicus*, *Pimpinella anisum*, *Wolffiella gladiata*, *Wolffia globosa*, *Wolffia arrhizal*, *Wolffia brasiliensis*, *Wolffia columbiana*, *Phaseolus vulgaris*, *Pleurotus citrinopileatus*, *Lignosus rhinocerus*, Rapeseed / Canola Protein Isolate, Agave Inulin, Bovine colostrum, *Lactocaseibacillus casei*, *Lactocaseibacillus paracasei*, *Lactiplantibacillus plantarum*, *Lactocaseibacillus rhamnosus*, *Ligilactobacillus salivarius*

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