

Latin name	Common English name	Common German name	Family	Active compound	Compound classification	Influence on (inflammatory) marker	Beneficial human health effect	Reference
<i>Achillea millefolium</i>	Common yarrow	Gemeine Schafgarbe	<i>Asteraceae</i>	Kaempferol, luteolin, apigenin	Flavonoids	↓ ALT, ↓ AST, ↑ GSH, ↓ MPO, ↑ SOD	Ameliorating several neuro-degenerative disorders	Potrich et al., 2010; Yaesh et al., 2006; Ayoobi et al., 2017
<i>Aesculus hippocastanum</i>	Horse-chestnut	Gewöhnliche Rosskastanie	<i>Sapindaceae</i>	Escin	Saponin	↓ IκBα, ↓ NF-κB, ↑ ROS	Prolongation of survival in thyroid cancer patients	Cheong et al., 2018
<i>Alchemilla vulgaris</i>	Common lady's mantle	Spitzlappiger Frauenmantel	<i>Rosaceae</i>				Weight loss (when combined with other plants)	Said et al., 2011
<i>Allium sativum</i>	Garlic	Knoblauch	<i>Amaryllidaceae</i>	Diallyl sulfide	Sulfide	↓ ALT, ↓ AST, ↓ COX-2, ↓ IL-1β, ↓ iNOS, ↑ insulin, ↓ NF-κB, ↓ TNF-α	Reduction of body fat mass and body weight	Eidi et al., 2006; Soleimani et al., 2016; Suman and Shukla, 2016
<i>Aloe ferox</i>	Aloe	Aloen	<i>Xanthorrhoeaceae</i>	Aloeresin I	Glucoside	↓ caspase-1, ↓ COX-1, ↓ ERK, ↓ IL-1β, ↓ IL-6, ↓ IL-8, ↓ JNK, ↓ NF-κB, ↓ NLRP3, ↓ p38, ↓ TNF-α	Wound healing	Speranza et al., 2005; Fawole et al., 2010; Budai et al., 2013; Radha and Laxmipriya, 2014
<i>Alpinia officinarum</i>	Galangal	Galgant	<i>Zingiberaceae</i>	Galangin	Flavonoid	↓ IL-6, ↑ IL-10, ↓ NO, ↓ ROS, ↓ TNF-α		Choi et al., 2017
<i>Althaea officinalis</i>	Common marshmallow	Eibisch	<i>Malvaceae</i>				Treatment of Old World cutaneous leishmaniasis; Cough reduction	Cravotto et al., 2010

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<i>Arctostaphylos uva-ursi</i>	Bearberry	Bärentrauben	<i>Ericaceae</i>	Arbutin	Glucoside	↓ COX-2, ↓ IL-1 $\beta$ , ↓ iNOS, ↓ NF- $\kappa$ B, ↓ NO, ↓ TNF- $\alpha$		Lee and Kim, 2012
<i>Armoracia rusticana</i>	Horseradish	Meerrettich	<i>Brassicaceae</i>			↓ c-Jun, ↓ COX-2, ↓ ERK1/2, ↓ IL-6, ↓ NO, ↓ PGE <sub>2</sub> , ↓ TNF- $\alpha$		Marzocco et al., 2015; Herz et al., 2017
<i>Arnica montana</i>	Arnica	Arnika	<i>Asteraceae</i>	Helenalin	Sesquiterpene	↓ IL-1 $\beta$ , ↓ IL-6, ↓ IL-12, ↓ NF- $\kappa$ B, ↓ NO, ↓ TNF- $\alpha$	Osteoarthritis	Lass et al., 2008; Chahal et al., 2013; Dragos et al., 2017
<i>Artemisia absinthium</i>	Wormwood	Wermutkraut	<i>Asteraceae</i>		Flavonoids	↓ COX-2, ↓ iNOS, ↓ NF- $\kappa$ B, ↓ NO, ↓ PGE <sub>2</sub> , ↓ TNF- $\alpha$	Crohn's disease	Lee et al., 2004; Omer et al., 2007; Krebs et al., 2010
<i>Avena sativa</i>	Oat	Saat-Hafer	<i>Poaceae</i>	$\beta$ -Glucan	Glucan	↓ COX-2, ↓ NO, ↑ TGF $\beta$ 1, ↓ TNF- $\alpha$	Anti-diabetic, prevention of cardiovascular diseases, protection against breast cancer	Singh et al., 2013
<i>Boswellia carterii</i>	Frankincense	Afrikanischer Weihrauch	<i>Burseraceae</i>	Boswellic acid	Triterpene	↓ 5-LOX, ↓ AChE, ↑ GSH, ↓ MDA		Safayhi et al., 2000; Ebrahimpour et al., 2017
<i>Boswellia serrata</i>	Frankincense	Weihrauch	<i>Burseraceae</i>	Boswellic acid	Triterpene	↓ 5-LOX, ↓ IFN $\gamma$ , ↓ IL-1 $\beta$ , ↓ IL-2, ↑ IL-4, ↓ IL-6, ↑ IL-10, ↓ IL-12, ↓ NO, ↓ TNF- $\alpha$	Osteoarthritis	Safayhi et al., 2000; Gayathri et al., 2007; Dragos et al., 2017
<i>Calendula officinalis</i>	Marigold	Ringelblume	<i>Asteraceae</i>		Several triterpenes and flavonoids	↓ COX-2, ↓ IL-1( $\beta$ ), ↓ TNF- $\alpha$	Wound healing; Prevention of acute dermatitis	Ukiya et al., 2006; Cravotto et al., 2010; Kirichenko et al., 2016; Alexandre et al., 2017

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<i>Camellia sinensis</i> (L.)	Green tea	Grüner Tee	<i>Theaceae</i>	EGCG	Flavonoid	↓ COX-2, ↓ IFN $\gamma$ , ↓ NF- $\kappa$ B, ↑ ROS, ↓ TNF- $\alpha$	Metabolism, cardiovascular system, neuro-degenerative diseases and cancer	Cooper et al., 2005; Arab et al., 2009; Shirakami et al., 2016
<i>Capsicum frutescens</i>	Chili	Chili	<i>Solanaceae</i>	Capsaicin	Polyunsaturated alkamide	↓ AP-1, ↓ I $\kappa$ B $\alpha$ , ↓ NF- $\kappa$ B	Pain reduction	Han et al., 2001; Bortolotti and Porta, 2011; Gagnier et al., 2016
<i>Carum carvi</i>	Caraway	Echter Kümmel	<i>Apiaceae</i>			↓ cholesterol, ↓ triglycerides	Anti-obesity	Lemhadri et al., 2006; Kazemipoor et al., 2013
<i>Castanea sativa</i>	Sweet chestnut	Edelkastanie	<i>Fagaceae</i>		Phenols	↓ NF- $\kappa$ B, ↓ RAGE, ↓ O $_2^{\cdot-}$ , ↓ $\cdot$ OH		Calliste et al., 2005; Jovanović et al., 2017
<i>Chelidonium majus</i>	Celandine	Schöllkraut	<i>Papaveraceae</i>	Berberine, norchelidonine, chelidonine, 8-hydroxydihydro-sanguinarine	Alkaloids	↓ COX-2, ↓ iNOS, ↓ NO, ↓ PGE $_2$	Anticancer drug (Ukrain) based on plant extract	Kuo et al., 2004; Ernst and Schmidt, 2005; Park et al., 2011
<i>Chlorella pyrenoidosa</i>	Chlorella	Chlorella	<i>Chlorellaceae</i>	Rhamnose, glucose, galactose, mannose, xylose	Mono-saccharides	↑ IL-1 $\beta$	Pregnant and breastfeeding women	Nakano et al., 2007; Nakano et al., 2010; Chahal et al., 2013
<i>Cinchona pubescens</i>	Cinchona	Chinarinde	<i>Rubiaceae</i>	Quinine	Quinoline	↓ NF- $\kappa$ B	Malaria treatment	An et al., 2017
<i>Cinnamomum verum</i>	Cinnamon	Zimt	<i>Lauraceae</i>	Cinnamaldehyde	Flavonoid	↓ I $\kappa$ B, ↓ iNOS, ↓ MyD88, ↓ NF- $\kappa$ B, ↓ TNF- $\alpha$	Anti-hyperlipidaemic and blood pressure lowering, stimulation of glycogen synthesis and insulin secretion	Khan et al., 2003; Kanuri et al., 2009; Hariri and Ghiasvand, 2016; Ranasinghe et al., 2017

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<i>Coriandrum sativum</i>	Coriander	Echter Koriander	<i>Apiaceae</i>			↓ COX-2, ↓ IL-1β, ↓ iNOS, ↓ NO, ↓ PGE <sub>2</sub>	Reduction of UV-induced erythema	Reuter et al., 2008; Wu et al., 2010
<i>Crataegus species</i>	Hawthorn	Weißdorn	<i>Rosaceae</i>	Vitexin	Flavonoid	↓ IL-1(β), ↑ IL-10, ↓ NO, ↓ p-ERK1/2, ↓ PGE <sub>2</sub> , ↓ p-JNK, ↓ p-p38, ↓ TNF-α	Adjunctive treatment for chronic heart failure; Hypotensive and hypolipidemic effects	Pittler et al., 2003; Walker et al., 2006; Dalli et al., 2011; Kirichenko et al., 2016; Rosa et al., 2016
<i>Curcuma longa</i>	Turmeric	Kurkuma	<i>Zingiberaceae</i>	Curcumin	Catechol	↓ AP-1, ↓ COX-2, ↓ IFNγ, ↓ IL-1, ↓ IL-6, ↓ IL-8, ↓ IL-12, ↓ iNOS, ↓ JNK, ↓ NF-κB, ↓ RANKL, ↓ TNF-α	Suppression of IBD symptoms; Osteoarthritis	Joe et al., 2004; Goel et al., 2008; Pari et al., 2008; Baliga et al., 2012; Dragos et al., 2017
<i>Cynara scolymus</i>	Artichoke	Artischocken	<i>Asteraceae</i>			↓ CRP, ↓ Fg, ↓ MDA	Decreased cholesterol level	Bundy et al., 2008; Ben Salem et al., 2017
<i>Daucus carota</i> subsp. <i>sativus</i>	Carrot	Karotte	<i>Apiaceae</i>	<i>trans</i> -Asarone 2,4,5-Trimethoxybenzaldehyde	Anisole Benzaldehyde	↓ COX-2		Momin et al., 2003
<i>Digitalis purpurea</i>	Common foxglove	Roter Fingerhut	<i>Plantaginaceae</i>	Digoxin	Digitalis glycoside		Cardiac disorders	Hauptman and Kelly, 1999
<i>Dioscorea villosa</i>	Yam	Yams	<i>Dioscoreaceae</i>	Diosgenin	Cholestane	↓ p-AKT, ↓ p-ERK, ↓ p-JNK, ↓ p-p38, ↓ ROS, ↓ TNF-α		Choi et al., 2010
<i>Echinacea purpurea</i>	Purple coneflower	Purpur-Sonnenhut	<i>Asteraceae</i>		Alkamides	↓ COX-1, ↓ COX-2, ↓ IL-1β, ↓ IL-6, ↓ IL-8, ↓ NO, ↓ TNF-α		Senchina et al., 2006; Woelkart and Bauer, 2007; Sharma et al., 2009

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<i>Elettaria cardamomum</i>	Cardamom	Kardamom	<i>Zingiberaceae</i>	Cardamonin	Flavonoid	↓ COX-2, ↓ IL-1 $\beta$ , ↓ IL-6, ↓ iNOS, ↓ NF- $\kappa$ B, ↓ NO, ↓ PGE <sub>2</sub> , ↓ TNF- $\alpha$		Prasad and Aggarwal, 2014
<i>Equisetum arvense</i>	Field horsetail	Acker-Schachtelhalm	<i>Equisetaceae</i>	Kynurenic acid	Quinoline	↓ IFN $\gamma$ , ↓ TNF- $\alpha$	Rheumatoid arthritis	Gründemann et al., 2014; Dragos et al., 2017
<i>Erythraea centaurium</i>	Common centaury	Echtes Tausendgüldenkraut	<i>Gentianaceae</i>			↓ ALT, ↓ AST, ↓ LDH		Mroueh et al., 2004
<i>Euphrasia officinalis</i>	Eyebright	Gemeiner Augentrost	<i>Orobanchaceae</i>			↓ IL-1 $\beta$ , ↓ IL-6, ↓ TNF- $\alpha$		Paduch et al., 2014
<i>Filipendula ulmaria</i>	Meadowsweet	Mädesüß	<i>Rosaceae</i>	Quercetin	Flavonoid	↓ COX-1, ↓ COX-2, ↓ IL-1 $\beta$ , ↓ IL-6, ↓ TNF- $\alpha$		Drummond et al., 2013; Katanić et al., 2016
<i>Foeniculum vulgare</i>	Fennel	Fenchel	<i>Apiaceae</i>	Limonene	Cyclohexene	↓ IL-6, ↓ LDH, ↓ NO, ↓ p-ERK, ↓ TNF- $\alpha$		Lee et al., 2015
				<i>trans</i> -Anethole	Anisole			
<i>Fucus vesiculosus</i>	Bladderwrack	Blasentang	<i>Fucaceae</i>	Fucoidan	Polysaccharide	↓ COX-2, ↓ NO		Lim et al., 2015
<i>Gentiana lutea</i>	Gentian	Enzian	<i>Gentianaceae</i>	Gentiopicroside	Glucoside	↓ ERK 1/2, ↓ iNOS, ↓ MPO, ↓ NO		Nastasijević et al., 2012; Kesavan et al., 2013
<i>Geranium robertianum</i>	Herb robert	Ruprechtskraut	<i>Geraniaceae</i>			↓ NO		Catarino et al., 2017
<i>Ginkgo biloba</i>	Ginkgo	Ginkgo	<i>Ginkgoaceae</i>	Bilobalide	Ginkgolide	↓ ERK1/2	Enhancing certain neuro-psychological / memory processes	Mix and Crews, 2002; Dodge et al., 2008; Weinmann et al., 2010; Chahal et al., 2013
<i>Glycyrrhiza glabra</i>	Liquorice	Süßholz	<i>Fabaceae</i>	Isoliquiritigenin	Flavonoid	↓ COX-2, ↓ iNOS, ↓ IRF3, ↓ NF- $\kappa$ B	Decrease of mucositis and oral mucosal irritation	Park and Youn, 2010; Najafi et al., 2017

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<i>Hamamelis virginiana</i>	Witch hazel	Hamamelis	<i>Hamamelidaceae</i>	Hamamelitannin	Benzoate	↓ TNF-α	Erythema suppression	Hughes-Formella et al., 1998; Habtemariam, 2002
<i>Harpagophytum procumbens</i>	Devil's claw	Afrikanische Teufelskralle	<i>Pedaliaceae</i>	Harpagoside, harpagide, procumbide	Iridoid glycosides	↓ c-FOS, ↓ COX-2, ↓ IL-1β, ↓ iNOS, ↓ NF-κB, ↓ TNF-α	Osteoarthritis and low back pain	Gagnier et al., 2004; Rodriguez Villanueva et al., 2016; Dragos et al., 2017
<i>Hedera helix</i>	Common ivy	Efeu	<i>Araliaceae</i>	α-Hederin	Saponin	↓ IL-17		Ebrahimi et al., 2016
<i>Hibiscus sabdariffa</i>	Roselle	Roselle	<i>Malvaceae</i>		Polyphenols	↓ COX-2, ↓ ERK1/2, ↓ IFNγ, ↓ IL-6, ↑ IL-10, ↓ JNK, ↓ NF-κB, ↓ NO, ↓ p38, ↓ PGE <sub>2</sub> , ↓ ROS, ↓ TNF-α		Da-Costa-Rocha et al., 2014; Herranz-López et al., 2017
<i>Humulus lupulus</i>	Hops	Hopfen	<i>Cannabaceae</i>	Xanthohumol	Flavonoid	↓ IL-1β, ↓ MCP-1, ↓ NF-κB, ↓ NO, ↓ TNF-α		Lupinacci et al., 2009; Lee et al., 2011
<i>Hypericum perforatum</i>	St John's wort	Echtes Johanniskraut	<i>Hypericaceae</i>	Pseudohypericin	Benz(a)-anthracene Flavonoids	↓ COX-2, ↓ IL-1, ↓ IL-6, ↓ NO, ↓ PGE <sub>2</sub> , ↓ TNF-α	Depression	Schulz, 2006; Kasper et al., 2010; Huang et al., 2012; Kirichenko et al., 2016; Bonaterra et al., 2018
<i>Ilex paraguariensis</i>	Yerba mate	Mate-Strauch	<i>Aquifoliaceae</i>	Chlorogenic acid Quercetin	Cyclohexane Flavonoid	↓ COX-2, ↑ IκBα, ↓ iNOS, ↓ NF-κB, ↓ TNF-α		Arçari et al., 2011; Bracesco et al., 2011; Pimentel et al., 2013
<i>Juniperus communis</i>	Common juniper	Gemeiner Wacholder	<i>Cupressaceae</i>	Amentoflavone	Flavonoid	↓ ALT, ↓ ALP, ↓ AST, ↓ TNF-α		Bais et al., 2017
<i>Marrubium vulgare</i>	Common horehound	Andornkraut	<i>Lamiaceae</i>	Marrubiin	Diterpene	↓ COX-2		Sahpaz et al., 2002; Meyre-Silva et al., 2005

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<i>Matricaria chamomilla</i>	Chamomile	Kamille	<i>Asteraceae</i>	Apigenin	Flavonoid	↓ IL-1 $\beta$ , ↓ IL-6, ↓ TNF- $\alpha$		Drummond et al., 2013
<i>Melilotus officinalis</i>	Sweet clover	Steinklee Kraut	<i>Fabaceae</i>	Caffeic acid	Cinnamate	↓ COX-2, ↓ IL-6, ↓ iNOS, ↓ NF- $\kappa$ B, ↓ NO, ↓ PGE <sub>2</sub> , ↓ TNF- $\alpha$		Bazazzadegan et al., 2017; Liu et al., 2018
<i>Melissa officinalis</i>	Lemon balm	Zitronenmelisse	<i>Lamiaceae</i>	Rosmarinic acid	Benzoate	↓ IL-1 $\beta$ , ↓ IL-6, ↓ IRAK1, ↓ MyD88, ↓ TLR4, ↓ TNF- $\alpha$ , ↓ TRAF6		Jiang et al., 2017; Chizzola et al., 2018
<i>Mentha piperita</i>	Peppermint	Pfefferminze	<i>Lamiaceae</i>			↓ PGE <sub>2</sub> , ↓ NO		Sun et al., 2014
<i>Origanum majorana</i>	Marjoram	Majoran	<i>Lamiaceae</i>	Rosmarinic acid	Benzoate	↓ IL-1 $\beta$ , ↓ IL-6, ↓ TNF- $\alpha$		Villalva et al., 2018
<i>Panax ginseng</i>	Ginseng	Ginseng	<i>Araliaceae</i>	Ginsan	Polysaccharide Saponins	↓ COX-2, ↓ IFN $\gamma$ , ↓ IL-1 $\beta$ , ↓ IL-6, ↓ IL-12, ↓ IL-18, ↓ iNOS, ↓ MyD88, ↓ TLR4, ↓ TNF- $\alpha$	Osteoarthritis; Improvement of glucose metabolism and modulating of immune response	Kang and Min, 2012; Chahal et al., 2013; Shergis et al., 2013; Dragos et al., 2017
<i>Petroselinum crispum</i>	Parsley	Petersilie	<i>Apiaceae</i>	Apigenin	Flavonoid	↓ NO	Increase in anti-oxidant enzymes	Nielsen et al., 1999; Farzaei et al., 2013
<i>Pimpinella anisum</i>	Anise	Anis	<i>Apiaceae</i>	Anethole	Anisole	↓ AP-1, ↑ IL-10, ↓ NF- $\kappa$ B, ↓ p38, ↓ TNF- $\alpha$		Aprotosoai et al., 2016
<i>Plantago lanceolata</i>	Ribwort	Spitzwegerich	<i>Plantaginaceae</i>	Acteoside	Phenol glycoside	(↓ COX-1), (↓ COX-2), ↓ IL-8, ↓ iNOS, ↓ MCP-1, ↓ NO		Murai et al., 1995; Vigo et al., 2005; Fakhruddin et al., 2017
<i>Rheum palmatum</i>	Rhubarb	Rhabarber	<i>Polygonaceae</i>	Rhein, emodin	Anthraquinones	↓ TNF- $\alpha$		Chahal et al., 2013
<i>Rosmarinus officinalis</i>	Rosemary	Rosmarin	<i>Lamiaceae</i>	Rosmarinic acid	Benzoate	↓ IL-1 $\beta$ , ↓ IL-6, ↑ NF- $\kappa$ B, ↓ TNF- $\alpha$		Rocha et al., 2015

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<i>Rubus fruticosus</i>	Blackberry	Brombeere	<i>Rosaceae</i>	Cyanidin-3-O-glucoside	Anthocyanin	↓ iNOS, ↓ NF-κB, ↓ NO		Pergola et al., 2006; Zia-UI-Haq et al., 2014
<i>Salix alba</i>	White willow	Silber-Weide	<i>Salicaceae</i>	Salicin	Glucoside	↓ COX-2, ↓ IL-6, ↓ NF-κB, ↓ TNF-α	Pain relief	Drummond et al., 2013; Shara and Stohs, 2015; Dragos et al., 2017
<i>Salvia officinalis</i>	Salvia	Salbei	<i>Lamiaceae</i>		Different flavonoids and terpenes	↓ MDA, ↓ NF-κB, ↓ NO, ↓ TNF-α		Ghorbani and Esmailizadeh, 2017; Kolac et al., 2017
<i>Sambucus nigra</i> (L.)	Elderflowers	Holunder	<i>Adoxaceae</i>		Anthocyanins	↓ IFNγ, ↓ IL-1, ↓ TNF-α		Badescu et al., 2015; Kirichenko et al., 2016
<i>Schinus terebinthifolius</i>	Brazilian pepper tree	Brasilianischer Pfefferbaum	<i>Anacardiaceae</i>			↓ CXCL1, ↓ IL-1β, ↓ IL-6, ↓ TNF-α	Reduction of gingival inflammation	Freires et al., 2013; Rosas et al., 2015
<i>Spirulina</i>	Spirulina	Spirulina	<i>Spirulinaceae</i>	Phycocyanin	Phycobiliprotein	↓ IL-6, ↑ Nrf2, ↓ TNF-α		Khafaga and El-Sayed, 2018; Kim et al., 2018
<i>Symphytum officinale</i>	Comfrey	Echter Beinwell	<i>Boraginaceae</i>	Rosmarinic acid Salvianolic acid	Benzoate Cinnamate	↓ IL-1β, ↓ IL-6, ↓ NF-κB, ↓ NO, ↓ TNF-α	Reduction of pain, inflammation and swelling	Koll et al., 2004; Giannetti et al., 2010; Staiger, 2013; Dragos et al., 2017; Trifan et al., 2018
<i>Syzygium aromaticum</i>	Clove	Nelken	<i>Myrtaceae</i>	Eugenol	Cinnamate	↓ COX-2, ↓ NF-κB	Local anti-inflammatory, antiseptic, and anesthetic effects on dental pulp	Fujisawa and Murakami, 2016
<i>Tanacetum parthenium</i>	Feverfew	Mutterkraut	<i>Asteraceae</i>	Tanetin Parthenolide	Flavonoid Sesquiterpene	↓ 5-LOX, ↓ COX-2, ↓ IL-6, ↓ IL-8, ↓ iNOS, ↓ NF-κB, ↓ NO, ↓ TNF-α		Williams et al., 1995; Mazor et al., 2000; Aviram et al., 2012; Magni et al., 2012
<i>Taraxacum officinale</i>	Dandelion	Löwenzahn	<i>Asteraceae</i>	Taraxinic acid β-d-glucopyranosyl	Sesquiterpene	↑ Hmox1, ↓ iNOS,		Liu et al., 2014; Esatbeyoglu et al.,



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<i>Thymus vulgaris</i>	Common thyme	Thymian	<i>Lamiaceae</i>	ester Thymol	Monoterpene	↓ NF-κB, ↑ Nrf2 ↓ IL-1β, ↓ TNF-α		2017 Amirghofran et al., 2011; Oliveira et al., 2017
<i>Tropaeolum majus</i>	Nasturtium	Kapuzinerkresse	<i>Tropaeolaceae</i>	Benzyl glucosinolate	Isothiocyanate	↓ COX-2, ↓ ERK1/2, ↓ JNK, ↓ PGE <sub>2</sub>		Rodriguez Villanueva et al., 2016
<i>Uncaria tomentosa</i>	Cat's claw	Katzenkralle	<i>Rubiaceae</i>	Mitraphylline	Indole alkaloid	↓ c-Fos, ↓ c-Jun, ↓ IL-1α, ↓ IL-1β, ↓ IL-4, ↓ IL-17, ↓ Jun-B, ↓ Jun-D, ↓ TNF-α	Adjuvant treatment for reducing adverse chemotherapy effects	Sandoval et al., 2000; Allen-Hall et al., 2010; Rojas-Duran et al., 2012; Santos Araújo et al., 2012
<i>Urtica dioica</i>	Stinging nettle	Große Brennnessel	<i>Urticaceae</i>	Hydroxycinnamic acid, chlorogenic acid	Cinnamate	↓ 12-LOX, ↓ COX-1, ↓ COX-2, ↓ MCP-1, ↓ NO		Carvalho et al., 2017; Francišković et al., 2017
<i>Usnea barbata</i>	Barber's itch	Bartflechte	<i>Parmeliaceae</i>	Usnic acid	Benzofuran	↓ PGE <sub>2</sub>		Engel et al., 2007; Ranković et al., 2012
<i>Vaccinium myrtillus</i>	Bilberry	Heidelbeere	<i>Ericaceae</i>		Anthocyanins	↓ COX-2, ↓ IL-6, ↓ IL-12, ↓ iNOS	Different inflammatory processes	Sautebin et al., 2004; Karlsen et al., 2010; Kolehmainen et al., 2012
<i>Valeriana officinalis</i> (L.)	Common valerian	Echter Baldrian	<i>Caprifoliaceae</i>	Valerenic acid	Sesquiterpene	↓ MDA		Nam et al., 2013
<i>Vanilla planifolia</i>	Vanilla	Gewürzvanille	<i>Orchidaceae</i>	Vanillin	Benzaldehyde	↑ GSH, ↓ MDA, ↓ NF-κB, ↓ TNF-α		Elseweidy et al., 2017
<i>Verbena officinalis</i>	Common vervain	Echtes Eisenkraut	<i>Verbenaceae</i>					
<i>Vigna radiata</i>	Mung bean (dried)	Mungbohnen (getrocknet)	<i>Fabaceae</i>	Gallic acid Vitexin, isovitexin	Benzoate Flavonoids	↓ IL-1β, ↓ IL-6, ↓ IL-12β, ↓ iNOS, ↓ TNF-α		Tang et al., 2014
<i>Vigna radiata</i>	Mung bean (cooked in boiling water for	Mungbohnen (gekocht)	<i>Fabaceae</i>	Gallic acid Vitexin, isovitexin	Benzoate Flavonoids	↓ IL-1β, ↓ IL-6, ↓ IL-12β,		Tang et al., 2014

Latin name	Common English name	Common German name	Family	Active compound	Compound classification	Influence on (inflammatory) marker	Beneficial human health effect	Reference
<i>Viscum album</i>	20 min) European mistletoe	Weißbeerige Mistel	<i>Santalaceae</i>		Diarylheptanoids	↓ iNOS, ↓ TNF- $\alpha$ ↓ IL-6, ↓ IL-12, ↓ TNF- $\alpha$	Quality of life and reduction of side effects in cancer	Kienle and Kiene, 2010; Büssing et al., 2012; Nhiem et al., 2013
<i>Zingiber officinale</i>	Ginger	Ingwer	<i>Zingiberaceae</i>	6-Gingerol, 6-shogaol	Catechols	↓ AP-1, ↓ COX-1, ↓ COX-2, ↓ IL-1 $\beta$ , ↓ IL-12, ↓ I $\kappa$ B $\alpha$ , ↓ LOX, ↓ NF- $\kappa$ B, ↓ TNF- $\alpha$	Antiemetic and inhibition of nausea and vomiting in pregnancy; Beneficial effects in osteoarthritis	Prasad and Aggarwal, 2014; Mohd Yusof, 2016; Dragos et al., 2017