

No-Pain/Have-Pain Foods

List and advice from
Supreme Master Ching Hai (vegan)

**Please note: We will update when possible with more
No-pain and Have-pain foods. This is not a complete list.**

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SupremeMasterTV.com/NoPainFood **Cilantros/Corianders**
(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Cilantros/Corianders

Bolero cilantro

N



Calypso cilantro

N



Caribe cilantro

N



Confetti cilantro

N



Cruiser cilantro

N



Delfino cilantro

N



(**N** = No Pain, **P** = Have Pain) selections from

Supreme Master Ching Hai (vegan)

Dwarf Lemon cilantro

N



Leisure cilantro

N



Marino cilantro

N



Poke Joe cilantro

N



Rak Tamachat cilantro

N



Santo (Long Standing) cilantro

N



SupremeMasterTV.com/NoPainFood Cilantros/Corianders
(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Standby cilantro

P



Sunmaster cilantro

N



RCr-446 coriander

P



Thüringer coriander

N



Yantar coriander (Jantar)

N



(N = No Pain, P = Have Pain) selections from

Supreme Master Ching Hai (vegan)

Leaf Parsleys

Banquet parsley

N



Champion Moss Curled parsley

N



Darki parsley

P



Extra Triple Curled parsley

N



Festival 68 parsley

N



Forest Green parsley

N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

Frisé Vert Foncé parsley

N



Gigante d'Italia parsley

P



Gigante di Napoli parsley

N



Green Pearl parsley

N



Hilmar parsley

N



Kaderava parsley

N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

Krausa parsley

N



Moss Curled II parsley

N



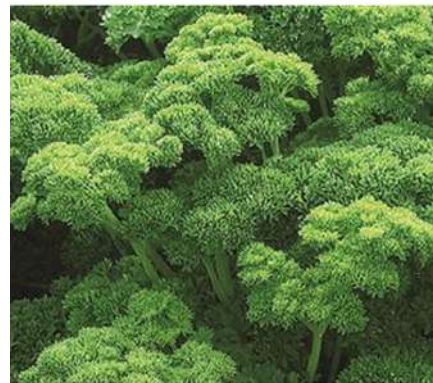
Paramount parsley

N



Petra parsley

N



Plain Leaved 2 parsley

N



Titan parsley

P



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

Triple Moss Curled parsley

N



Root Parsleys

Arat parsley

N



Berliner parsley

N



Eagle parsley

P



Hilmar parsley

N



Osborne Root parsley

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Dills

Ambrosia dill

N



Bouquet dill

N



Dukat dill

N



Elephant dill

N



Fernleaf dill

N



Hera dill

N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

Hercules dill

N



Long Island Mammoth dill

N



Superdukat dill

N



Teddy dill

N



Gold Crown dill

N



Vierling dill

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Radishes

Bainiang radish (白娘)

N



Black Spanish Long radish

P



Black Spanish Round radish

P



Cherry Belle radish

N



Crimson Giant radish

N



Daikon Minowase radish

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Daikon Misato Rose radish

N



Early Scarlet Globe radish

N



French Breakfast radish

N



Korean Mu radish

N



Meihua radish (梅花)

N



Meinong White Jade radish
(美濃白玉)

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

München Bier radish

N



Pink Beauty radish

N



Purple Plum radish

N



Rat's Tail radish

N



Red Dragon radish

N



Rudi radish

N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

Sakurajima radish

N



Shunkyo radish

N



White Beauty radish

N



White Icicle radish

N



Yongxiang radish (永祥)

N



Zlata radish

N



Vietnamese coriander

Vietnamese-grown (Rau răm)

type 1 (grown in Cần Thơ)

N



type 2 (grown in Đà Nẵng)

P



type 3 (grown in Hà Nội)

N



type 4 (grown in HCM CT)

N



Cambodian-grown (Chi krasang)

type 1

N



type 2

P



SupremeMasterTV.com/NoPainFood Vietnamese coriander
(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Indian-grown (Phak phai)

type 1
(grown in Manipur region)
N



type 2
(grown in Manipur region)
P



type 3
(grown in Manipur region)
N



type 4
(grown in Manipur region)
N



French-grown

type 1
P



type 2
P



SupremeMasterTV.com/NoPainFood Vietnamese coriander
(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

German-grown

type 1

N



type 2

N



Indonesian-grown (Daun kesum)

type 1

N



type 2

N



Japanese-grown

type 1

P



type 2

P



SupremeMasterTV.com/NoPainFood Vietnamese coriander
(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Laotian-grown (Phak phaew)

type 1

N



type 2

(grown in Xayabouri)

N



Malaysian-grown (Daun kesum)

type 1

N



type 2

N



Philippine-grown

type 1

P



type 2

P



SupremeMasterTV.com/NoPainFood Vietnamese coriander
(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Thai-grown (Phak phaew)

type 1
(grown in Maha Sarakham)

P



type 2

N



Australian-grown

N



British-grown

P



Canadian-grown

N



Chinese-grown

P



SupremeMasterTV.com/NoPainFood Vietnamese coriander
(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Dutch-grown

P



Irish-grown

P



Italian-grown

P



Korean-grown

P



Myanmar-grown (Phetphe)

P



New Zealand-grown

P



SupremeMasterTV.com/NoPainFood Vietnamese coriander
(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Singaporean-grown (Daun laksa)

N



Taiwanese-grown

N



type 1

P



US-grown

type 2

P



type 3

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Bamboo Shoots

Bambusa blumeana
bamboo shoot (刺竹筍)

N



Bambusa edulis (Odashima) Keng
bamboo shoot (烏殼綠竹筍)

N



Bambusa oldhamii
bamboo shoot (綠竹筍)

N



Dendrocalamus brandisii
bamboo shoot (甜龍筍)

N



Dendrocalamus giganteus
bamboo shoot (巨竹筍)

N



Dendrocalamus latiflorus
bamboo shoot (麻竹筍)

N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

**Phyllostachys edulis
bamboo shoot (孟宗筍)**

N



**Phyllostachys makinoi Hayata
bamboo shoot (桂竹筍)**

N



**Pseudosasa usawai
bamboo shoot (箭筍)**

N



Endives

Benefine endive

N



Blonde à Coeur Plein endive

N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

Bubikopf endive

N



Cornet de Bordeaux endive

N



De Meaux endive

N



Eros F1 endive

N



Full Heart Batavian endive

N



Géante Maraîchère endive

N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

Green Curled Ruffec endive

N



Grosse Pancalière endive

N



Korbi RZ endive

N



Rhodos endive

N



Salad King endive

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Sages

Berggarten sage

N



Extrakta sage

N



Holt's Mammoth sage

N



Peppermints

French-grown

type 1

(grown in Nouvelle-Aquitaine)

P



type 2

(grown in Provence)

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 3
(grown in Île-de-France)
N



type 4
(grown in Grand Est)
P



type 1
(grown in Tasmanina)
N



Australian-grown
type 2
(grown in central Victoria)
N



type 1
(grown in Puglia)
N



Italian-grown
type 2
(grown in Piedmont)
P



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 3
(grown in Tuscany)
N



type 4
(grown in Puglia)
P



type 1
(grown in Maranhão)
N

Brazilian-grown



type 2
P



type 1
(grown in Kentucky)
P

US-grown



type 2
(grown in Arkansas)
N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 3
(grown in Minnesota)

N



type 4
(grown in Pennsylvania)

N



Czech-grown

type 1
(grown in Hradec Králové)

N



type 2

P



type 1
(grown in Matrouh)

N



Egyptian-grown

type 2
(grown in New Valley)

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Indian-grown

type 1

(grown in Uttar Pradesh)

N



type 2

(grown in Uttar Pradesh)

N



Iranian-grown

type 1

N



type 2

(grown in Mazandaran)

N



Moroccan-grown

type 1

P



type 2

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Taiwanese-grown

type 1
N



type 2
N



Vietnamese-grown

type 1
(grown in Cần Thơ)
N



type 2
(grown in Đà Nẵng)
N



Argentine-grown
N



Austrian-grown
N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

British-grown

P



Canadian-grown

N



Chinese-grown

N



Colombian-grown

N



Danish-grown

N



Dutch-grown

N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

Finnish-grown

N



German-grown

N



Greek-grown

N



Hungarian-grown

N



Japanese-grown

N



Korean-grown

N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

Mexican-grown

N



New Zealand-grown

P



Nigerian-grown

N



Polish-grown

N



Russian-grown

N



Slovenian-grown

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Spanish-grown

N



Swiss-grown

N



Swedish-grown

N



Thai-grown

N



Turkish-grown

N



Ukrainian-grown

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Spearmints
US-grown

type 1 (grown in Alaska)

N



type 2

N



type 3

N



type 4 (grown in Florida)

P



type 5

N



type 6

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Egyptian-grown

type 1

N



type 2 (grown in North Sinai)

N



type 3

P



type 4

N



Argentine-grown

type 1

N



type 2

N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

German-grown

type 1
P



type 2
N



type 3
N



type 4
N



Bangladeshi-grown

type 1
N



type 2
N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Greek-grown

type 1
(grown in Central Macedonia)
N

type 2
(grown in Central Macedonia)
P



type 3
N

type 4
N



Colombian-grown

type 1
N

type 2
N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Spanish-grown

type 1

P



type 2

N



type 3

N



type 4

N



Costa Rican-grown

type 1

P



type 2

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1
(grown in Dalarnas län)
N



type 2
N



type 3
N



type 4
N



Finnish-grown

type 1 (grown in Uusimaa)
N



type 2 (grown in Uusimaa)
N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

French-grown

type 1

N



type 2

N



Indian-grown

type 1

P



type 2

N



Indonesian-grown

type 1

N



type 2

P



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Italian-grown

type 1

N



type 2

N



Japanese-grown

type 1 (grown in Tokyo)

N



type 2 (grown in Yamaguchi)

N



Philippine-grown

type 1

N



type 2

P



(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1
N



Vietnamese-grown

type 2
N



Algerian-grown
N



Australian-grown
N



British-grown
N



Canadian-grown
P



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1

N



Brazilian-grown

type 2

N



type 3

N



Chilean-grown

P



Chinese-grown

N



Danish-grown

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1

N



Mexican-grown

type 2

N



type 3

N



Dutch-grown

N



Ecuadorian-grown

N



Georgian-grown

P



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1

N



Moroccan-grown

type 2

N



type 3

P



Honduran-grown

N



Hungarian-grown

N



Iranian-grown

N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

Iraqi-grown

P



Israeli-grown

N



Lebanese-grown

P



Malaysian-grown

N



Maltese-grown

N



Pakistani-grown

N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

**Peruvian-grown
N**



**Polish-grown
N**



**Russian-grown
N**



**Salvadoran-grown
P**



**Singaporean-grown
N**



**Slovak-grown
N**



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

South Korean-grown

P



Sri Lankan-grown

N



Tunisian-grown

N



Turkish-grown

N



Tamarinds
Indian-grown

type 1

N



type 2

N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

**type 3
(grown in Karnataka)**

N



**type 4
(grown in Tamil Nadu)**

N



**type 5
(grown in Andhra Pradesh)**

N



**type 6
(grown in Maharashtra)**

N



type 1

N



Brazilian-grown

type 2

N



(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 3
(grown in São Paulo)
N



type 4
N



type 1
N

Cambodian-grown



type 2
N



type 1
N

Indonesian-grown



type 2
N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 3
N



type 4
(grown in East Java)
N



type 1
N



Dominican-grown

type 2
N



type 1
N



Kenyan-grown

type 2
N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 3

N



type 4

N



type 1
(grown in North Sinai)

N



Egyptian-grown

type 2

N



type 1
(grown in Colima)

N



Mexican-grown

type 2
(grown in Jalisco)

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 3
(grown in Quintana Roo)

N



type 4
(grown in Colima)

N



type 1

N



Guatemalan-grown

type 2

N



type 1

N



Philippine-grown

type 2

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 3

N



type 4

N



type 1

N



Laotian-grown

type 2
(grown in Vientiane Province)

N



type 1
(grown in Phetchabun)

N



Thai-grown

type 2

N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

**type 3
(grown in Loei)**

N



**type 4
(grown in Uttaradit)**

N



Malaysian-grown

type 1

N



type 2

N



US-grown

**type 1
(grown in Florida)**

N



**type 2
(grown in Florida)**

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 3

N



type 4

N



type 1
(grown in Abuja)

N



Nigerian-grown

type 2

N



type 1

N



Vietnamese-grown

type 2

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 3

N



type 4

N



type 1

N



Sri Lankan-grown

type 2

N



Tanzanian-grown

type 1

N



type 2
(grown in Dar es Salaam)

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1
N



Ugandan-grown

type 2
N



Australian-grown
N



Bangladeshi-grown
N



Burkinabé-grown
N



Chinese-grown
(grown in Yunnan)
N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

Colombian-grown

N



Grenadian-grown

N



Haitian-grown

N



Iranian-grown

N



Jamaican-grown

N



Myanmar-grown

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Nicaraguan-grown

N



Omani-grown

N



Panamanian-grown

N



Peruvian-grown

N



El Salvador-grown
(grown in San Salvador)

N



Saudi-grown

N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

Singaporean-grown

N



Taiwanese-grown

N



Zambian-grown

N



Muen Jong tamarind (หมื่นจง)

N



**Phet Amphon tamarind
(เพชรอำพน)**

N



**Phet Manee tamarind
(เพชรมนั)**

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Phet Prakai Thong tamarind
(เพชรประกายทอง)

N



Phet Sap Phuexp tamarind
(เพชรซำเปอ)

N



Sri Chomphu tamarind
(ศรีชมพู)

N



Sri Phakdi tamarind
(ศรีภักดี)

N



Si Thong tamarind (สีทอง)

N



PKM tamarind

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Culantros
US-grown

type 1
(grown in California)
N



type 2
N



type 3
(grown in Florida)
N



type 4
(grown in Hawaii)
N



type 5
(grown in Texas)
N



type 6
(grown in Texas)
N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 7
(grown in Puerto Rico)

N



type 8
(grown in Puerto Rico)

N



type 9
(grown in Puerto Rico)

N



type 10
(grown in Puerto Rico)

N



type 1
(grown in Queensland)

N



Australian-grown

type 2
(grown in Queensland)

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Thai-grown

type 1

N



type 2

N



type 3

N



type 4

(grown in Nakhon Phanom)

N



type 5

N



type 6

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1 Honduran-grown
N



type 2
N



type 3
N



type 4
N



type 1 Canadian-grown
N



type 2
N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1

N

Indian-grown



type 2

N



type 3

(grown in Assam)

N



type 4

(grown in Karnataka)

N



type 1

N

Colombian-grown



type 2

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1
N

Taiwanese-grown



type 2
N



type 3
(grown in Kaohsiung)
N



type 4
N



type 1
(grown in Alajuela)
N

Costa Rican-grown



type 2
(grown in San José)
N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1 Vietnamese-grown

N



type 2

N



type 3

N



type 4

N



type 1 Guatemalan-grown

(grown in Alta Verapaz)

N



type 2

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1 New Zealand-grown

N



type 2
(grown in Waikato)

N



type 1 Panamanian-grown

N



type 2

N



type 1 Sri Lankan-grown

N



type 2

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1 **Bangladeshi-grown**

N



type 2

N



type 3

N



Bolivian-grown

N



Cambodian-grown
(grown in Kampong Chhnang)

N



Chinese-grown
(grown in Yunnan)

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1 Jamaican-grown

N



type 2

N



type 3

N



Antiguan-grown

N



Salvadoran-grown

N



Indonesian-grown

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1
N



Malaysian-grown

type 2
N



type 3
(grown in Selangor)
N



Laotian-grown
N



French-grown
(grown in Martinique)
N



Mexican-grown
N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Trinidadian-grown
type 1

N



type 2

N



type 3

N



Myanmar-grown

N



Nepalese-grown

N



Nicaraguan-grown

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1
(grown in Oxfordshire)

N



British-grown

type 2
(grown in Warwickshire)

N



type 3
(grown in British Virgin Islands)

N



Singaporean-grown

N



Philippine-grown
(grown in Pampanga)

N



Peruvian-grown
(grown in Mariscal Ramón Castilla)

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Venezuelan-grown

N



Ceylon Cinnamon

Malagasy-grown

type 1

N



type 2

N



type 3

N



type 4

N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

Sri Lankan-grown

type 1
(grown in Matara)
N



type 2
(grown in Matara)
N



type 3
(grown in Matara)
N



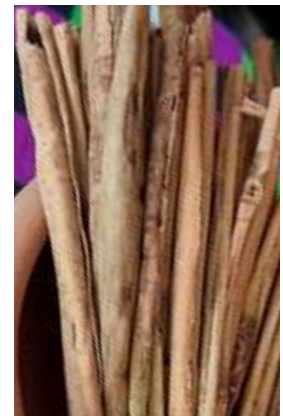
type 4
(grown in Kalutara)
N



type 5
(grown in Galle)
N



type 6
(grown in Galle)
N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Mexican-grown

type 1
(grown in Puebla)
N



type 2
(grown in Jalisco)
N



type 3
N



type 4
N



Grenadian-grown

type 1
N



type 2
N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

US-grown

type 1
(grown in Hawaii)
N



type 2
(grown in Hawaii)
N



type 3
(grown in Connecticut)
N



type 4
(grown in California)
N



Indonesian-grown

type 1
N



type 2
N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

Tanzanian-grown

type 1

N



type 2

(grown in Tanga Region)

N



type 3

(grown in Zanzibar)

N



Indian-grown

N



Dominican-grown

N



**Honduran-grown
(grown in Colón)**

N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

Japanese-grown

N



Malaysian-grown

N



Spanish-grown

N



**Sri Gemunu
ceylon cinnamon**

N



**Sri Wijaya
ceylon cinnamon**

N



(**N** = No Pain, **P** = Have Pain) selections from

Supreme Master Ching Hai (vegan)

Cassia Cinnamon

Vietnamese-grown

type 1
(grown in Nghệ An)
N



type 2
(grown in Nghệ An)
N



type 3
(grown in Quảng Nam)
N



type 4
(grown in Quảng Nam)
N



type 5
(grown in Quảng Nam)
N



type 6
(grown in Quảng Nam)
N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

**type 7
(grown in Yên Bái)**

N



**type 8
(grown in Yên Bái)**

N



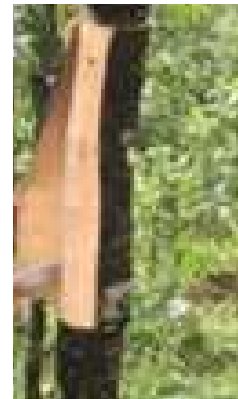
**type 9
(grown in Quảng Ngãi)**

N



**type 10
(grown in Quảng Ngãi)**

N



**type 11
(grown in Quảng Ngãi)**

N



**type 12
(grown in Thái Nguyên)**

N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

Chinese-grown

type 1 **type 2**
(grown in Guangdong) (grown in Luoding, Guangdong)
P P



type 3 **type 4**
(grown in Guangxi) (grown in Guangxi)
P P



type 5 **type 6**
(grown in Fangcheng, Guangxi) (grown in Yunnan)
P P



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1
(grown in West Sumatra)
P



Indonesian-grown

type 2
(grown in West Sumatra)
N



type 3
(grown in Jambi)
P



type 4
(grown in Jambi)
P



type 5
(grown in Jambi)
N



type 6
(grown in Jambi)
N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1
(grown in Sabah)
N



Malaysian-grown

type 2
(grown in Sabah)
N



type 1
N

US-grown

type 2
(grown in California)
N



Indian-grown
N



Taiwanese-grown
P



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Native Cinnamon

Indian Native Cinnamon

type 1 (Cinnamomum tamala)

N



type 2

N



type 3

P



type 4

P



Cambodian Native Cinnamon
(Cinnamomum cambodianum)

type 1

N



type 2

P



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Taiwanese Native Cinnamon
(*Cinnamomum osmophloeum*)

type 1
P



type 2
(grown in Taipei)
N



type 3
(grown in Taichung)
N



type 4
(grown in Pingtung)
N



Japanese Native Cinnamon
(*Cinnamomum sieboldii*)

type 1
P



type 2
N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Curry Leaves

type 1
(grown in Melbourne)
N

Australian-grown

type 2
(grown in New South Wales)
N



type 3
(grown in Queensland)
N

type 4
N



type 5
N

type 6
N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1
(grown in Leicester)
N



British-grown
type 2
(grown in East Sussex)
N



type 3
(grown in Nuneaton)
N



type 4
N



type 5
N



type 6
N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1
(grown in Kerala)

N



Indian-grown

type 2

N



type 3

N



type 4

N



type 5

N



type 6

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Philippine-grown

type 1
(grown in Laguna)
N



type 2
(grown in Mindanao)
N



type 3
(grown in Davao City)
N



type 4
(grown in Bulacan)
N



type 5
N



type 6
N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1
(grown in Kaohsiung)
N



Taiwanese-grown

type 2
(grown in Tainan)
N



type 3
(grown in Nantou)
N



type 4
N



type 5
N



Botswanan-grown

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

US-grown

type 1
(grown in Phonenix)
N



type 2
(grown in Texas)
N



type 3
N



type 4
N



type 1
N

Bangladeshi-grown

type 2
N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Brazilian-grown

type 1

N



type 2

N



Malaysian-grown

type 1

(grown in Johor)

N



type 2

(grown in Johor)

N



Mexican-grown

type 1

N



type 2

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1 New Zealand-grown
(grown in Auckland)
N



type 2
N



type 1 Thai-grown
N



type 2
N



type 1 Bhutanese-grown type 2
(grown in Lhuentse) (grown in Tsirang)
N **N**



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1 Canadian-grown
(grown in Alberta)
N



type 2
(grown in Toronto)
N



type 3
(grown in Ontario)
N



Chinese-grown
N



type 1 Ugandan-grown
(grown in Kampala)
N



type 2
N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1

N

Indonesian-grown



type 2

N



type 3

N

Colombian-grown

N



type 1

Vietnamese-grown
(grown in HCM CT)

N

type 2

N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

type 1
N



type 2
N



type 3
(grown in Miyazaki)
N



German-grown
N



Ghanaian-grown
N



Myanmar-grown
N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1

N



Nepalese-grown

type 2

N



type 3

N



Pakistani-grown

N



Palauan-grown
(grown in Ngeremlengui)

N



South African-grown
(grown in Johannesburg)

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1 Singaporean-grown

N



type 2

N



type 3

N



Sri Lankan-grown

N



Tanzanian-grown

N



Zambian-grown

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Lemon Basils
US-grown

type 1
(grown in Florida)

N



type 2
(grown in Los Angeles)

N



type 3
(grown in Tennessee)

N



type 4
(grown in Texas)

N



type 5

N



type 6

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1

N



Indian-grown

type 2

N



type 3

N



type 4

N



type 1

N



Australian-grown

type 2

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1

N



Indonesian-grown

type 2

N



type 3

N



type 4

N



type 1

N



British-grown

type 2

N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

type 1

N



Malaysian-grown

type 2

N



type 3

N



type 4

N



**Chinese-grown
(grown in Guangxi)**

N



Hong Kong-grown

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1

N



Thai-grown

type 2

N



type 3

N



type 4

N



type 1

N



German-grown

type 2

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1

N



Canadian-grown

type 2

N



type 3

N



Dutch-grown

N



type 1

(grown in Kobe City)

N



Japanese-grown

type 2

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1

N



Nigerian-grown

type 2

N



type 3

N



Emirati-grown

N



type 1

South African-grown

(grown in Eastern Cape)

N



type 2

(grown in Gauteng)

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1
(grown in Bahawalpur)
N



type 2
N



type 3
N



French-grown
(grown in Martinique)
N



type 1
N



type 2
N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1

N



Philippine-grown

type 2

N



type 3

N



Ghanaian-grown

N



Laotian-grown

N



South Korean-grown

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1 Singaporean-grown

N



type 2

N



type 3

N



Swedish-grown

N



Vietnamese-grown

N



Zambian-grown

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Perilla Leaves

type 1
(grown in Chongqing)
N



type 2
(grown in Fujian)
N



type 3
(grown in Guangdong)
N



type 4
(grown in Guangxi)
N



type 5
(grown in Guizhou)
N



type 6
(grown in Hubei)
N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 7
(grown in Hunan)

N



type 8
(grown in Jiangxi)

N



type 9

P



type 10

N



type 1

N



Hong Kong-grown

type 2

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1
(grown in Chiayi)

N



Taiwanese-grown

type 2
(grown in Hsinchu)

N



type 3
(grown in Hualien)

N



type 4
(grown in Taichung)

N



type 5
(grown in Taipei)

N



type 6

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 7

N



type 8

N



type 9

N



type 10

N



type 11

P



type 12

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1
(grown in Ibaraki)
N



Japanese-grown

type 2
(grown in Kochi)
P



type 3
(grown in Kyoto)
P



type 4
(grown in Wakayama)
P



type 5
N



type 6
N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

type 7

N



type 8

N



Thai-grown

type 1

(grown in Chiang Mai)

N



type 2

(grown in Chiang Rai)

N



type 3

(grown in Khon Kaen)

N



type 4

P



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

US-grown

type 1
(grown in California)
P



type 2
(grown in Hawaii)
P



type 3
(grown in Texas)
N



type 4
N



type 5
P



type 6
P



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 7

N



type 8

P



type 1

N



Canadian-grown

type 2

P



type 1

N



French-grown

type 2

N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

type 1

Indian-grown

type 2

(grown in Arunachal Pradesh)

(grown in Himachal Pradesh)

N

N



type 3

(grown in Himachal Pradesh)

type 4

(grown in Karnataka)

N

N



type 5

(grown in Uttarakhand)

type 6

P

P



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1
(grown in Geumsan)
N



type 2
(grown in Miryang)
N



type 3
(grown in Sancheong)
N



type 4
N



type 5
P



type 6
P



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

Vietnamese-grown

**type 1
(grown in An Giang)
N**



**type 2
(grown in Cà Mau)
N**



**type 3
(grown in Lâm Đồng)
N**



**type 4
(grown in Đồng Nai)
N**



**type 5
(grown in Tiền Giang)
P**



**type 6
P**



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1
(grown in Melbourne)
N



type 2
(grown in Melbourne)
N



type 3
N



Argentine-grown
N



type 1
N

Philippine-grown

type 2
N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1
(grown in West Java)

N



Indonesian-grown

type 2
(grown in West Java)

P



type 3

P



Belgian-grown

P



type 1

N



Spanish-grown

type 2

N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

type 1

P



Swedish-grown

type 2

N



Brazilian-grown

N



Chilean-grown

P



German-grown

N



Italian-grown

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Malaysian-grown

N



New Zealand-grown

P



Ukrainian-grown

N



Uruguay-grown

P



Perilla Seeds
Nepalese-grown

type 1

N



type 2

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Chinese-grown
type 1
(grown in Heilongjiang)
N



type 2
(grown in Jilin)
P



type 3
(grown in Jilin)
N



type 4
(grown in Shandong)
N



type 5
(grown in Shanxi)
N



type 6
(grown in Sichuan)
N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1
(grown in Fukushima)
N



type 2
(grown in Hokkaido)
N



type 3
(grown in Iwate)
N



type 4
(grown in Kyushu)
N



type 5
(grown in Nagano)
N



type 6
(grown in Saitama)
P



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1

Indian-grown

type 2

N

N

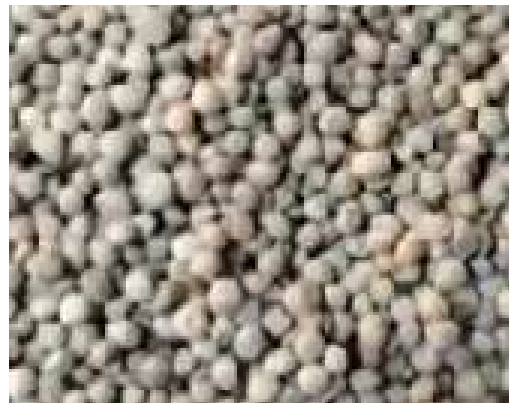


type 3

type 4

N

N



type 1

South Korean-grown

type 2

(grown in Gyeongsangbuk-do)

(grown in Jeollanam-do)

N

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 3
N



type 4
N



Thai-grown

type 1
N



type 2
N



type 3
N



Bangladeshi-grown
N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Fish Mints
Chinese-grown

type 1
(grown in Guangxi)

N



type 2
(grown in Guizhou)

N



type 3
(grown in Hubei)

N



type 4
(grown in Sichuan)

N



type 5

N



type 6

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1

Thai-grown

type 2

N

N



type 3

type 4

N

N



type 5

type 6

N

N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

type 1
(grown in Assam)
N



Indian-grown

type 2
(grown in Uttarakhand)
N



type 3
(grown in West Bengal)
N



type 4
N



type 5
N



Australian-grown
(grown in Queensland)
N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

type 1

US-grown

type 2

(grown in Massachusetts)

(grown in North Carolina)

N

N



type 3

type 4

N

N



type 5

**Bangladeshi-grown
(grown in Rajshahi)**

N

N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

type 1

N



Japanese-grown

type 2

N



type 3

N



type 4

N



Austrian-grown

type 1

(grown in Steiermark)

N



type 2

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1 Taiwanese-grown
(grown in Hsinchu)
N



type 2
N



type 3
N



type 4
N



type 1 Chilean-grown
N



type 2
N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

type 1
(grown in Thái Bình)
N



type 2
N



type 3
N



type 4
N



type 1
(grown in Luang Prabang)
N



type 2
N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Canadian-grown
type 1
(grown in British Columbia)
N



type 2
N



type 3
P



Bhutanese-grown
N



New Zealand-grown
type 1
(grown in Auckland)
N



type 2
(grown in Auckland)
N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

Indonesian-grown
type 1
(grown in West Java)
N



type 2
N



type 3
N



Brazilian-grown
N



South Korean-grown
type 1
(grown in North Gyeongsang)
N



type 2
(grown in South Chungcheong)
N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1

N



Malaysian-grown

type 2

N



type 3

N



British-grown

N



type 1

N



Spanish-grown

type 2

N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

French-grown

N



**Italian-grown
(grown in Trentino-Alto Adige)**

N



Nepalese-grown

N



**Russian-grown
(grown in North Ossetia)**

N



Sri Lankan-grown

N



Swedish-grown

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Vietnamese Balm
Japanese-grown

type 1
(grown in Ibaraki)
N



type 2
(grown in Kanagawa)
N



type 3
N



type 4
N



type 5
N



type 6
N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Vietnamese-grown

type 1

N



type 2

N



type 3

N



type 4

P



type 5

N



type 6

N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

Indian-grown

type 1

(grown in Himachal Pradesh)

N



type 2

(grown in Uttarakhand)

N



type 3

(grown in Uttarakhand)

P



type 4

(grown in Uttarakhand)

P



Bhutanese-grown

type 1

(grown in Punakha)

N



type 2

(grown in Trongsa)

P



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

type 1

Russian-grown

type 2

(grown in Novosibirsk Oblast)

(grown in Novosibirsk Oblast)

N

N



type 3

type 4

(grown in Oryol Oblast)

(grown in Pskov Oblast)

N

N



type 1

Chinese-grown

type 2

(grown in Guizhou)

(grown in Yunnan)

P

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1 South Korean-grown
(grown in Seoul)

N



type 2
(grown in South Jeolla)

N



type 3

N



type 4

N



type 1 Tibetan-grown

P



type 2

N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

type 1

N



US-grown

type 2

N



type 3

N



type 4

N



type 1

(grown in Kyiv)

N



Ukrainian-grown

type 2

N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

type 1
(grown in Changhua)
N



type 2
(grown in Miaoli)
N



type 3
N



Argentine-grown
N



Australian-grown
(grown in Melbourne)
N



Belarusian-grown
(grown in Grodno Region)
N



(N = No Pain, P = Have Pain) selections from

Supreme Master Ching Hai (vegan)

Canadian-grown

N



German-grown

N



**Dutch-grown
(grown in North Holland)**

N



Latvian-grown

N



Lithuanian-grown

N



Nepalese-grown

N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

**New Zealand-grown
(grown in Auckland)**

N



Norwegian-grown

N



Philippine-grown

N



**Polish-grown
(grown in Warsaw)**

P



**Portuguese-grown
(grown in Faro District)**

N



Singaporean-grown

N



type 1

(grown in Melbourne)

N

Rice Paddy Herb

Australian-grown

type 2

(grown in Queensland)

N



type 3

N



type 4

N



type 5

N



type 6

N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

Thai-grown

**type 1
(grown in Bangkok)**

N



**type 2
(grown in Kalasin)**

N



type 3

N



type 4

N



type 5

N



type 6

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Vietnamese-grown

type 1
(grown in Quảng Bình)

N



type 2

N



type 3

N



type 4

N



type 5

N



type 6

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

US-grown

type 1
(grown in Texas)

N



type 2

N



type 3

N



type 4

N



type 5

N



type 6

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 7

N



type 8

P



type 1

N



Cambodian-grown

type 2

N



type 3

N



type 4

N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

Japanese-grown
type 1
(grown in Hyogo)
N



type 2
N



type 3
N



type 4
N



Bangladeshi-grown
type 1
(grown in Mymensingh Division)
N



type 2
N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

**type 1
(grown in Taipei)**

N



Taiwanese-grown

**type 2
(grown in Taichung)**

N



type 3

N



type 4

N



**type 1
(grown in Jiangxi)**

N



Chinese-grown

type 2

N



type 1



type 1



type 1



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

type 1 New Zealand-grown
(grown in Wellington)
N



type 2
N



British-grown
N



German-grown
(grown in Berlin)
N



Indian-grown
(grown in Kerala)
N



Laotian-grown
N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

**Myanmar-grown
(grown in Yangon Region)**

N



**Philippine-grown
(grown in Cavite)**

N



Singaporean-grown

N



**Sri Lankan-grown
(grown in Ampara)**

N



Swedish-grown

N



Swiss-grown

N



(**N** = No Pain, **P** = Have Pain) selections from

Supreme Master Ching Hai (vegan)

Wild Betel Leaves

Indonesian-grown

type 1
(grown in Bali)

N



type 2
(grown in Central Java)

N



type 3
(grown in Java)

N



type 4
(grown in West Java)

N



type 5

N



type 6

N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

Malaysian-grown
type 1
(grown in Selangor)
N



type 2
N



type 3
N



type 4
P



type 5
N



type 6
N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

type 1
(grown in Bangkok)
N



Thai-grown

type 2
(grown in Bangkok)
N



type 3
(grown in Nonthaburi)
N



type 4
(grown in Pattani)
N



type 5
N



type 6
N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

US-grown

**type 1
(grown in Florida)**

N



**type 2
(grown in Hawaii)**

N



**type 3
(grown in Puerto Rico)**

N



**type 4
(grown in South Carolina)**

N



**type 5
(grown in Texas)**

N



type 6

N



(N = No Pain, P = Have Pain) selections from

Supreme Master Ching Hai (vegan)

type 1
(grown in Đồng Nai)
N



type 2
(grown in HCM CT)
N



type 3
(grown in Quảng Nam)
N



type 4
N



type 5
N



type 6
N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1
(grown in Hiroshima)

N



Japanese-grown

type 2
(grown in Okinawa)

N



type 3

N



type 4

N



type 1

N



Australian-grown

type 2

N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

type 1

N



Philippine-grown

type 2

N



type 3

N



type 4

N



type 1

(grown in Guangdong)

N



Chinese-grown

type 2

N



(N = No Pain, P = Have Pain) selections from

Supreme Master Ching Hai (vegan)

type 1
(grown in Kaohsiung)

N



Taiwanese-grown

type 2
(grown in Kaohsiung)

N



type 3
(grown in Yilan)

N



type 4

N



type 5

N



Hong Kong-grown

N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

type 1 **Cambodian-grown**

N



type 2

N



type 1 **Indian-grown**
(grown in Kerala)

N



type 2
(grown in Tamil Nadu)

N



type 1 **Laotian-grown**
(grown in Vientiane Province)

N



type 2

N



(N = No Pain, P = Have Pain) selections from

Supreme Master Ching Hai (vegan)

type 1 New Zealand-grown

N



type 2

N



type 1 Sri Lankan-grown
(grown in Colombo)

N



type 2
(grown in Matale)

N



Bhutanese-grown
(grown in Mongar)

N



Brunei-grown

N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

Canadian-grown

N



**Federated States of Micronesia-grown
(grown in Pohnpei)**

N



German-grown

N



Palauan-grown

N



Polish-grown

N



Singaporean-grown

N



(All foods below are No-Pain)

No-Pain foods - simple list

Please note: We will update when possible with more No-pain foods. This is not a complete list.

Cilantros/Corianders

- Bolero cilantro
- Calypso cilantro
- Caribe cilantro
- Confetti cilantro
- Cruiser cilantro
- Delfino cilantro
- Dwarf Lemon cilantro
- Leisure cilantro
- Marino cilantro
- Poke Joe cilantro
- Rak Tamachat cilantro
- Santo (Long Standing) cilantro
- Sunmaster cilantro
- Thüringer coriander
- Yantar coriander (Jantar)

Leaf Parsleys

- Banquet parsley
- Champion Moss Curled parsley
- Extra Triple Curled parsley
- Festival 68 parsley
- Forest Green parsley
- Frisé Vert Foncé parsley
- Gigante di Napoli parsley
- Green Pearl parsley
- Hilmar parsley
- Kaderava parsley
- Krausa parsley
- Moss Curled II parsley
- Paramount parsley
- Petra parsley
- Plain Leaved 2 parsley
- Triple Moss Curled parsley

Root Parsleys

- Arat parsley
- Berliner parsley
- Hilmar parsley
- Osborne Root parsley

Be Vegan, Keep Peace.

(All foods below are No-Pain)

Dills

- Ambrosia dill
- Bouquet dill
- Dukat dill
- Elephant dill
- Fernleaf dill
- Hera dill
- Hercules dill
- Long Island Mammoth dill
- Superdukat dill
- Teddy dill
- Gold Crown dill
- Vierling dill

Vietnamese corianders

View photos for details

- Vietnamese-grown (Rau răm)
(grown in Can Tho, Ha Noi, HCM CT)
- Cambodian-grown (Chi krasang) (type 1)
- Indian-grown (Phak phai) (type 1,3,4)
- German-grown
- Indonesian-grown (Daun kesum)
- Laotian-grown (Phak phaew)
- Malaysian-grown (Daun kesum)
- Thai-grown (Phak phaew) (type 2)
- Australian-grown
- Canadian-grown
- Singaporean-grown (Daun laksa)
- Taiwanese-grown
- US-grown (type 3)

Radishes

- Bainiang radish (白娘)
- Cherry Belle radish
- Crimson Giant radish
- Daikon Minowase radish
- Daikon Misato Rose radish
- Early Scarlet Globe radish
- French Breakfast radish
- Korean Mu radish
- Meihua radish (梅花)
- Meinong White Jade radish
(美濃白玉)
- München Bier radish
- Pink Beauty radish
- Purple Plum radish
- Rat's Tail radish
- Red Dragon radish
- Rudi radish
- Sakurajima radish
- Shunkyo radish
- White Beauty radish
- White Icicle radish
- Yongxiang radish (永祥)
- Zlata radish

Be Vegan, Keep Peace.

(All foods below are No-Pain)

Bamboo Shoots

- *Bambusa blumeana*
bamboo shoot (刺竹筍)
- *Bambusa edulis* (Odashima) Keng
bamboo shoot (烏殼綠竹筍)
- *Bambusa oldhamii*
bamboo shoot (綠竹筍)
- *Dendrocalamus brandisii*
bamboo shoot (甜龍筍)
- *Dendrocalamus giganteus*
bamboo shoot (巨竹筍)
- *Dendrocalamus latiflorus*
bamboo shoot (麻竹筍)
- *Phyllostachys edulis*
bamboo shoot (孟宗筍)
- *Phyllostachys makinoi* Hayata
bamboo shoot (桂竹筍)
- *Pseudosasa usawai*
bamboo shoot (箭筍)

Endives

- Benefine endive
- Blonde à Coeur Plein endive
- Bubikopf endive
- Cornet de Bordeaux endive
- De Meaux endive
- Eros F1 endive
- Full Heart Batavian endive
- Géante Maraîchère endive
- Green Curled Ruffec endive
- Grosse Pancalière endive
- Korbi RZ endive
- Rhodos endive
- Salad King endive

Sages

- Berggarten sage
- Extrakta sage
- Holt's Mammoth sage

Be Vegan, Keep Peace.

(All foods below are No-Pain)

Peppermints

View photos for details

- French-grown (type 2, 3)
- Australian-grown
- Italian-grown (type 1, 3)
- Brazilian-grown (type 1)
- US-grown (type 2,3,4)
- Czech-grown (type 1)
- Egyptian-grown
- Indian-grown
- Iranian-grown
- Moroccan-grown (type 2)
- Taiwanese-grown
- Vietnamese-grown
- Argentine-grown
- Austrian-grown
- Canadian-grown
- Chinese-grown
- Colombian-grown
- Danish-grown
- Dutch-grown
- Finnish-grown
- German-grown
- Greek-grown
- Hungarian-grown
- Japanese-grown
- Korean-grown
- Mexican-grown
- Nigerian-grown
- Polish-grown
- Russian-grown
- Slovenian-grown
- Spanish-grown
- Swiss-grown
- Swedish-grown
- Thai-grown
- Turkish-grown
- Ukrainian-grown

Be Vegan, Keep Peace.

(All foods below are No-Pain)

Spearmints

View photos for details

- US-grown (type 1, 2, 3, 5, 6)
- Egyptian-grown (type 1, 2, 4)
- Argentine-grown
- German-grown (type 2, 3, 4)
- Bangladeshi-grown
- Greek-grown (type 1, 3, 4)
- Colombian-grown
- Spanish-grown (type 2, 3, 4)
- Costa Rican-grown (type 2)
- Swedish-grown
- Finnish-grown
- French-grown
- Indian-grown (type 2)
- Indonesian-grown (type 1)
- Italian-grown
- Japanese-grown
- Philippine-grown (type 1)
- Saudi-grown
- Taiwanese-grown
- Thai-grown
- Vietnamese-grown
- Algerian-grown
- Australian-grown
- British-grown
- Brazilian-grown
- Chinese-grown
- Danish-grown
- Mexican-grown
- Dutch-grown
- Ecuadorian-grown
- Moroccan-grown (type 1, 2)
- Honduran-grown
- Hungarian-grown
- Iranian-grown
- Israeli-grown
- Malaysian-grown
- Maltese-grown
- Pakistani-grown
- Peruvian-grown
- Polish-grown
- Russian-grown
- Singaporean-grown
- Slovak-grown
- Sri Lankan-grown
- Tunisian-grown
- Turkish-grown

Be Vegan, Keep Peace.

(All foods below are No-Pain)

Tamarinds

View photos for details

- Indian-grown
- Brazilian-grown
- Cambodian-grown
- Indonesian-grown
- Dominican-grown
- Kenyan-grown
- Egyptian-grown
- Mexican-grown
- Guatemalan-grown
- Philippine-grown
- Laotian-grown
- Thai-grown
- Malaysian-grown
- US-grown
- Nigerian-grown
- Vietnamese-grown
- Sri Lankan-grown
- Tanzanian-grown
- Ugandan-grown
- Australian-grown
- Bangladeshi-grown
- Burkinabé-grown
- Chinese-grown (grown in Yunnan)
- Colombian-grown
- Grenadian-grown
- Haitian-grown
- Iranian-grown
- Jamaican-grown
- Myanmar-grown
- Nicaraguan-grown
- Omani-grown
- Panamanian-grown
- Peruvian-grown
- El Salvador-grown (grown in San Salvador)
- Saudi-grown
- Singaporean-grown
- Taiwanese-grown
- Zambian-grown
- Muen Jong tamarind (หมั่นจง)
- Phet Amphon tamarind (เพชรอำพน)
- Phet Manee tamarind (เพชรเมณี)
- Phet Prakai Thong tamarind (เพชรประกายทอง)
- Phet Sap Phuep tamarind (เพชรซบเปบ)
- Sri Chomphu tamarind (ศรีชมพู)
- Sri Phakdi tamarind (ศรีภักดี)
- Si Thong tamarind (สีทอง)
- PKM tamarind

Be Vegan, Keep Peace.

(All foods below are No-Pain)

Culantros

View photos for details

- US-grown
- Australian-grown
- Thai-grown
- Honduran-grown
- Canadian-grown
- Indian-grown
- Colombian-grown
- Taiwanese-grown
- Costa Rican-grown
- Vietnamese-grown
- Guatemalan-grown
- New Zealand-grown
- Panamanian-grown
- Sri Lankan-grown
- Bangladeshi-grown
- Bolivian-grown
- Cambodian-grown (grown in Kampong Chhnang)
- Chinese-grown (grown in Yunnan)
- Jamaican-grown
- Antiguan-grown
- Salvadoran-grown
- Indonesian-grown
- Malaysian-grown
- Laotian-grown
- French-grown (grown in Martinique)
- Mexican-grown
- Trinidadian-grown
- Myanmar-grown
- Nepalese-grown
- Nicaraguan-grown
- British-grown
- Singaporean
- Philippine-grown (grown in Pampanga)
- Peruvian-grown (grown in Mariscal Ramón Castilla)
- Venezuelan-grown

Be Vegan, Keep Peace.

(All foods below are No-Pain)

Ceylon Cinnamons

View photos for details

- Malagasy-grown
- Sri Lankan-grown
- Mexican-grown
- Grenadian-grown
- US-grown
- Indonesian-grown
- Tanzanian-grown
- Indian-grown
- Dominican-grown
- Honduran-grown (grown in Colón)
- Japanese-grown
- Malaysian-grown
- Spanish-grown
- Sri Gemunu ceylon cinnamon
- Sri Wijaya ceylon cinnamon

Native Cinnamons

View photos for details

- Indian Native Cinnamon
(*Cinnamomum tamala*) (type 1, 2)
- Cambodian Native Cinnamon
(*Cinnamomum cambodianum*)
(type 1)
- Taiwanese Native Cinnamon
(*Cinnamomum osmophloeum*)
(type 2, 3, 4)
- Japanese Native Cinnamon
(*Cinnamomum sieboldii*) (type 2)

Cassia Cinnamons

View photos for details

- Vietnamese-grown
- Indonesian-grown (type 2, 5, 6)
- Malaysian-grown
- US-grown
- Indian-grown

Be Vegan, Keep Peace.

(All foods below are No-Pain)

Curry Leaves

View photos for details

- Australian-grown
- British-grown
- Indian-grown
- Philippine-grown
- Taiwanese-grown
- Botswanan-grown
- US-grown
- Bangladeshi-grown
- Brazilian-grown
- Malaysian-grown
- Mexican-grown
- New Zealand-grown
- Thai-grown
- Bhutanese-grown
- Canadian-grown
- Chinese-grown
- Ugandan-grown
- Indonesian-grown
- Colombian-grown
- Vietnamese-grown
- Japanese-grown
- German-grown
- Ghanaian-grown
- Myanmar-grown
- Nepalese-grown
- Pakistani-grown
- Palauan-grown (grown in Ngeremlengui)
- South African-grown (grown in Johannesburg)
- Singaporean-grown
- Sri Lankan-grown
- Tanzanian-grown
- Zambian-grown

Be Vegan, Keep Peace.

(All foods below are No-Pain)

Lemon Basils

View photos for details

- US-grown
- Indian-grown
- Australian-grown
- Indonesian-grown
- British-grown
- Malaysian-grown
- Chinese-grown (grown in Guangxi)
- Hong Kong-grown
- Thai-grown
- German-grown
- Canadian-grown
- Dutch-grown
- Japanese-grown
- Nigerian-grown
- Emirati-grown
- South African-grown
- Pakistani-grown
- French-grown (grown in Martinique)
- Taiwanese-grown
- Philippine-grown
- Ghanaian-grown
- Laotian-grown
- South Korean-grown
- Singaporean-grown
- Swedish-grown
- Vietnamese-grown
- Zambian-grown

Perilla Leaves

View photos for details

- Chinese-grown (type 1, 2, 3, 4, 5, 6, 7, 8, 10)
- Hong Kong-grown
- Taiwanese-grown (type 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 12)
- Japanese-grown (type 1, 5, 6, 7, 8)
- Thai-grown (type 1, 2, 3)
- US-grown (type 3, 4, 7)
- Canadian-grown (type 1)
- French-grown
- Indian-grown (type 1, 2, 3, 4)
- South Korean-grown (type 1, 2, 3, 4)
- Vietnamese-grown (type 1, 2, 3, 4)
- Australian-grown
- Philippine-grown
- Indonesian-grown (type 1)
- Spanish-grown
- Swedish-grown (type 2)
- Brazilian-grown
- German-grown
- Italian-grown
- Malaysian-grown
- Ukrainian-grown

Be Vegan, Keep Peace.

(All foods below are No-Pain)

Perilla Seeds

View photos for details

- Nepalese-grown
- Chinese-grown (type 1, 3, 4, 5, 6)
- Japanese-grown (type 1, 2, 3, 4, 5)
- Indian-grown
- South Korean-grown
- Thai-grown
- Bangladeshi-grown

Fish Mints

View photos for details

- Chinese-grown
- Thai-grown
- Indian-grown
- Australian-grown (grown in Queensland)
- US-grown
- Bangladeshi-grown (grown in Rajshahi)
- Japanese-grown
- Austrian-grown
- Taiwanese-grown
- Chilean-grown
- Vietnamese-grown
- Laotian-grown
- Canadian-grown (type 1, 2)
- Bhutanese-grown
- New Zealand-grown (grown in Auckland)
- Indonesian-grown
- Brazilian-grown
- South Korean-grown
- Malaysian-grown
- British-grown
- Spanish-grown
- French-grown
- Italian-grown (grown in Trentino-Alto Adige)
- Nepalese-grown
- Russian-grown (grown in North Ossetia)
- Sri Lankan-grown
- Swedish-grown

Be Vegan, Keep Peace.

(All foods below are No-Pain)

Vietnamese Balm

View photos for details

- Japanese-grown
- Vietnamese-grown (type 1, 2, 3, 5, 6)
- Indian-grown (type 1, 2)
- Bhutanese-grown (type 1)
- Russian-grown
- Chinese-grown (type 2)
- South Korean-grown
- Tibetan-grown (type 2)
- US-grown
- Ukrainian-grown
- Taiwanese-grown
- Argentine-grown
- Australian-grown (grown in Melbourne)
- Belarusian-grown (grown in Grodno Region)
- Canadian-grown
- German-grown
- Dutch-grown (grown in North Holland)
- Latvian-grown
- Lithuanian-grown
- Nepalese-grown
- New Zealand-grown (grown in Auckland)
- Norwegian-grown
- Philippine-grown
- Portuguese-grown (grown in Faro District)
- Singaporean-grown

Be Vegan, Keep Peace.

(All foods below are No-Pain)

Rice Paddy Herb

View photos for details

- Australian-grown
- Thai-grown
- Vietnamese-grown
- US-grown (type 1, 2, 3, 4, 5, 6, 7)
- Cambodian-grown
- Japanese-grown
- Bangladeshi-grown
- Taiwanese-grown
- Chinese-grown
- Hong Kong-grown
- French-grown
- Malaysian-grown (type 2)
- New Zealand-grown
- British-grown
- German-grown (grown in Berlin)
- Indian-grown (grown in Kerala)
- Laotian-grown
- Myanmar-grown (grown in Yangon Region)
- Philippine-grown (grown in Cavite)
- Singaporean-grown
- Sri Lankan-grown (grown in Ampara)
- Swedish-grown
- Swiss-grown

Wild Betel Leaves

View photos for details

- Indonesian-grown
- Malaysian-grown (type 1, 2, 3, 5, 6)
- Thai-grown
- US-grown
- Vietnamese-grown
- Japanese-grown
- Australian-grown
- Philippine-grown
- Chinese-grown
- Taiwanese-grown
- Hong Kong-grown
- Cambodian-grown
- Indian-grown
- Laotian-grown
- New Zealand-grown
- Sri Lankan-grown
- Bhutanese-grown (grown in Mongar)
- Brunei-grown
- Canadian-grown
- Federated States of Micronesia-grown (grown in Pohnpei)
- German-grown
- Palauan-grown
- Polish-grown
- Singaporean-grown

Be Vegan, Keep Peace.