

U Antiscorbutic

Plant

Fucus vesiculosus ()

Glechoma hederaceum ()

Gynandropsis pentaphylla (Pai Hua Ts' Ai, Pyasya, Yang Chio Ts' Ai)

Helenium puberulum ()

Iberis amara (Carraspique, Clown'S Mustard, Thalspi Blanc)

Lepidium sativum (Adi Suterisi, Cress, Cresson Alenois, Crusson D'Jardin, Mastuerzo, Rshad, Taratiza, Teretura)