

**Supplementary material**  
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**Table S1.** The benefits of some plant extracts for health.

<b>Plant</b>	<b>Part of plant</b>	<b>Beneficial properties</b>	<b>Reference</b>
<i>Achyrocline satureioides</i>	Aerial	respiratory diseases, arthritis, stomach pain, to treat gastritis and ulcer, as antipyretic, wound healing, cholesterol lowering	[132] [133] [134]
<i>Eupatorium viscidum</i>	Aerial	acetylcholinesterase inhibition, modification of monoamines, antiamyloid aggregation effect and antioxidant activity	[135]
<i>Ruprechtia apetala</i>	Aerial	inhibition of tyrosinase monophenolase activity	[136]
<i>Trichocline reptans</i>	Aerial	cholinesterase inhibition	[137]
<i>Zanthoxylum coco</i>	Aerial	cholinesterase inhibition	[137]
<i>Poncirus trifoliata</i>	Fruit	mitigate allergic reactions, inflammation, edema, digestive complications, respiratory problems, spleen-related problems, liver complications, neuronal pain, hyperlipidemia, rheumatoid arthritis, cardiovascular problems, hernia, sinusitis, and insomnia	[138]
<i>Treculia obovoidea</i>	Twigs	antimicrobial activity	[139]
<i>Angelica archangelica</i>	Leaves and root	antioxidant activity, for digestive disorders, to enhance blood circulation	[140,141]
<i>Cassia obtusifolia</i>	Seed	neuroprotection, hepatoprotective effect, antimicrobial activity	[142,143,144]
<i>Desmodium gangeticum</i>	Root and leaf	tonics, febrifuge, digestive, antiemetic, astringent, anti-asthmatic, antidiarrhoeal and anti-inflammatory	[145, 146]
<i>Salvia officinalis</i>	Flowers, leaves	relief of pain, protecting the body against oxidative stress, free radical damages, angiogenesis, inflammation, bacterial and virus infection, anticancer and antiviral	[147, 148]
<i>Moringa oleifera</i>	Leaves, seeds, roots and flowers	antioxidant activity, wound healing	[149, 150, 151]

<i>Ginkgo biloba</i>	Leaves	neuroprotective, anticancer, cardioprotective, stress alleviating, and memory enhancing effects	[152]
<i>Lavandula angustifolia</i>	Flowers, buds and leaves	sedative and analgesic properties, prevention of Alzheimer's disease, anticancer	[153]
<i>Prunus armeniaca</i> L	Fruit and seed	anticancer, gynecological diseases, rheumatic pain, headache, and skin hyperpigmentation, for skin diseases, ear inflammation, and tinnitus; treat asthma, productive cough, and fever	[154, 155]
<i>Astragalus membranaceus</i>	Root	anti-inflammatory, anticancer	[156]
<i>Cordyceps sinensis</i>	Fungus	increase longevity, anticancer, antioxidant properties, anti-diabetic, antiasthma, for treatment of cough and cold	[157]
<i>Abelmoschus manihot</i>	Flowers, seeds, stems, and leaves	treatment of chronic kidney disease, antidiabetic nephropathy, antioxidant, antiadipogenic, anti-inflammatory, analgesic, anticonvulsant, antidepressant, antiviral, antitumor, cardioprotective, antiplatelet, neuroprotective, immunomodulatory, and hepatoprotective activities	[158]
<i>Vitis vinifera</i>	Fruits, seeds, stems, skin and pomaces	chemoprotective properties against free radicals and oxidative stress, anti-inflammatory activity, and anticarcinogenic properties	[159]
<i>Zingiber officinale</i>	Root	antioxidant, anti-inflammatory, antimicrobial, and anticancer activities; for prevention of neurodegenerative diseases, cardiovascular diseases, obesity, diabetes mellitus, chemotherapy-induced nausea and emesis, for respiratory disorders	[160]
<i>Garcinia lucida</i>	Barks	chronic kidney disease and cardiovascular diseases treatment	[161]
<i>Portulaca oleracea</i>	Leaves	antioxidant activity, prevent cardiovascular disease and cancer, reducing atherosclerosis and inflammatory markers in the body, decelerate the progression of Parkinson's disease, improvement of blood lipid and glucose levels, treatment of diabetes and utilized as an anti-bacterial and anti-viral agent	[162]
<i>Melissa Officinalis</i>	Aerial	for treatment of gastrointestinal, cardiovascular, neurological, psychological disorders; antioxidant, anti-inflammatory,	[163]

		antispasmodic, antimicrobial, neuroprotective, nephroprotective, antinociceptive effects	
<i>Curcuma longa</i>	Roots	for treatment of liver obstruction and jaundice, for ulcers and inflammation; cough, cold, dental issues, indigestion, skin infections, blood purification, asthma, piles, bronchitis, tumor, wounds, and hepatic disorders	[164]
<i>Calendula officinalis</i>	Aerial	anti-inflammatory, anti-cancer, antihelminthic, antidiabetes, wound healing, hepatoprotective, and antioxidant activities	[165]
<i>Rosmarinus officinalis</i>	Aerial	antitumor, anti-inflammatory, analgesic, neurodegenerative, endocrinal, anti-infective and antioxidant; treat minor wounds, rashes, headache, dyspepsia, circulation problems	[166]
<i>Achyranthes aspera</i>	Aerial	antiperiodic, diuretic, purgative, laxative antiasthmatic, hepatoprotective, anti-allergi; for treatment of pneumonia, diarrhea, dysentery, asthma, cough, dropsy, ulcers, piles, rheumatism, and skin diseases	[167]
<i>Punica granatum</i>	Fruits	anti-inflammatory, antioxidant and antibacterial activities; inhibitory effect on skin and breast cancers	[168]