

Plant list: Superfoods



The following list contains superfoods

The term "superfood" is not strictly defined and is often used to describe foods that are particularly nutrient-dense and offer numerous health benefits. We have categorized the superfoods into the following categories: general superfoods, berries, nuts, cereals, and algae.

Botanica processes the corresponding plants into extracts which are available in different carrier substances (water-soluble, oil-soluble etc.) – see extract finder. These extracts can be used for cosmetic and technical purposes.

Botanica neither performs nor commissions tests on animals. Our raw materials are natural and can vary slightly from harvest to harvest without affecting the quality of the product. Further information can be found in the corresponding specification.

Please note that certain plants are not available all year round. Please ask us about the availability.

This list is not exhaustive and only represents some of the plants we process. If you are looking for other specific extracts to use in your formulation, we look forward to hearing from you.

General Superfoods

English	Deutsch	Français	Latin	Bio
Avocado	Avocado	Avocat	Persea Americana	Bio
Cocoa	Kakao	Cacao	Theobroma Cacao	Bio
Ginger	Ingwer	Gingembre	Zingiber Officinale	Bio
Ginseng	Ginseng	Ginseng	Panax Ginseng	Bio
Guarana	Guarana	Guarana	Paullinia Cupana	Bio
Kiwi	Kiwi	Kiwi	Actinidia Deliciosa	Bio
Maca	Maca	Maca	Lepidium Meyenii	
Matcha	Matcha	Matcha	Camellia Sinensis	Bio
Mate	Mate	Maté	Ilex Paraguariensis	Bio
Pomegranate	Granatapfel	Grenade	Punica Granatum	Bio
Turmeric	Kurkuma	Curcuma	Curcuma Longa	Bio
White Tea	Weisser Tee	Thé blanc	Camellia Sinensis	Bio

Nuts as Superfoods

English	Deutsch	Français	Latin	Bio
Almond	Mandel	Amande	Prunus Dulcis	Bio
Coconut	Kokos	Noix de Coco	Cocos Nucifera	Bio
Macadamia	Macadamia	Macadamia	Macadamia Ternifolia	
Walnut	Walnuss	Noix	Juglans Regia	Bio

(Pseudo-) Cereals as Superfoods

English	Deutsch	Français	Latin	Bio
Amaranth	Amaranth	Amarante	Amaranthus Caudatus	Bio
Barley	Gerste	Orge	Hordeum Vulgare	Bio
Linseed (brown)	Lein (braun)	Lin (brun)	Linum Usitatissimum	Bio
Millet	Hirse	Millet	Panicum Miliaceum	Bio
Quinoa	Quinoa	Quinoa	Chenopodium Quinoa	Bio
Rice white	Reis weiss	Riz blanc	Oryza Sativa	Bio

Berries as Superfoods

English	Deutsch	Français	Latin	Bio
Acai	Acai	Açaí	Euterpe Oleracea	Bio
American Cranberry	Moosbeere amerikanisch	Canneberge à gros fruits	Vaccinium Macrocarpon	Bio
Aronia*	Aronia*	Aronia*	Aronia Melanocarpa	Bio
Black Currant	Johannisbeere schwarz	Cassis	Ribes Nigrum	Bio
Blackberry	Brombeere	Mûre	Rubus Fruticosus	Bio
Blueberry	Heidelbeere	Myrtille	Vaccinium Myrtillus	Bio
Dog Rose hip	Hagebutte (Hundsrose)	Cynorrhodon (Eglantier)	Rosa Canina	Bio
Elder	Holunder	Sureau	Sambucus Nigra	Bio
Goji	Gojibeere	Baie de Goji	Lycium Barbarum	Bio
Juniper	Wacholder	Genévrier commun	Juniperus Communis	Bio
Raspberry	Himbeere	Framboise	Rubus Idaeus	Bio
Sea Buckthorn	Sanddorn	Argousier	Hippophae Rhamnoides	Bio
Strawberry	Erdbeere	Fraise	Fragaria Ananassa	Bio
White Mulberry	Maulbeere weiss	Mûrier blanc	Morus Alba	Bio

* INCI: possibly not China-compliant

Algae

A selection of algae is listed on a separate list

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