

Beware of toxic plants resembling *Radix Fici Simplicissimae*

Trade Consultation Forum
14 June 2019

Background (1)

- ❖ *Radix Fici Simplicissimae* is a popular ingredient used to prepare soup
- ❖ It is the root of a plant belongs to the Moraceae family



Radix Fici Simplicissimae



Source: Chinese Medicine Division, Department of Health
http://www.cmd.gov.hk/html/b5/health_info/publication/Interesting_Chinese_Herbs.html

Background (2)

- ✿ Although *Radix Fici Simplicissimae* is not toxic, it grows in the wild in areas where some toxic plants are prevalent, such as *Gelsemium elegans* (a toxic plant belongs to the Loganiaceae family). The appearance of these plant species is similar and may be mixed up during harvesting

Background (3)

- ✿ In Hong Kong, there were poisoning cases involving consumption of *Radix Fici Simplicissimae* suspected to be contaminated with toxic plants

Advice (1)

Advice to the trade

- ✿ Obtain food products from reliable sources
- ✿ The trade should ensure the foods they sell or import are fit for human consumption and comply with legal standards

Advice (2)

Advice to the public

- ✿ Avoid picking wild plants for food
- ✿ Source food from reliable retailers
- ✿ Do not consume plants that are not known to be edible. If in doubt, better not to consume them
- ✿ Members of the public should seek advice from healthcare professionals immediately if they feel unwell after consuming the plants

Thank you