

## Recursos Naturales - Referencias Bibliográficas

#	Nombre Común	Nombre Científico	Referencia
1	Artemisa, Mugwort	Artemisia vulgaris L.	Afsar Shaik; Rupesh S Kanhere; Rajaram Cuddapah; Nelson Kumar S; Prasanth Reddy Vara; Saisaran Sibyala. Antifertility activity of Artemisia vulgaris leaves on female Wistar rats. Chinese Journal of Natural Medicines 2014, 12(3): 0180-0185
2	Anamú	Petiveria alliacea L.	Diandra Araújo Luz, Alana Miranda Pinheiro; Mallone Lopes Silva; Marta Chagas Monteiro; Rui Daniel Prediger; Cristiane Socorro Ferraz Maia; Enéas Andrade Fontes-Júnior. Ethnobotany, phytochemistry and neuropharmacological effects of Petiveria alliacea L. (Phytolaccaceae): A review. Journal of Ethnopharmacology 185 (2016) 182–201
3	Llantén	Plantago major L.	B. Vanaclocha; S. Cañigueral. Fitoterapia Vademécum de Prescripción. 4° Edición. p334-335
4	Damiana	Turnera diffusa Wild. var.	B. Vanaclocha; S. Cañigueral. Fitoterapia Vademécum de Prescripción. 3° Edición. p178-179.
5	Castaño de Indias	Aesculus hippocastanum	B. Vanaclocha; S. Cañigueral. Fitoterapia Vademécum de Prescripción. 3° Edición. p172-175
6	Setas	Agaricus blazei	<p>1.- Chung-Hua Hsu &amp; Col. The Mushroom Agaricus blazei Murill Extract Normalizes Liver Function in Patients with Chronic Hepatitis B. The Journal of Alternative and Complementary Medicine. Volume 14, Number 3, 2008, pp. 299–301</p> <p>2.- Diogo G. Valadares, Mariana C. Duarte, Laura Ramírez, Miguel A. Chávez-Fumagalli, Eduardo A.F. Coelho. Prophylactic or therapeutic administration of Agaricus blazei Murill is effective in treatment of murine visceral leishmaniasis. Experimental Parasitology, Volume 132, Issue 2, October 2012, Pages 228-236</p> <p>3.- Chung-Hua Hsu &amp; Col. The Mushroom Agaricus blazei Murill in Combination with Metformin and Gliclazide Improves Insulin Resistance in Type 2 Diabetes: A Randomized, Double-Blinded, and Placebo-Controlled Clinical Trial. The Journal of Alternative and Complementary Medicine. Volume 13, Number 1, 2007, pp. 97–102</p> <p>4.- Lima C. &amp; col. Agaricus blazei Murrill and Inflammatory Mediators in Elderly Women: A Randomized Clinical Trial. Scandinavian Journal of Immunology. 2012 Mar;75(3):336-41. doi: 10.1111/j.1365-3083.2011.02656.x.</p>

7	Agua de Mar	Agua de Mar, Seawater	1.- Brown, E & col. Seawater: Its Composition, Properties and Behaviour. 2° Edición. 2.- Bastier P-L, et al. Nasal irrigation: From empiricism to evidence-based medicine. A review. European Annals of Otorhinolaryngology, Head and Neck diseases (2015),p281-285.
8	Ajo	Allium sativum L.	B. Vanaclocha; S. Cañigueral. Fitoterapia Vademécum de Prescripción. 4° Edición. p99-102
9	Aloe vera	Aloe barbadensis miller	B. Vanaclocha; S. Cañigueral. Fitoterapia Vademécum de Prescripción. 4° Edición. p114-115.
10	Malvavisco	Althaeae officinale	B. Vanaclocha; S. Cañigueral. Fitoterapia Vademecum de Prescripción. 4° Edición. p339-341
11	Ataco o Amaranto	Amaranthus spp. la especie del Ecuador Amaranthus quitensis	Amuthan A. & col. Evaluation of diuretic activity of Amaranthus spinosus Linn. aqueous extract in Wistar Rats. Journal of Ethnopharmacology 140 (2012) 424–427
12	Marañón	Anacardium occidentale	Olumayokun A. Olajide & Col. Journal of Ethnopharmacology 95 (2004) 139–142. Effects of Anacardium occidentale stem bark extract on in vivo inflammatory models
13	Piña	Ananas comosus	Handbook of medicinal herbs / James A. Duke, with Mary Jo Bogenschutz-Godwin, Judi duCellier, Peggy-Ann K. Duke.–2nd ed. CRC PRESS – ISBN 0-8493-1284-1. P. 570-571
14	Dang Gui o Dong Quai	Angelica sinensis	WHO Monographs on Selected Medicinal Plants - Volume p25-34
15	Guanabana	Annona muricata	1.- Shi Sun & Col. Three New Anti-Proliferative Annonaceous Acetogenins with Mono-Tetrahydrofuran Ring from Graviola Fruit (Annona Muricata). Bioorganic & Medicinal Chemistry Letters (2014) Volume 24, Issue 12, 15 June 2014, Pages 2773–2776
16	Alga Verde Azul	Aphanizomenon flos- aquae	1.- Heussner A.H & Col. Toxin Content and cytotoxicity of algal dietary supplements. Toxicology and Applied Pharmacology 265 (2012) 263–271 2.- Sanaei M. & Col. Consequences of Aphanizomenon Flos-aquae (AFA) extract (Stemtech tm) on metabolic profile of patients with type 2 diabetes. Journal of Diabetes & Metabolic Disorders (2015) 14:50
17	Bardana	Arctium lappa	B. Vanaclocha; S. Cañigueral. Fitoterapia Vademécum de Prescripción. 4° Edición. p136-138.

18	Aronia	Aronia Melanocarpa	<p>1.- Jong Hun Kim &amp; col. Aronia melanocarpa juice, a rich source of polyphenols, induces endothelium-dependent relaxations in porcine coronary arteries via the redox-sensitive activation of endothelial nitric oxide synthase. Nitric Oxide 35 (2013) 54–64</p> <p>2.- Habauzit V. &amp; Morand C. Evidence for a protective effect of polyphenols-containing foods on cardiovascular health: an update for clinicians. Therapeutic Advances in Chronic Disease (2012) 3(2) 87 – 106</p> <p>3.- M. Broncel &amp; Col. Aronia melanocarpa extract reduces blood pressure, serum endothelin, lipid, and oxidative stress marker levels in patients with metabolic síndrome. Med Sci Monit, 2010; 16(1): CR28-34</p>
19	Té Arbusto Rojo, Rooibos	Aspalathus linearis	Handbook of medicinal herbs / James A. Duke, with Mary Jo Bogenschutz-Godwin, Judi duCellier, Peggy-Ann K. Duke.-- 2nd ed. CRC PRESS - ISBN 0-8493-1284-1. p. 612-613
20	Astragalus o Astragalo	Astragalus membranaceus	Handbook of medicinal herbs / James A. Duke, with Mary Jo Bogenschutz-Godwin, Judi duCellier, Peggy-Ann K. Duke.-- 2nd ed. CRC PRESS - ISBN 0-8493-1284-1. p. 394-396
21	Azadirachti o Neem	Azadirachta indica A. juss	Khaled MM Koriem. Review on pharmacological and toxicological effects of oleum azadirachti oil. Asian Pac J Trop Biomed 2013; 3(10): 834-840.
22	Probiótico Bacillus	Bacillus clausii y Bacillus coagulans	<p>1.- M. Ratna Sudha; S. Bhonagiri; M. Asin Kumar. Efficacy of Bacillus clausii strain UBBC-07 in the treatment of patients suffering from acute diarrhoea. Beneficial Microbes, June 2013; 4(2): 211-2162.- Muhammed Majeed &amp; col. Bacillus coagulans MTCC 5856 supplementation in the management of diarrhea predominant Irritable Bowel Syndrome: a double blind randomized placebo controlled pilot clinical study. Majeed et al. Nutrition Journal (2016) 15:213.- Gianluca Ianiro &amp; col. Bacillus clausii for the Treatment of Acute Diarrhea in Children: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. Nutrients 2018, 10, 1074; doi:10.3390/nu10081074</p>
23	Bambu	Bambusa vulgaris	<p>1.- Santram Lodhi; Alok P. Jain; Gopal Rai; Awesh K. Yadav. Preliminary investigation for wound healing and anti-inflammatory effects of Bambusa vulgaris leaves in rats.</p> <p>2.- Dr. G. Séijers. WHO FOOD ADDITIVES SERIES 30. 39ª reunión Comité Mixto FAO/OMS de Expertos en Aditivos Alimentarios (JECFA). Naturally occurring toxicants - Cyanogenic glycosides (1993)</p>
24	Agracejo	Berberis vulgaris L.	B. Vanaclocha; S. Cañigueral. Fitoterapia Vademécum de Prescripción. 3º Edición. p56.

25	Abedul	Betula pendula Roth o Betula alba L.	B. Vanaclocha; S. Cañigueral. Fitoterapia Vademécum de Prescripción. 4° Edición. p83
26	Ñachag	Bidens andicola H.B.K	Nunziatina De Tommasi; Sonia Piacente; Cosimo Pizza. Flavonol and Chalcone Ester Glycosides from Bidens andicola. J. Nat. Prod. 1998, 61, 973-977
27	Probiotico Bifidobacterium animalis y Bifidobacterium lactis	Bifidobacterium animalis y Bifidobacterium lactis	1.- Ibarra. A & col. Effects of 28-day Bifidobacterium animalis subsp. lactis HN019 supplementation on colonic transit time and gastrointestinal symptoms in adults with functional constipation: A double-blind, randomized, placebo-controlled, and dose-ranging trial. Gut Microbes. 2018;9(3):236-251 2.- Nocerino R. & col. The therapeutic efficacy of Bifidobacterium animalis subsp. lactis BB-12® in infant colic: A randomised, double blind, placebo-controlled trial. Aliment Pharmacol Ther. 2020 Jan;51(1):110-120
28	Fermentos Lácticos - Probióticos	Bifidobacterium bifidum y Lactobacillus acidophilus	1.- Gomi. A & Col. Health benefits of fermented milk containing Bifidobacterium bifidum YIT 10347 on gastric symptoms in adults. J. Dairy Sci. (2015) 98:2277-2283 2.- Brad C. Johnston & col. Probiotics for the prevention of pediatric antibiotic-associated Diarrhea. Cochrane Database Syst Rev. 2007 Abril 18;(2): CD004827
29	Borraja	Borago officinalis	1.- Borage. Drugs and Lactation Database (LactMed) [Internet]. Bethesda (MD): National Library of Medicine (US); 2006. PMID: 300008492.- Navarro-Herrera D, Aranz P, Eder-Azanza L, Zabala M, Romo-Hualde A, Hurtado C, Calavia D, López-Yoldi M, Martínez JA, González-Navarro CJ, Vizmanos JL. Borago officinalis seed oil (BSO), a natural source of omega-6 fatty acids, attenuates fat accumulation by activating peroxisomal beta-oxidation both in C. elegans and in diet-induced obese rats. Food Funct. 2018 Aug 15;9 (8):4340-4351. doi: 10.1039/c8fo00423d.
30	Incienso	Boswellia serrata	Handbook of medicinal herbs / James A. Duke, with Mary Jo Bogenschutz-Godwin, Judi duCellier, Peggy-Ann K. Duke.-- 2nd ed. CRC PRESS - ISBN 0-8493-1284-1. p. 113-114
31	Marigold	Calendula officinalis L.	B. Vanaclocha; S. Cañigueral. Fitoterapia Vademécum de Prescripción. 4° Edición. p156.
32	Té Chino	Camellia sinensis	Monografía European Medicines Agency - Science Medicines Health - Assessment report on Camellia sinensis (L.) Kuntze, non fermentatum folium. 27 de marzo 2013 - EMA/HMPC/283629/2012 Committee on Herbal Medicinal Products (HMPC) Handbook of medicinal herbs / James A. Duke, with Mary Jo Bogenschutz-Godwin, Judi duCellier, Peggy-Ann K. Duke.-- 2nd ed. CRC PRESS - ISBN 0-8493-1284-1. p. 353

33	Marihuana, Cañamo	Cannabis sativa	<p>1.- Crippa JA, Guimarães FS, Campos AC and Zuardi AW (2018) Translational Investigation of the Therapeutic Potential of Cannabidiol (CBD): Toward a New Age. <i>Front. Immunol.</i> 9:2009. doi: 10.3389/fimmu.2018.02009</p> <p>2.- Phillip Good; Alison Haywood; Gauri Gogna; Jennifer Martin; Patsy Yates; Ristan Greer and Janet Hardy. Oral medicinal cannabinoids to relieve symptom burden in the palliative care of patients with advanced cancer: a doubleblind, placebo controlled, randomized clinical trial of efficacy and safety of cannabidiol (CBD). Good et al. <i>BMC Palliative Care</i> (2019) 18:110 <a href="https://doi.org/10.1186/s12904-019-0494-6">https://doi.org/10.1186/s12904-019-0494-6</a></p> <p>3.- A.W. Zuardi; J.A.S. Crippa; J.E.C. Hallak; F.A. Moreira and F.S. Guimarães. Cannabidiol, a Cannabis sativa constituent, as an antipsychotic drug. <i>Cannabidiol as an antipsychotic drug Brazilian Journal of Medical and Biological Research</i> (2006) 39: 421-429.</p> <p>4.- Shannon S, Lewis N, Lee H, Hughes S. Cannabidiol in anxiety and sleep: A large case series. <i>Perm J</i> 2019;23:18-041. DOI: <a href="https://doi.org/10.7812/TPP/18-041">https://doi.org/10.7812/TPP/18-041</a></p> <p>5.- Evan C. Rosenberg; Richard W. Tsien; Benjamin J. Whalley; Orrin Devinsky. Cannabinoids and Epilepsy. <i>Neurotherapeutics</i> (2015) 12:747–768. DOI 10.1007/s13311-015-0375-5</p> <p>6.- Pál Pacher; George Kunos. Modulating the endocannabinoid system in human health and disease: successes and failures. <i>FEBS J.</i> 2013 May ; 280(9): 1918–1943. doi:10.1111/febs.12260.</p> <p>7.- Mojdeh Mostafavi MD , John Gaitanis MD , <i>Autism Spectrum Disorder and Medical Cannabis: Review &amp; Clinical Experience, Seminars in Pediatric Neurology</i> (2020), doi:<a href="https://doi.org/10.1016/j.spen.2020.100833">https://doi.org/10.1016/j.spen.2020.100833</a></p> <p>8.- Dixon H. Xu; Benjamin D. Cullen; Meng Tang; Yujiang Fang. The Effectiveness of Topical Cannabidiol Oil in Symptomatic Relief of Peripheral Neuropathy of the Lower Extremities. <i>Current Pharmaceutical Biotechnology</i>, 2020, 21, 000-000.</p>
34	Chile, Aji o Pimiento Rojo	Capsicum frutescens o Capsicum annuum	Handbook of medicinal herbs / James A. Duke, with Mary Jo Bogenschutz-Godwin, Judi duCellier, Peggy-Ann K. Duke.-- 2nd ed. CRC PRESS - ISBN 0-8493-1284-1. p. 150-151
35	Cardo mariano	Carduus marianus L.	WHO Selected medicinal Plants Volumen 2. p300-316
36	Cártamo	Carthamus tinctorius L.	<p>1.- Bernat Vanaclocha; Salvador Cañigueral. <i>Fitoterapia – Vademécum de Prescripción</i>. MASSON 4° Edicion. p. 169</p> <p>2.- C. Hall III. Overview of the Oilseed Safflower (<i>Carthamus tinctorius</i> L.). <i>Encyclopedia of Food Grains V.1</i> (2016) p. 254 - 258</p>
37	Cártamo, Alazor	Carthamus tinctorius L.	B. Vanaclocha; S. Cañigueral. <i>Fitoterapia Vademécum de Prescripción</i> . 4° Edición. p169
38	Alcaravea	Carum carvi L.	B. Vanaclocha; S. Cañigueral. <i>Fitoterapia Vademécum de Prescripción</i> . 4° Edición. p108-109

39	Sen	Cassia angustifolia	- DerMarderosian & J. Beutler. The Review of Natural Products. Facts & Comparisons. Monografía SENNA. p588
40	Gotu Kola	Centella asiatica	Handbook of medicinal herbs / James A. Duke, with Mary Jo Bogenschutz-Godwin, Judi duCellier, Peggy-Ann K. Duke.--2nd ed. CRC PRESS – ISBN 0-8493-1284-1. P. 344-345
41	Manzanilla	Chamaemelum nobile	Handbook of medicinal herbs / James A. Duke, with Mary Jo Bogenschutz-Godwin, Judi duCellier, Peggy-Ann K. Duke.-- 2nd ed. CRC PRESS - ISBN 0-8493-1284-1. p. 626-627
42	Alga Chlorella	Chlorella vulgaris	Yunes Panahi & col. A randomized controlled trial of 6-week Chlorella vulgaris supplementation in patients with major depressive disorder. Complementary Therapies in Medicine. 23 (2015) 598–602
43	Achicoria	Cichorium intybus L.	1.- Handbook of medicinal herbs / James A. Duke, with Mary Jo Bogenschutz-Godwin, Judi duCellier, Peggy-Ann K. Duke.--2nd ed. CRC PRESS – ISBN 0-8493-1284-1. P. 184-185 2.- B. Vanaclocha; S. Cañigüeral. Fitoterapia Vademécum de Prescripción. 3° Edición. p89
44	Cinchona, Quino, kina, quinina (roja o amarilla)	Cinchona ssp.	1.- Handbook of medicinal herbs / James A. Duke, with Mary Jo Bogenschutz-Godwin, Judi duCellier, Peggy-Ann K. Duke.-- 2nd ed. CRC PRESS - ISBN 0-8493-1284-1. p. 195-196 2.- K. P. Prabhakaran Nair. 4: Cinchona (Cinchona sp.). The Agronomy and Economy of Important Tree Crops of the Developing World (2010) p111-129
45	Canela	Cinnamomum verum o Cinnamomum zeylanicum Blume.	J. Alonso. Tratado de Fitofármacos y Nutraceuticos. 1° Reimpresión. Corpus. p244-248
46	Naranja amargo	Citrus aurantium L. var. amara Link	B. Vanaclocha; S. Cañigüeral. Fitoterapia Vademécum de Prescripción. 4° Edición. p376-379.
47	Bergamota o Bergamotto	Citrus bergamia Risso el Poiteau	Mannucci C; Navarra M; Calapai F; Squeri R; Gangemi S.; Calapai G. Clinical Pharmacology of Citrus bergamia: A Systematic Review. Phytother Res. 2017 Jan;31(1):27-39. doi: 10.1002/ptr.5734. Epub 2016 Oct 17.
48	Naranja Dulce	Citrus sinensis L. Osbeck	Essential Oils in Food Preservation Flavor and Safety / Victor R. Preedy.-- First edition. Academ Press is an imprint of ELSEVIER - ISBN: 978-0-12-416641-7 Capitulo 89 Sweet Orange (Citrus sinensis ) oils p. 783 – 790Fitoterapia Vademécum de Prescripción – Plantas medicinales – Colegio Oficial de Farmacéuticos de Bizkaia, Asociación Española de Médicos Naturistas. 3° Edición. p339-340



49	Café Verde	Coffea arabica	Takuya Watanabe, Yoichi Arai, Yuki Mitsui, Tatsuya Kusaura, Wataru Okawa, Yasushi Kajihara & Ikuo Saito (2006) The Blood Pressure-Lowering Effect and Safety of Chlorogenic Acid from Green Coffee Bean Extract in Essential Hypertension, Clinical and Experimental Hypertension, 28:5, 439-449, DOI: 10.1080/10641960600798655//Yusaku Narita & col. Chlorogenic Acids from Coffee. Coffee in Health and Disease Prevention. Cap 21
50	Café Verde	Coffea canephora	Takuya Watanabe, Yoichi Arai, Yuki Mitsui, Tatsuya Kusaura, Wataru Okawa, Yasushi Kajihara & Ikuo Saito (2006) The Blood Pressure-Lowering Effect and Safety of Chlorogenic Acid from Green Coffee Bean Extract in Essential Hypertension, Clinical and Experimental Hypertension, 28:5, 439-449, DOI: 10.1080/10641960600798655//Mori Andre Luiz Buzzo & Col. Diterpenes in Coffea canephora. Journal of Food Composition and Analysis. (2016) V.52 p.52-67
51	Nuez Cola, Gbanja Kola	Cola nitida (Vent.) Schott & Endl.)	B. Vanaclocha; S. Cañigueral. Fitoterapia Vademécum de Prescripción. 3° Edición. P344
52	Cordyceps	Cordyceps sinensis	M.G. Shashidhar & col. Bioactive principles from Cordyceps sinensis:A potent food supplement – A review. Journal of Functional Foods (2013) 5(3) p1013-1030
53	Insulina	Costus igneus Nak	Bimba N. Joshi & col. Orally active hypoglycemic protein from Costus igneus N. E. Br.: An in vitro and in vivo study. Biochemical and Biophysical Research Communications 436 (2013) 278–282
54	Espino albar o Espino blanco, majuelo	Crataegus monogyna	Handbook of medicinal herbs / James A. Duke, with Mary Jo Bogenschutz-Godwin, Judi duCellier, Peggy-Ann K. Duke.-- 2nd ed. CRC PRESS - ISBN 0-8493-1284-1. p. 367-369

55	Totumo	Crescentia cujete	Mst. Shahnaj Parvin, Nandita Das, Nusrat Jahan, Most. Afia Akhter, Laizuman Nahar and Md. Ekramul Islam. Evaluation of in vitro anti-inflammatory and antibacterial potential of Crescentia cujete leaves and stem bark. . BMC Res Notes (2015) 8:412 Armando Caceres, Orlando Cano, Blanca Samayoa & Leila Aguilar. Plants used in Guatemala for the treatment of gastrointestinal disorders. 1. Screening of 84 plants against enterobacteria. Journal of Ethnopharmacology. 30 (1990) 55 – 73
56	Azafrán	Crocus sativus	Handbook of medicinal herbs / James A. Duke, with Mary Jo Bogenschutz-Godwin, Judi duCellier, Peggy-Ann K. Duke.-- 2nd ed. CRC PRESS - ISBN 0-8493-1284-1. p. 449-450
57	Pumpkin o Calabaza	Cucurbita pepo	B. Vanaclocha; S. Cañigüeral. Fitoterapia Vademécum de Prescripción. 4° Edición. p153-154.
58	Cúrcuma	Curcuma longa	1.- Handbook of medicinal herbs / James A. Duke, with Mary Jo Bogenschutz-Godwin, Judi duCellier, Peggy-Ann K. Duke.-- 2nd ed. CRC PRESS - ISBN 0-8493-1284-1. p. 740-742 2.- WHO Monographs on Selected Medicinal Plants - Volume 1
59	Alcachofa	Cynara scolymus	B. Vanaclocha; S. Cañigüeral. Fitoterapia Vademécum de Prescripción. 4° Edición. p104-109
60	Zanahoria	Daucus carota L.	B. Vanaclocha; S. Cañigüeral. Fitoterapia Vademécum de Prescripción. 4° Edición. p506-508
61	Drosera	Drosera rotundifolia L.	B. Vanaclocha; S. Cañigüeral. Fitoterapia Vademécum de Prescripción. 4° Edición. p209-211.
62	Echinacea	Echinacea angustifolia	WHO Selected medicinal Plants Volumen 1. P125-135 B. Vanaclocha; S. Cañigüeral. Fitoterapia Vademécum de Prescripción. 4° Edición.
63	Echinacea Purpura	Echinacea purpurea (L.)	B. Vanaclocha; S. Cañigüeral. Fitoterapia Vademécum de Prescripción. 4° Edición. p218-223
64	Eleuterococo o Ginseng Siberiano	Eleutherococcus senticosus	B. Vanaclocha; S. Cañigüeral. Fitoterapia Vademécum de Prescripción. 4° Edición. p211-215
65	Cola de Caballo	Equisetum arvense	B. Vanaclocha; S. Cañigüeral. Fitoterapia Vademécum de Prescripción. 3° Edición. p163-166
66	Eucalipto	Eucalyptus globulus	B. Vanaclocha; S. Cañigüeral. Fitoterapia Vademécum de Prescripción. 4° Edición. p235-239
67	Higo	Ficus carica	Handbook of medicinal herbs / James A. Duke, with Mary Jo Bogenschutz-Godwin, Judi duCellier, Peggy-Ann K. Duke.--2nd ed. CRC PRESS – ISBN 0-8493-1284-1. P. 300-301



68	Fennel o Hinojo	Foeniculum vulgare	Manzoor A.; Bilal A.; Shahnawaz N.; Bilal A. and Mushtag A. Foeniculum vulgare: A comprehensive review of its tradicional use, phytochemistry, pharmacology, and safety. Arabian Journal of Chemistry (2016) 9, S1574 – S1583
69	Alga Focus o Alga Parda	Fucus vesiculosus	1.- Handbook of medicinal herbs / James A. Duke, with Mary Jo Bogenschutz-Godwin, Judi duCellier, Peggy-Ann K. Duke.-- 2nd ed. CRC PRESS - ISBN 0-8493-1284-1. p. 313-3142.- K. Balina & col. Chemical composition and potential use of Fucus vesiculosus from Gulf of Riga. Energy Procedia 95 (2016) 43-493.- M. C. Zaragoza & col. Toxicity and Antioxidant Activity in Vitro and in Vivo of Two Fucus vesiculosus Extracts. J. Agric. Food Chem. 2008, 56, 7773–7780 7773
70	Hongo Reishi	Ganoderma lucidum	1.- Handbook of medicinal herbs / James A. Duke, with Mary Jo Bogenschutz-Godwin, Judi duCellier, Peggy-Ann K. Duke.-- 2nd ed. CRC PRESS - ISBN 0-8493-1284-1. p. 620 2.- Upton R. Reishi Mushroom (Ganoderma lucidum) Standards of Analysis, Quality Control, and Therapeutics. American Herbal Pharmacopoeia and Therapeutic Compendium. (2006) 3.- B. Vanaclocha; S. Cañigüeral. Fitoterapia Vademécum de Prescripción. 4° Edición. p250-252 4.- Eric Boa. Los hongos silvestres comestibles – Perspectiva global de su uso e importancia para la población. Publicaciones de la Dirección de Información de la Organización de las Naciones Unidas para la Agricultura y la Alimentación FAO. (2005) Anexo 3 - p 147-165
71	Tamarindo Malabar	Garcinia cambogia	B. Vanaclocha; S. Cañigüeral. Fitoterapia Vademécum de Prescripción. 4° Edición. p252
72	Mangostino	Garcinia mangostana	Chang et al. Acute Garcinia mangostana (mangosteen) supplementation does not alleviate physical fatigue during exercise: a randomized, double-blind, placebo controlled, crossover trial Journal of the International Society of Sports Nutrition (2016) 13:20
73	Genciana	Gentiana lutea L.	B. Vanaclocha; S. Cañigüeral. Fitoterapia Vademécum de Prescripción. 4° Edición. p257-258
74	Ginkgo biloba	Ginkgo biloba	B. Vanaclocha; S. Cañigüeral. Fitoterapia Vademecum de Prescripción. 4° Edición. p259-261.
75	Soya o Soja	Glycine max	B. Vanaclocha; S. Cañigüeral. Fitoterapia Vademécum de Prescripción. 4° Edición. p465-469
76	Regaliz	Glycyrrhiza glabra L.	WHO monographs on selected medicinal plants. World Health Organization (2004) p285 - 299

77	Maitake	Grifola frondosa (Dicks.) Gray	1.- Wesa, K & col. Maitake mushroom extract in myelodysplastic syndromes (MDS): a phase II study. Cancer Immunol Immunother (2015) 64:237-247 2.- Illana-Esteban, C. El hongo maitake (Grifola frondosa) y su potencial terapéutico. Rev Iberoam Micol 2008; 25: 141-144
78	Yiaogulan	Gynostemma pentaphyllum (GP) makino	Choi Eun-Kyung & col. Supplementation with extract of Gynostemma pentaphyllum leaves reduces anxiety in healthy subjects with chronic psychological stress: A randomized, double-blind, placebo-controlled clinical trial. Phytomedicine 52 (2019) 198–205
79	Alga Verde de agua dulce	Haematococcus pluvialis	Ranga Rao Ambati & Col. Astaxanthin: Sources, Extraction, Stability, Biological Activities and Its Commercial Applications— A Review. Marine Drugs. 2014 Jan; 12(1): 128–152.
80	Hamamelis	Hamamelis virginiana	B. Vanaclocha; S. Cañigueral. Fitoterapia Vademecum de Prescripción. 4° Edición. p282-284
81	Garra del Diablo	Harpagophytum procumbens	B. Vanaclocha; S. Cañigueral. Fitoterapia Vademécum de Prescripción. 4° Edición. p284-288.
82	Hiedra común	Hedera hélix	Assessment report on Hedera helix L., folium. Committee on Herbal Medicinal Products (HMPC) 21 November 2017 EMA/HMPC/325715/2017
83	Cebada	Hordeum vulgare	Emmanuel Idehen, Yao Tang, Shengmin Sang. Bioactive phytochemicals in barley. Journal of Food and Drug Analysis 25 (2017) p.148-161  Byung-Kee Baik, Steven E. Ullrich. Barley for food: Characteristics, improvement, and renewed interest. Journal of Cereal Science 48 (2008) 233–242
84	Planta Camaleon	Houttuynia cordata	Khanchuila Shingnaisui, Tapan Dey, Prasenjit Manna and Jatin Kalita, Therapeutic potentials of Houttuynia cordata Thunb. Against inflammation and oxidative stress: A Review, Journal of Ethnopharmacology. Volume 220, 28 June 2018, Pages 35-43
85	Lupulo	Humulus lupulus	B. Vanaclocha; S. Cañigueral. Fitoterapia Vademécum de Prescripción. 4° Edición. p333-334
86	Licopodio Chino	Huperzia serrata	Handbook of medicinal herbs / James A. Duke, with Mary Jo Bogenschutz-Godwin, Judi duCellier, Peggy-Ann K. Duke.--2nd ed. CRC PRESS – ISBN 0-8493-1284-1. P. 186
87	Yerba Mate	Ilex paraguariensis St.-Hil.	Handbook of medicinal herbs / James A. Duke, with Mary Jo Bogenschutz-Godwin, Judi duCellier, Peggy-Ann K. Duke.-- 2nd ed. CRC PRESS - ISBN 0-8493-1284-1. p. 494

88	Anis estrellado	Illicium verum Hook.	J. Alonso. Tratado de Fitofármacos y Nutraceuticos. 1° Reimpresión. Corpus. p150-152
89	La Chaga	Inonotus obliquus	1.- Arata, S. & col. Continuous intake of the Chaga mushroom (Inonotus obliquus) aqueous extract suppresses leife progression and maintains body leiferas in mice. Heliyon 2 (2016) e00111 2.- Eric Boa. Los hongos silvestres comestibles – Perspectiva global de su uso e importancia para la población. Publicaciones de la Dirección de Información de la Organización de las Naciones Unidas para la Agricultura y la Alimentación FAO. (2005) Anexo 3 - p 147-165
90	Mango Africano	Irvingia gabonensis	1.- Onakpoya I. & col. The Efficacy of Irvingia Gabonensis Supplementation in the Management of Overweight and Obesity: A Systematic Review of Randomized Controlled Trials. Journal of Dietary Supplements, 10(1):29–38, 20132.- Shil C. Kothari & col. Subchronic toxicity and mutagenicity/genotoxicity studies of Irvingia gabonensis extract (IGOB131). Food and Chemical Toxicology 50 (2012) 1468–1479
91	Jalea Real	Jalea Real	Taavoni S. & col. Effect of Royal Jelly on premenstrual syndrome among Iranian medical sciences students: a randomized, triple-blind, placebo-controlled study. Complement Ther Med. 2014 Aug;22(4):601-6. doi: 10.1016/j.ctim.2014.05.004. Epub 2014 May 13.
92	Huanarpo macho	Jatropha macrantha Müll. Arg	1.- Angelyne Benavides & col. Catechin derivatives in Jatropha macrantha stems: Characterisation and LC/ESI/MS/MS quali-quantitative analysis. Journal of Pharmaceutical and Biomedical Analysis 40 (2006) 639–647 2.- Sabandar, C.W., et al. Medicinal property, phytochemistry and pharmacology of several Jatropha species (Euphorbiaceae): A review. Phytochemistry (2012), <a href="http://dx.doi.org/10.1016/j.phytochem.2012.10.009">http://dx.doi.org/10.1016/j.phytochem.2012.10.009</a>
93	Tocte, Nuez Negra o Nuez del Nogal	Junglans nigra y especies suramericanas	Handbook of medicinal herbs / James A. Duke, with Mary Jo Bogenschutz-Godwin, Judi duCellier, Peggy-Ann K. Duke.-- 2nd ed. CRC PRESS - ISBN 0-8493-1284-1. p. 100-101

94	Dulcamara / Mala Madre	Kalanchoe gastonis- bonnieri Raym.- Hamet & H. Perrier.	Luz Miranda-Beltrán M, Puebla-Pérez AM, Guzmán-Sánchez A, Huacuja Ruiz L. Male rat infertility induction/spermatozoa and epididymal plasma abnormalities after oral administration of Kalanchoe gastonis bonnieri natural juice. <i>Phytother Res.</i> 2003 Apr;17(4):315-9.  Antonio Palumbo, Livia Marques Casanova & col. Potential Therapeutic Effects of Underground Parts of Kalanchoe gastonis-bonnieri on Benign Prostatic Hyperplasia. <i>Evid Based Complement Alternat Med.</i> 2019 Jan 2;2019:6340757. doi: 10.1155/2019/6340757. eCollection 2019
95	Probiotico Lactobacillus ssp.	L. crispatus, L. brevis y L. acidophilus	1.- Gomi. A & Col. Health benefits of fermented milk containing Bifidobacterium bifidum YIT 10347 on gastric symptoms in adults. <i>J. Dairy Sci.</i> (2015) 98:2277-2283 2.- Brad C. Johnston & col. Probiotics for the prevention of pediatric antibiotic-associated Diarrhea. <i>Cochrane Database Syst Rev.</i> 2007 Abril 18;(2): CD004827 3.- Halyna Reznichenko & col. Oral Intake of Lactobacilli Can Be Helpful in Symptomatic Bacterial Vaginosis: A Randomized Clinical Study. <i>J Low Genit Tract Dis.</i> 2020 Jul;24(3):284-289. doi: 10.1097/LGT.0000000000000518.
96	Probiótico Lactobacillus reuteri	Lactobacillus reuteri DSM 17938	1.- Brad C. Johnston & col. Probiotics for the prevention of pediatric antibiotic-associated Diarrhea. <i>Cochrane Database Syst Rev.</i> 2007 Abril 18;(2): CD0048272.- Halyna Reznichenko & col. Oral Intake of Lactobacilli Can Be Helpful in Symptomatic Bacterial Vaginosis: A Randomized Clinical Study. <i>J Low Genit Tract Dis.</i> 2020 Jul;24 (3):284-289. doi: 10.1097/LGT.0000000000000518.3.- Magdalena Urbańska & Hania Szajewska. The efficacy of Lactobacillus reuteri DSM 17938 in infants and children: a review of the current evidence. <i>Eur J Pediatr</i> (2014) 173:1327–1337
97	Probiotico Lactobacillus rhamnosis GG	Lactobacillus rhamnosis GG	Floch. M. <i>The Microbiota in Gastrointestinal Pathophysiology.</i> Editorial ELSEVIER (2017) Cap 18 p. 79-88
98	Algas Marron - Marinas Laminarias	Laminaria spp.	1.- Mohamed Fertah & col. Extraction and characterization of sodium alginate from Moroccan Laminaria digitata brown seaweed. <i>Arabian Journal of Chemistry</i> (2017) 10, S3707–S3714 2.- Handbook of medicinal herbs / James A. Duke, with Mary Jo Bogenschutz-Godwin, Judi duCellier, Peggy-Ann K. Duke.-- 2nd ed. CRC PRESS - ISBN 0-8493-1284-1. p. 449-450

99	Laurel	Laurus nobilis L.	J. Alonso. Tratado de Fitofármacos y Nutracéuticos. 1° Reimpresión. Corpus. p630-633
100	Lavanda	Lavandula angustifolia miller	Monografía European Medicines Agency - Science Medicines Health - Assessment report on Lavandula angustifolia Miller, aetheroleum and Lavandula Angustifolia Miller, flos. 27 de marzo 2012 - EMA/HMPC/143183/2010 Committee on Herbal Medicinal Products (HMPC)
101	Shiitake	Lentinula edodes	Xiaoshuang Dai & Col. Consuming Lentinula edodes (Shiitake) Mushrooms Daily Improves Human Immunity: A Randomized Dietary Intervention in Healthy Young Adults Journal of the American College of Nutrition, Vol. 0, No. 0, 1–10 (2015)
102	Maca	Lepidium meyenii	1.- Handbook of medicinal herbs / James A. Duke, with Mary Jo Bogenschutz-Godwin, Judi duCellier, Peggy-Ann K. Duke.–2nd ed. CRC PRESS – ISBN 0-8493-1284-1. P. 305 – 306 2.- J. Alonso. Tratado de Fitofármacos y Nutracéuticos. 1° Reimpresión. Corpus. p661-664
103	Linaza	Linum usitatissimum	Handbook of medicinal herbs / James A. Duke, with Mary Jo Bogenschutz-Godwin, Judi duCellier, Peggy-Ann K. Duke.–2nd ed. CRC PRESS – ISBN 0-8493-1284-1. P. 305 – 306
104	Madre Selva	Lonicera japonica Thunb.	Xiaofei Shang & col. Lonicera japonica Thunb.: Ethnopharmacology, phytochemistry and Pharmacology of an important traditional Chinese medicine. Journal of Ethnopharmacology 138 (2011) 1–21
105	Acerola	Malpighia punicifolia	M. Mohammed. Acerola (Malpighia emarginata DC). Series in Food Science, Technology and Nutrition. 2011 p 27-47, 48e
106	Mango	Mangifera indica L.	M.H.A. Jahurul; I.S.M. Zaidul; Kashif Ghaffoor; Fahad Y. Al-Juhaimi; N.A.N. Norulaini; F. Sahena; A.K. Mohd Omar; Kar-Lin Nyam. Mango (Mangifera indica L.) by-products and their valuable components: A review. Food Chemistry 183 (2015) 173–180
107	Ajo Sacha o Cipó Alho	Mansoa alliacea	1.- Pagani; J de F.L. Santos & E. Rodrigues. Journal of Ethnopharmacology 203 (2017) 80-892.- A. Gobo; C. Viana; O. A. Lameira & L. M. de Carvalho. J. Mass Spectrom. (2016) 51, 558-5653.- F. Suedile; F. Robert; C. Roos; M. Lebrini. Electrochimica Acta, Volume 133 (2014), 631-6384.- Zoghbi, M.; Oliveira, J. & Guilhon, G. The genus Mansoa (Bignoniaceae): a source of organosulfur compounds. Revista Brasileira de Farmacognosia Brazilian Journal of Pharmacognosy (2009) 19(3): 795-804.
108	Manzanilla o Camomila	Matricaria recutita L.	Handbook of medicinal herbs / James A. Duke, with Mary Jo Bogenschutz-Godwin, Judi duCellier, Peggy-Ann K. Duke.-- 2nd ed. CRC PRESS - ISBN 0-8493-1284-1. p. 174-176

109	Alfalfa	Medicago sativa L.	B. Vanaclocha; S. Cañigueral. Fitoterapia Vademécum de Prescripción. 4° Edición. p109-111
110	Toronjil	Melissa officinalis	Fitoterapia Vademécum de Prescripción – Plantas medicinales – Colegio Oficial de Farmacéuticos de Bizkaia, Asociación Española de Médicos Naturistas. 3° Edición. p320-323
111	Menta o peppermint	Menta x piperita	B. Vanaclocha; S. Cañigueral. Fitoterapia Vademécum de Prescripción. 4° Edición. p359-363
112	Hierbabuena	Mentha spicata L.	Handbook of medicinal herbs / James A. Duke, with Mary Jo Bogenschutz-Godwin, Judi duCellier, Peggy-Ann K. Duke.–2nd ed. CRC PRESS – ISBN 0-8493-1284-1. P. 689
113	Arroz de Levadura Roja	Monascus purpureus	Osama Gheith; Hussein Sheashaa; Mohamed Abdelsalam; Zaki Shoeir; Mohamed Sobh. Efficacy and safety of Monascus purpureus Went rice in subjects with secondary hyperlipidemia. Clin Exp Nephrol (2008) 12:189–194
114	Noni o Morinda	Morinda citrifolia	A. Inada & col. Morinda citrifolia Linn. (Noni) and Its Potential in Obesity-Related Metabolic Dysfunction. Nutrients 2017, 9, 540 p.1-29
115	Moringa	Moringa oleífera	1.- H. Dou; J. Kister. Research and development on Moringa Oleífera – Comparison between academic research and patents. World Patent Information 47 (2016) 21-33 2.- S. Ingale; F. Gandhi. Effect of aqueous extract of Moringa oleífera leaves on pharmacological models of epilepsy and anxiety in mice. International Journal of Epilepsy 3:1 (2016) 12-19 3.- Victor Kuete. Medicinal spices and vegetables from África. Cap 22. Moringa oleífera p485 – 496. Editorial Elsevier – Academic Press
116	Miel de Abeja	N/A	Pasupuleti Visweswara Rao & col. Revista Brasileira de Farmacognosia 26 (2016) 657–664
117	Albahaca	Ocimum basilicum	B. Vanaclocha; S. Cañigueral. Fitoterapia Vademécum de Prescripción. 4° Edición. p103
118	Prímula, Onagra o Eving Primrose	Oenothera biennis L.	1.- Farah Farzaneh & col. The effect of oral evening primrose oil on menopausal hot flashes: a randomized clinical trial. Arch Gynecol Obstet. 2013 Nov;288(5):1075-9. doi: 10.1007/s00404-013-2852-6. Epub 2013 Apr 272.- Shilpi Singh & col. Antiproliferative and antimicrobial efficacy of the compounds isolated from the roots of Oenothera biennis L. J Pharm Pharmacol. 2017 Sep;69(9):1230-1243. doi: 10.1111/jphp.12753. Epub 2017 May 29.
119	Olivo	Olea europaea	Handbook of medicinal herbs / James A. Duke, with Mary Jo Bogenschutz-Godwin, Judi duCellier, Peggy-Ann K. Duke.–2nd ed. CRC PRESS – ISBN 0-8493-1284-1. P. 535-536



120	Ginseng blanco, Ginseng Rojo o Ginseng Negro	Panax Ginseng C.A. Meyer	1.- B. Vanaclocha; S. Cañigüeral. Fitoterapia Vademécum de Prescripción. 3° Edición. p264-270 2.- Ahmed M. Metwaly & col. Black Ginseng and Its Saponins: Preparation, Phytochemistry and Pharmacological E cts. Molecules 2019, 24, 1856 p1-25
121	Pasiflora	Passiflora incarnata L.	Fitoterapia Vademécum de Prescripción – Plantas medicinales – Colegio Oficial de Farmacéuticos de Bizkaia, Asociación Española de Médicos Naturistas. 3° Edición. p360-363
122	Guarana	paullinia cupana	1.- Vanaclocha; S. Cañigüeral. Fitoterapia Vademécum de Prescripción. 4° Edición. p278-280 2.- Palma CG, Lera AT, Lerner T, de Oliveira MM, de Borta TM, Barbosa RP, Brito GM, Guazzelli CA, Cruz FJ, del Giglio A. Guarana (Paullinia cupana) Improves Anorexia in Patients with Advanced Cancer. J Diet Suppl. 2016;13(2):221-31. doi: 10.3109/19390211.2015.1008612. Epub 2015 Feb 19.
123	Yohimbe	Pausinystalia johimbe	Handbook of medicinal herbs / James A. Duke, with Mary Jo Bogenschutz-Godwin, Judi duCellier, Peggy-Ann K. Duke.-- 2nd ed. CRC PRESS - ISBN 0-8493-1284-1. p. 809-810
124	Probiótico Pediococcus	Pediococcus ssp.	M.C.W. Porto et al. Pediococcus spp.: An important genus of lactic acid bacteria and pediocin producers. Biotechnology Advances 35 (2017) 361–374
125	Kaloba o Geranio	Pelargonium sidoides	Assessment report on Pelargonium sidoides DC and/or Pelargonium reniforme Curt., radix. Committee on Herbal Medicinal Products (HMPC) 29 September 2015 EMA/HMPC/444251/2015
126	Aguacate (Aceite y fruto)	Persea americana	1.- Tabeshpour J.; Marjan Razavi B.; Hosseinzadeh H. Effects of Avocado (Persea americana) on Metabolic Syndrome: A Comprehensive Systematic Review. Phytotherapy Research (2017) DOI: 10.1002/ptr.5805 2.- Barbosa-Martin, Enrique, Chel-Guerrero, Luis, Gonzalez-Mondragon, Edith, Betancur-Ancona, David, CHEMICAL AND TECHNOLOGICAL PROPERTIES OF AVOCADO (Persea Americana Mill.) SEED FIBROUS RESIDUES. Food and Bioproducts Processing. <a href="http://dx.doi.org/10.1016/j.fbp.2016.09.006">http://dx.doi.org/10.1016/j.fbp.2016.09.006</a>
127	Petasites o Butterbur	Petasites hybridus	Monograph. Petasites hybridus. (Butterbur) . Alternative Medicine Review. 2001 Apr;6(2):207-9.
128	Perejil	Petroselinum crispum	J. Alonso. Tratado de Fitofármacos y Nutraceuticos. 1° Reimpresión. Corpus. p824-828

129	Boldo	Peumus boldus	1.- B. Vanaclocha; S. Cañigueral. Fitoterapia Vademécum de Prescripción. 4° Edición. p142-146.2.- Mejía-Dolores JW, Mendoza-Quispe DE, Moreno-Rumay EL, Gonzales-Medina CA, Remuzgo-Artezano F, Morales-Ipanaqué LA, et al. Efecto neurotóxico del extracto acuoso de boldo (Peumus boldus) en un modelo animal. Rev Peru Med Exp Salud Publica. 2014;31(1):62-8
130	Poroto Blanco, Judia, Frijol	Phaseolus vulgaris	B. Vanaclocha; S. Cañigueral. Fitoterapia Vademécum de Prescripción. 3° Edición. p279-280
131	Chancapiedra	Phyllanthus niruri	Handbook of medicinal herbs / James A. Duke, with Mary Jo Bogenschutz-Godwin, Judi duCellier, Peggy-Ann K. Duke.-- 2nd ed. CRC PRESS - ISBN 0-8493-1284-1. p. 566-567
132	Pino marino, Pino Marítimo Frances	Pinus pinaster Ait. subsp atlántica L.	Ross SM. Allergic Rhinitis: A Proprietary Extract of Pinus pinaster Aiton (Pycnogenol) Is Found to Improve the Symptoms Associated With Allergic Rhinitis. Holist Nurs Pract. 2016 Sep-Oct;30(5):301-4. doi: 10.1097/HNP.000000000000170.
133	Matico	Piper aduncum L.	Handbook of medicinal herbs / James A. Duke, with Mary Jo Bogenschutz-Godwin, Judi duCellier, Peggy-Ann K. Duke.-- 2nd ed. CRC PRESS - ISBN 0-8493-1284-1. p. 494-495
134	Pimienta negra	Piper nigrum L.	Handbook of medicinal herbs / James A. Duke, with Mary Jo Bogenschutz-Godwin, Judi duCellier, Peggy-Ann K. Duke.--2nd ed. CRC PRESS – ISBN 0-8493-1284-1. P. 98-99
135	Ispágula o Psyllium	Plantago ovata Forsk.	B. Vanaclocha; S. Cañigueral. Fitoterapia Vademécum de Prescripción. 4° Edición. p307
136	Forskolina, Coleus forskohlii	Plectranthus barbatus	Inhibition of HIV-1 enzymes, antioxidant and anti-inflammatory activities of Plectranthus barbatus. Journal of Ethnopharmacology. Volume 149, Issue 1, 26 August 2013, Pages 184–190
137	Poligala	Polygala senega	B. Vanaclocha; S. Cañigueral. Fitoterapia Vademécum de Prescripción. 4° Edición. p419.
138	Hu-zhang, mexican bamboo	Polygonum cuspidatum Siebold & Zucc.	Handbook of medicinal herbs / James A. Duke, with Mary Jo Bogenschutz-Godwin, Judi duCellier, Peggy-Ann K. Duke.--2nd ed. CRC PRESS – ISBN 0-8493-1284-1.
139	Propoleo	Propoleo	1.- V. Bankova & col. Phytomedicine (2014) 21-11 p1432-1428 2.- Castaldo S.; Capasso F. Fitoterapia 73 Suppl. 1 (2002) S1-S6
140	Almendra (Aceite de Almendras)	Prunus dulcis (Mill)	Handbook of medicinal herbs / James A. Duke, with Mary Jo Bogenschutz-Godwin, Judi duCellier, Peggy-Ann K. Duke.-- 2nd ed. CRC PRESS - ISBN 0-8493-1284-1. p. 14
141	Guayaba	Psidium guajava L.	Metwally A. M. & col. Monograph of Psidium guajava L. leaves. Pharmacognosy Journal. Volumen 3 (21). p89-104

142	Muirá Puama, Mara-puama	Ptychopetalum olacoides	1.- 1.- Handbook of medicinal herbs / James A. Duke, with Mary Jo Bogenschutz-Godwin, Judi duCellier, Peggy-Ann K. Duke.-- 2nd ed. CRC PRESS – ISBN 0-8493-1284-1. P. 514 2.- Siqueira I.R & col. Antioxidant activities of Ptychopetalum olacoides (“muirapuama”) in mice brain. Phytomedicine 14 (2007) 763–769
143	Butea Superba	Pueraria mirifica Airy Shaw & Suvatabandhu	Phongthorn Virojchaiwong & col. Comparison of Pueraria mirifica 25 and 50 mg for menopausal symptoms. Arch Gynecol Obstet (2011) 284:411–419
144	Kudzu	Puerariae lobata	Scott E. Lukas & col. A Standardized Kudzu Extract (NPI-031) Reduces Alcohol Consumption in Non Treatment-Seeking Male Heavy Drinkers Psychopharmacology (Berl). 2013 March ; 226(1): 65–73. doi:10.1007/s00213-012-2884-9.
145	Pygeum, ciruela africana o pruno africano	Pygeum africanum Hook. f.	Handbook of medicinal herbs / James A. Duke, with Mary Jo Bogenschutz-Godwin, Judi duCellier, Peggy-Ann K. Duke.-- 2nd ed. CRC PRESS - ISBN 0-8493-1284-1. p. 600
146	Cascara Sagrada	Rhamnus purshiana D.C	Fitoterapia Vademécum de Prescripción – Plantas medicinales – Colegio Oficial de Farmacéuticos de Bizkaia, Asociación Española de Médicos Naturistas. 3º Edición. p141-143
147	Raiz Maral o Rhaponticum	Rhaponticum carthamoides	Kokoska. L & Janovska. D. Chemistry and pharmacology of Rhaponticum carthamoides: A review. Phytochemistry 70 (2009) 842-855
148	Raiz Maral o Rhaponticum	Rhaponticum carthamoides (Willd.) Iljin	Kokoska. L & Janovska. D. Chemistry and pharmacology of Rhaponticum carthamoides: A review. Phytochemistry 70 (2009) 842-855
149	Ruibarbo	Rheum officinale	B. Vanaclocha; S. Cañigueral. Fitoterapia Vademécum de Prescripción. 4º Edición. p438-440
150	Raiz dorada o Raíz Artica	Rhodiola rosea	Rhodiola rosea. Altern Med Rev. 2002 Oct;7(5):421-3.
151	Grosella negra	Ribes nigrum	B. Vanaclocha; S. Cañigueral. Fitoterapia Vademécum de Prescripción. 4º Edición. p276-277
152	Escaramujo	Rosa canina	Nadpal. J & col. Comparative study of biological activities and phytochemical composition of two rose hips and their preserves: Rosa canina L. and Rosa arvensis Huds. Food Chemistry 192 (2016) 907–914
153	Rosa pálida	Rosa Centifolia	B. Vanaclocha; S. Cañigueral. Fitoterapia Vademecum de Prescripción. 4º Edición. p339-341
154	Romero	Rosmarinus officinalis	B. Vanaclocha; S. Cañigueral. Fitoterapia Vademécum de Prescripción. 4º Edición. p431-434
155	Probiótico Saccharomyces	Saccharomyces boulardii	Floch. M. The Microbiota in Gastrointestinal Pathophysiology. Editorial ELSEVIER (2017) Cap 18 p. 145-164
156	Levadura de cerveza	Saccharomyces cerevisiae	B. Vanaclocha; S. Cañigueral. Fitoterapia Vademecum de Prescripción. 4º Edición. p324-327

157	Sauce Blanco	Salix alba L.	B. Vanaclocha; S. Cañigueral. Fitoterapia Vademécum de Prescripción. 4° Edición. p452-454.
158	Chia	Salvia hispánica L.	Rahman Ullah & Colo. J Food Sci Technol. 2016 Apr; 53(4): 1750–1758. Nutritional and therapeutic perspectives of Chia (Salvia hispanica L.): a review
159	Salvia	Salvia officinalis L.	B. Vanaclocha; S. Cañigueral. Fitoterapia Vademécum de Prescripción. 4° Edición. p445-447
160	Salvia	Salvia officinalis L.	B. Vanaclocha; S. Cañigueral. Fitoterapia Vademécum de Prescripción. 4° Edición. p445.
161	Elderberry, Anciana Negra	Sambucus nigra L.	Evelin Tiralongo; Shirley S. Wee; Rodney A. Lea. Elderberry Supplementation Reduces Cold Duration and Symptoms in Air-Travellers: A Randomized, Double-Blind Placebo-Controlled Clinical Trial. Nutrients 2016, 8, 182; doi:10.3390/nu8040182 Zakay-Rones; E Thom; T Wollan; J Wadstein. Randomized Study of the Efficacy and Safety of Oral Elderberry Extract in the Treatment of Influenza A and B Virus Infections. The Journal of International Medical Research. 2004; 32: 132 – 140
162	Vino de Magnolia o Schisandra	Schisandra chinensis	Handbook of medicinal herbs / James A. Duke, with Mary Jo Bogenschutz-Godwin, Judi duCellier, Peggy-Ann K. Duke.-- 2nd ed. CRC PRESS - ISBN 0-8493-1284-1. p. 478-479
163	Vino de Magnolia	Schisandra chinensis (Turcz.) Baill	1.- Y. Park & K. H. Kim (2016): A randomized, double-blind, placebo controlled trial of Schisandra chinensis for menopausal symptoms, Climacteric, DOI: 10.1080/13697137.2016.1238453 2.- Handbook of medicinal herbs / James A. Duke, with Mary Jo Bogenschutz-Godwin, Judi duCellier, Peggy-Ann K. Duke.-- 2nd ed. CRC PRESS - ISBN 0-8493-1284-1. p. 478-479
164	Alga Schizochytrium	Schizochytrium ssp.	Thomas A.B. Sanders & col. Influence of an algal triacylglycerol containing docosahexaenoic acid (22 : 6n-3) and docosapentaenoic acid (22 : 5n-6) on cardiovascular risk factors in healthy men and women. British Journal of Nutrition (2006), 95, 525–531
165	Saw Palmetto	Serenoa repens	WHO monographs on selected medicinal plants. World Health Organization (2004) p285 - 299

166	Sésamo	Sesamum indicum L.	<p>1.- Handbook of medicinal herbs / James A. Duke, with Mary Jo Bogenschutz-Godwin, Judi duCellier, Peggy-Ann K. Duke.-- 2nd ed. CRC PRESS - ISBN 0-8493-1284-1. p. 664-665</p> <p>2.- Eftekhar Sadat Bina &amp; col. Effects of sesame seed supplementation on clinical signs and symptoms in patients with knee osteoarthritis. International Journal of Rheumatic Diseases 2013; 16: 578–582</p> <p>3.- Nasiri Morteza, Farsi Zahra. Effect of light pressure stroking massage with sesame (Sesamum indicum L.) oil on alleviating acute traumatic limbs pain: A triple-blind controlled trial in emergency department. Complementary Therapies in Medicine. (2017) 32 p41-48</p>
167	Yacon	Smallanthus sonchifolius	<p>1.- N.C. Habib et al. Hypolipidemic effect of Smallanthus sonchifolius (yacon) roots on diabetic rats: Biochemical approach. Chemico-Biological Interactions 194 (2011) 31–39</p> <p>2.- Stella Maris Honoré, Susana Beatriz Genta and Sara Serafina Sánchez. Smallanthus sonchifolius (Yacon) leaves: an emerging source of compounds for diabetes management. Journal of Research in Biology (2015) 5(A): 021-042</p>
168	Dulcamara / Agridulce	Solanum dulcamara L.	<p>1.- B. Vanaclocha; S. Cañigueral. Fitoterapia Vademécum de Prescripción. 4° Edición. p210-211</p> <p>2.- Padma Kumar, Bindu Sharma &amp; Nidhi Bakshi (2009): Biological activity of alkaloids from Solanum dulcamara L., Natural Product Research: Formerly Natural Product Letters, 23:8, 719-723</p>
169	Spirulina	Spirulina spp. (S. platensis, S. máxima)	Ara DerMarderisian & John A. Beutler. The Review of Natural Products. 2° Edición. p612-613
170	Tiburón Espinoso - Cartílago de Tiburón	Squalus acanthias	<p>1.- Bangley, C.; Rulifson, R. Observations on spiny dogfish (Squalus acanthias) captured in late spring in a North Carolina estuary. Version 2. F1000Res. 2014 Aug 12 [revised 2014 Oct 13];3:189. eCollection 2014.</p> <p>2.- Oliveira, L; Silveira Vasconcelos, M.; Freitas Mota, E; Cardoso de Aquino, A.; Felix Gomes, N &amp; Col. Chapter 4.3: Shark Cartilage. Nonvitamin and Nonmineral Nutritional Supplements, 2019, Pages 495-498</p> <p>3.- González, RP.; Soares, FS.; Farias, R; Pessoa C.; Leyva, A.; de Barros Viana, G.; Moraes, MO. Demonstration of inhibitory effect of oral shark cartilage on basic fibroblast growth factor-induced angiogenesis in the rabbit cornea. Biol Pharm Bull. 2001 Feb;24(2):151-4.</p>

171	Estevia, Stevia o Edulcorante de Estevia	Stevia rebaudiana Bertoni	1.- Handbook of medicinal herbs / James A. Duke, with Mary Jo Bogenschutz-Godwin, Judi duCellier, Peggy-Ann K. Duke.-- 2nd ed. CRC PRESS - ISBN 0-8493-1284-1. p. 697-698 2.- B. Vanaclocha; S. Cañigüeral. Fitoterapia Vademécum de Prescripción. 4° Edición. p234-235.
172	Probiótico S. thermophilus	Streptococcus thermophilus	Floch. M. The Microbiota in Gastrointestinal Pathophysiology. Editorial ELSEVIER (2017) Cap 18 p. 166-169
173	Diente de León	Taraxacum officinale	Handbook of medicinal herbs / James A. Duke, with Mary Jo Bogenschutz-Godwin, Judi duCellier, Peggy-Ann K. Duke.-- 2nd ed. CRC PRESS - ISBN 0-8493-1284-1. p. 243-244
174	Tilo, Tilia	Tilia platyphyllos	B. Vanaclocha; S. Cañigüeral. Fitoterapia Vademécum de Prescripción. 4° Edición. p474-476
175	Abrojo	Tribulus terrestris	1.- B. Vanaclocha; S. Cañigüeral. Fitoterapia Vademécum de Prescripción. 3° Edición. p86-87 2.- WHO monographs on selected medicinal plants. World Health Organization (2004)V.4 p323 - 334 3.- Kamenov Zdravko, Fileva Svetlana, Kalinov Krassimir, Jannini Emmanuele A. Evaluation of the Efficacy and Safety of Tribulus terrestris in Male Sexual Dysfunction—A prospective, Randomized, Double-Blind, Placebo Controlled Clinical Trial. Maturitas <a href="http://dx.doi.org/10.1016/j.maturitas.2017.01.011">http://dx.doi.org/10.1016/j.maturitas.2017.01.011</a>
176	Fenogreco	Trigonella foenum-graecum L.	Handbook of medicinal herbs / James A. Duke, with Mary Jo Bogenschutz-Godwin, Judi duCellier, Peggy-Ann K. Duke.-- 2nd ed. CRC PRESS - ISBN 0-8493-1284-1. p. 296-297 Anuj Maheshwari & col. Efficacy of Furosap™, a novel Trigonella foenum-graecum seed extract, in Enhancing Testosterone Level and Improving Sperm Profile in Male Volunteers. Int J Med Sci. 2017 Jan 10;14(1):58-66. doi: 10.7150/ijms.17256. eCollection 2017.
177	Pasto de Trigo	Triticum aestivum	Nitya Kumar PhD & Uma Iyer PhD (2017): Impact of Wheatgrass (Triticum aestivum L.) Supplementation on Atherogenic Lipoproteins and Menopausal Symptoms in Hyperlipidemic South Asian Women – A Randomized Controlled Study, Journal of Dietary Supplements, DOI: 10.1080/19390211.2016.1267063
178	Uña de Gato	Uncaria tomentosa	B. Vanaclocha; S. Cañigüeral. Fitoterapia Vademécum de Prescripción. 4° Edición. p488-490. Navarro- Hoyos. Polyphenolic Composition and Antioxidant Activity of Aqueous and Ethanolic Extracts from Uncaria tomentosa Bark and Leaves. Antioxidants (Basel). 2018 May; 7(5): 65.



179	Fucoidan	Undaria pinnatifida	Abdul-Rehman Phull & Col. In vitro and in vivo evaluation of anti-arthritic, antioxidant efficacy of fucoidan from Undaria pinnatifida (Harvey) Suringar. International Journal of Biological Macromolecules 97 (2017) p468–480
180	Ortiga	Urtica Dioica	Handbook of medicinal herbs / James A. Duke, with Mary Jo Bogenschutz-Godwin, Judi duCellier, Peggy-Ann K. Duke.--2nd ed. CRC PRESS – ISBN 0-8493-1284-1.
181	Arándano Agrio, azul o blueberry	Vaccinium angustifolium	1.- Handbook of medicinal herbs / James A. Duke, with Mary Jo Bogenschutz-Godwin, Judi duCellier, Peggy-Ann K. Duke.-- 2nd ed. CRC PRESS - ISBN 0-8493-1284-1. p. 105-106 2.- MacKinnon & col. Fractions of lowbush blueberry (Vaccinium angustifolium) polyphenols provide protection to cultured neurons against simulated stroke in vitro. 50th Annual Congress of Society for Medicinal Plant Research. Poster A-148 (2002)
182	Arándano Rojo Americano	Vaccinium macrocarpum	Handbook of medicinal herbs / James A. Duke, with Mary Jo Bogenschutz-Godwin, Judi duCellier, Peggy-Ann K. Duke.-- 2nd ed. CRC PRESS - ISBN 0-8493-1284-1. p. 231-232 WHO monographs on selected medicinal plants. World Health Organization (2004)V.4 p149-166
183	Arándano	Vaccinium myrtillus	B. Vanaclocha; S. Cañigueral. Fitoterapia Vademécum de Prescripción. 4° Edición. p368-371.
184	Valeriana	Valeriana officinalis L.	Fitoterapia Vademécum de Prescripción – Plantas medicinales – Colegio Oficial de Farmacéuticos de Bizkaia, Asociación Española de Médicos Naturistas. 3° Edición. p490-495
185	Fruto de Agnocasto	Vitex agnus-castus	1.- Assessment report on Vitex agnus-castus L., fructus. Committee on Herbal Medicinal Products (HMPC) 25 November 2010 EMA/HMPC/144003/2009
186	Uva roja o Vid roja	Vitis vinifera	1. B. Vanaclocha; S. Cañigueral. Fitoterapia Vademécum de Prescripción. 4° Edición. p500-501 2. Costantini A1, De Bernardi T, Gotti A; Clinical and capillaroscopic evaluation of chronic uncomplicated venous insufficiency with procyanidins extracted from vitis vinifera. Minerva Cardioangiol. 1999 Jan-Feb;47(1-2):39-46. 3. Marjan Nassiri-Asl and Hossein Hosseinzadeh. Phytother. Res. Review of the Pharmacological Effects of Vitis vinifera (Grape) and its Bioactive Constituents: An Update (2016) (wileyonlinelibrary.com) DOI: 10.1002/ptr.5644 4. Maryam Akaberi and Hossein Hosseinzadeh. Phytother. Grapes (Vitis vinifera) as a Potential Candidate for the Therapy of the Metabolic Syndrome. Res. 30: 540–556 (2016) (wileyonlinelibrary.com) DOI: 10.1002/ptr.5570



187	Ashwagandha, ginseng indio ó Bufera	Withania somnifera	Handbook of medicinal herbs / James A. Duke, with Mary Jo Bogenschutz-Godwin, Judi duCellier, Peggy-Ann K. Duke.-- 2nd ed. CRC PRESS - ISBN 0-8493-1284-1. p. 41-42
188	Jengibre	Zingiber officinale	B. Vanaclocha; S. Cañigüeral. Fitoterapia Vademécum de Prescripción. 4° Edición. p310-312. Yusuke Shibuya & col. United States Patent Application Publication. US 2003/0026776 A1 (2003)
189	Jujube	Ziziphus jujuba	Handbook of medicinal herbs / James A. Duke, with Mary Jo Bogenschutz-Godwin, Judi duCellier, Peggy-Ann K. Duke.--2nd ed. CRC PRESS – ISBN 0-8493-1284-1. P. 429



Agencia Nacional de Regulación,  
Control y Vigilancia Sanitaria

EL NUEVO  
**ECUADOR** 



Agencia Nacional de Regulación,  
Control y Vigilancia Sanitaria

EL NUEVO  
**ECUADOR** 