



Native Herb Alternatives To Exotic Herbs

Common Name	Botanical Name	Substitutes
Bethroot	<i>Trillium spp.</i>	Harakeke, Horopito, Kohekohe, Mānuka and Tanekaha.
Bearberry	<i>Arctostaphylos uva-ursi</i>	Karamu, Kawakawa, Koromiko and Mānuka.
Bloodroot	<i>Sanguinaria canadensis</i>	Kūmerahou and Tanekaha.
Blue Cohosh	<i>Caulophyllum thalictroides</i>	Harakeke, Koromiko and Akeake.
Blue Flag	<i>Iris versicolor</i>	Kawakawa, Kohekohe and Kūmerahou.
Boswellia	<i>Boswellia serrata</i>	Akeake, Horopito, Kawakawa and Pukatea.
Buchu	<i>Barosma betulina</i>	Karamu, Kawakawa, Koromiko and Mānuka.
Devil's Claw	<i>Harpagophytum procumbens</i>	Akeake, Kawakawa and Kūmerahou.
Echinacea	<i>Echinacea angustifolia</i>	Mānuka and Totara.
Fringetree	<i>Chionanthus virginicus</i>	Tanekaha, Karamu and Kohekohe.
Gentian	<i>Gentiana lutea</i>	Kohekohe, Koromiko, Kūmerahou and Tanekaha.
Goldenseal	<i>Hydrastis canadensis</i>	Kānuka, Kohekohe, Koromiko, Kūmerahou, Mānuka, Tanekaha and Totara.
Guaiacum	<i>Guaiacum officinale</i>	Akeake, Kūmerahou and Kawakawa.
Irish Moss	<i>Cetraria icelandica</i>	Hoheria and Mamaku.
Lesser Periwinkle	<i>Vinca minor</i>	Mānuka, Koromiko, Kohekohe, Tanekaha and Totara.
Lomatium	<i>Lomatium dissectum</i>	Kānuka, Akeake and Kawakawa.
Marshmallow	<i>Althaea officinalis</i>	Hoheria, Mamaku and Kūmerahou.
Myrrh	<i>Commiphora myrrha</i>	Mānuka.
Pasque flower	<i>Pulsatilla vulgaris</i>	Horopito, Mānuka, Kawakawa and Pukatea.
Pau d'Arco	<i>Tabebuia avellanedae</i>	Horopito, Mānuka and Kūmerahou.
Phyllanthus	<i>Phyllanthus amarus</i>	Tanekaha, Horopito and Mānuka.
Picrorrhiza	<i>Picrorrhiza kurroa</i>	Kohekohe, Koromiko, Kūmerahou, Mānuka, Tanekaha and Totara.
Pygeum	<i>Prunus africana</i>	Karamu and Kawakawa.
Rhodiola	<i>Rhodiola rosea</i>	Kawakawa and Mānuka.
Slippery Elm	<i>Ulmus fulva</i>	Hoheria.
Sundew	<i>Drosera rotundifolia</i>	Hoheria, Kūmerahou and Kohekohe.
White Deadnettle	<i>Lamium album</i>	Mānuka, Tanekaha and Kohekohe.
Wild Yam	<i>Dioscorea villosa</i>	Horopito, Hoheria, Mānuka and Totara.