

Prescription herbs

You may have noticed that more formulas are now classified as prescription only, which means they can only be supplied on behalf of a patient. We will be happy to explain it to you in detail.

The rules for the use of 'banned' herbs in unregistered medicines come from the Inspectie Gezondheidszorg en Jeugd (IGJ) and the Nederlandse Voedsel & Warenwet Autoriteit (NVWA) in the Netherlands, and/or the EFSA (European Food & Safety Agency) in Brussels.

We aim to follow these rules as well and pragmatically as possible, so that Chinese herbal medicine can continue to exist.

'Banned' herbs

More and more herbs are being 'banned' in the Commodities Act for use in food or food supplements in the Netherlands and the EU for various reasons. For example, they act too strongly to be allowed as a food supplement. Or ingredients of animal origin from China are blocked by customs. With the help of novel food legislation in the EU, more and more Chinese herbs are being labelled as non-indigenous and therefore banned for use in food supplements. CITES (Convention on International Trade in Endangered Species of Wild Fauna and Flora) legislation also means that some herbs can no longer be used in supplements, simply because their availability is severely reduced.

In conclusion, in recent years there have been increasing restrictions on the preparation and supply of Chinese herbal formulas. However, we do our best to keep as many options open as possible.

Non-registered medicines

Because all the preparations made by De NatuurApotheek are non-registered medicines (and *not* dietary supplements), we still have the option of including 'banned' herbs in our preparations, if we can legally obtain these herbs in the pharmacy. And by also treating ready-to-use formulas containing prescription herbs as non-registered medicines, we hope to be able to continue supplying them through EuroherbsPharmacy (as a web shop of De NatuurApotheek).

It cannot be ruled out that, in the long term, herbal formulas that do not contain 'banned' herbs will also only be supplied directly to patients as non-registered medicines. Herbal formulas *are not and will not be* (registered) dietary supplements, and the rules for this are becoming stricter and stricter.

Delivery of medicines

(Unregistered) medicines may only be delivered to the patient's address. The medicines must be handed to the patient by the parcel service, at the pharmacy itself and/or at another pharmacy. An important feature of an unregistered medicine is therefore that a patient label is attached to the package, with the patient's name, address and date of birth, so that it is clear that the medicine is intended only for the patient in question and is therefore not entering the market in any way.

We understand that it may be convenient for medicines to be delivered to the practice, but it is strictly forbidden in the Netherlands and other EU countries for non-pharmacies to deliver (unregistered) medicines to patients (with the exception of parcel services on the direct instructions of the pharmacy).

The NVWA has become very active since 2024 and has imposed many fines. We simply do not want to be discredited by not complying with the Dutch rules.

Overview of prescription herbs

Aconiti radix praep	(Zhi) Fu Zi, Chuan Wu (Tou), (Zhi) Cao Wu /azuren monnikskap
Areca Seed	Bing Lang /betelnoot
Areca Husk	Da Fu Pi /betelnoot schil
Artemisia annua	Qing Hao /zomeralsem
Asari herba	Xi Xin / wilde gember
Bovis calculus	Niu Huang /gedroogde galsteen rund
Colchicum autumnale	Herfsttijloos
Convallaria majalis	Meiklokje/lelietje-van-dalen
Dictamni cortex	Bai Xian Pi /Vuurwerkplant
Dryopteris crassirhizoma	Guan Zhong /bosvaren
Ephedrae sinica	Ma Huang (Gen) /zeedruif
Epimedium	Yin Yang Huo /elfenbloem
Eupatorii Herba	Pei Lan /eupatorium
Gastrodiae rhizoma	Tian Ma
Gelatinum Corii	E Jiao /donkey-hide gelatin
Hypericum perforatum	Sint-Janskruid
Juglans Nigra	Zwarte walnoot
Kava	Piper methysticum
Lithospermi	Zi Cao /arnebiae
Lobelia	Ban Bian Lian
L-theanine	Alleen toegestaan uit groene thee
Lycopus europeus	Wolfspoot
Mucuna pruriens	Fluweelboon
Pseudobulbus	Shan Ci Gu /Chinese tulp bulbus
Psoralea	Bu Gu Zhi
Pulsatilla vulgaris	Bai Tou Weng /wildemanskruid
Scopolamine	Hyoscine/duivelsadem
Strophanthi semen	Strophanthus
Symphytum officinal radix	Smeerwortel
Tanaceti vulgare	Boerenwormkruid
Tussilago farfara	Kuan Dong Hua /hoefblad
Vinca minor	Kleine maagdenpalm
Yunnan Baiyao	