This workshop session that was organized by both GA and ISE, was a very interesting and awe-inspiring session. This session has not just highlighted the importance of African ethnopharmacology and the advances in the research thereof but has also shown the importance that regulatory aspects play in the final commercialization of a natural product after the initial research has been completed. This session comprised of many prominent researchers in the field of ethnopharmacology that shared their insights into natural product research. Talks comprised of insights into reverse pharmacology, biological activity and further information regarding water extractions of medicinal plants. Prof Queiroz also enlightened us on innovative strategies to effectively isolate natural production and create new potential leads for further research and Prof Lall discussed a case-study to highlight challenges that are faced when it comes to the regulatory and commercialization of natural products specifically in South Africa. For future conferences this is an exciting session to include as many of the natural products and natural product researchers that hail from the African continent and can benefit from sharing their research, understand and learn new techniques but also network and collaborate with recognized researchers in their specific field of interest. These sessions are key for opening up the dialogue between researchers from Africa and also between collaborating countries from other continents. These sessions can highlight the potential and possible alleviation of issues faced when investigating medicinal plants and natural products from the African continent.