

Protect Access to Wellness: Tariffs on Essential Herbs Threaten Americans' Health Choices

The American Herbal Products Association (AHPA) urges policymakers to **support tariff exemptions for essential herbs and herbal ingredients** from plants that cannot grow in the United States. These herbs and ingredients are used in dietary supplements, conventional foods, and personal care products by millions of Americans to support their health and wellness.

THE STAKES

- The United States is a major consumer of many herbs that cannot be cultivated domestically (e.g., cinnamon from Sri Lanka and Vietnam). Climate and growth condition requirements making domestic cultivation of these plants impossible at the required scale.
- Domestic manufacturers, including those that export products to foreign markets, are unavoidably dependent on imports for many key herbal ingredients.
- Without tariff relief, price increases and supply disruptions could force American companies to scale back production or pass higher costs onto consumers.
- Significant tariffs risk ceding market leadership to international competitors at a time when global demand for herbal products is rising.

Tariffs on essential herbs function as a direct tax on Americans seeking safe, time-tested ways to support and improve their health.

OUR STAND

AHPA supports common-sense trade policies that:

- Exempt essential imported herbs and herbal ingredients from plants that cannot be adequately commercialized in the United States from existing and proposed tariffs.
- Preserve consumer access to affordable health-supporting products.
- Strengthen U.S. industry competitiveness in the global herbal marketplace.
- Encourage responsible efforts to build domestic supply chains where viable, without penalizing current importers.

TAKE ACTION

The AHPA team is ready to work with you to inform the development of fair, effective trade policies that protect consumer access and support American industry.

KEY IMPORTED HERBS

Cinnamon

Cinnamon (*Cinnamomum* spp.) needs tropical climates with high humidity and temperatures between 70-90°F for stable growth. Native to Sri Lanka, India, and Southeast Asia, it is not grown commercially in the United States. Known for supporting blood sugar regulation, cinnamon bark's flavor and antioxidant properties also make it a popular culinary spice.



Turmeric

Turmeric (*Curcuma longa*) grows best in warm, humid climates with temperatures between 68-95°F and requires 8-10 months of frost-free conditions to survive. Native to India and Southeast Asia, it is not grown commercially in the United States. Turmeric is the source of curcumin, a compound renowned for its ability to promote a healthy inflammation response, supporting joint health and longevity.



Ashwagandha

Ashwagandha (*Withania somnifera*) grows best in warm, arid climates with minimal rainfall. Native to India, the Middle East, and parts of Africa, there is no significant commercial production in the United States. Revered as an adaptogenic herb in the traditional Indian herbal system Ayurveda and known for stress relief and sleep support, virtually all ashwagandha used in the United States is imported.



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