	Table S1.	Herbal	teas us	sed for	experimen	tal
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Table S1. Herbal teas used Name	Scientific name		
Angelica	Angelica archangelica		
Anise seed	Pimpinella anisum		
Ashitaba	Angelica keiskei		
Candle bush	Senna alata		
Cardamon	Elettaria cardamomum		
Catnip	Nepeta cataria		
Dokudami	Houttuynia cordata		
Eucalyptus	Eucalyptus sp.		
Eyebright	Eucatypius sp. Euphrasia rostkoviana		
German chamomile	Matricaria recutita		
Guava	Psidium guajava		
Hibiscus			
	Hibiscus sabdariffa		
Hops Hub tea	Humulus lupulus		
	Senna obtusifolia		
Hyssop	Hyssopus sp.		
Japanese Medlar (Loquat)	Eriobotrya japonica		
Japanese mugwort	Artemisia indica var. maximowiczii		
Kuma bamboo grass	Sasa veitchii		
Lady's mantle	Alchemilla sp.		
Lavender	Lavandula sp.		
Lemon balm	Melissa officinalis		
Lemon myrtle	Backhousia citriodora		
Lemon verbena	Aloysia citrodora		
Linden	Tilia × europaea		
Mate	Ilex paraguariensis		
Mulberry	Morus sp.		
Pennyroyal	Mentha pulegium		
Peppermint	Mentha × piperita		
Raspberry	Rubus sp.		
Red wine leaf	Vitis vinifera		
Roman chamomile	Chamaemelum nobile		
Rosemary	Rosmarinus officinalis		
Safflower	Carthamus tinctorius		
Sage	Salvia officinalis		
Savory winter	Satureja sp.		
Shiso	Perilla frutescens var. crispa		
Spearmint	Mentha spicata		
st.john's wort	Hypericum perforatum		
Stevia	Stevia rebaudiana		
Sunflower petal	Helianthus annuus		
Thyme	Thymus sp.		
Tian cha	Rubus suavissimus		
Tochu tea	Eucommia ulmoides		
Wild strawberry	Fragaria sp.		