

## Legally Approved Base Ingredients of Shochu

Standards	Beans, Nuts, Seeds	Leafs, Greens	Root Vegetables	Vegetables
Potatoes (sweet potatoes, potatoes, etc.)	Azuki beans Sesame seeds Sunflower seeds	Ashitaba Shiso Japanese butterbur scape ( <i>fuki no toh</i> )	Lotus root Daikon Carrot	Tomato Pepper Leek
Cereal (rice, barley, buckwheat, etc.)	Water Chestnuts ( <i>hishi no mi</i> ) Chinquapin ( <i>matebashii no mi</i> ) Acorn ( <i>konara no mi</i> )	Mugwort ( <i>yomogi</i> ) Water hyacinth ( <i>hotei aoi</i> ) Silvervine ( <i>matatabi</i> )	Asian Ginseng Lily bulb ( <i>yurine</i> ) Arrowroot starch ( <i>kuzu ko</i> )	Pumpkin Green peas
Sugar (brown sugar)	Chestnuts Plum seeds	Gynostemma ( <i>amacha zuru</i> ) Kuma bamboo grass ( <i>kuma zasa</i> )	Onion	
Sake Lees	Horse chestnuts ( <i>hishi no mi</i> ) Dates Ginko nuts Peanuts			

Seaweed	Dairy	Tea	Mushrooms	Succulents	Flowers
Wakame Nori Kombu Tsunomata Tsurutsuru	Whey powder Milk Skim milk powder	Matcha Green tea Oolong tea	Shiitake Enoki	Cactus Aloe vera	Safflower Saffron

Source: <https://www.nta.go.jp/about/organization/tokyo/sake/abc/abc-shochu.htm>