



HERBS TO AVOID DURING PREGNANCY



Achillea millefolium
Angelica archangelica
Angelica sinensis
Artemisia absinthium
Artemisia vulgaris
Atropa belladonna
Berberis vulgaris
*Caulophyllum thalictroides**
Chelidonium majus
Chionanthus virginicus
*Cimicifuga racemosa**
Cinchona succirubia
Coleus forskohlii
Cynara scolymus
Datura stramonium
Ephedra sinica
Hedeoma pulegioides
Hydrastis canadensis
Iris versicolor
Juniperus communis
Leptandra virginicum
Leonurus cardiaca
Levisticum off.
Mahonia aquifolium
Mentha piperita†
Mentha pulegium
*Mitchella repens**
Myristica off. .

Oreganum spp.†
Panax notoginseng
Peumus boldus
Phytolacca Americana
Petasites hybridus
Piscidia erythrina
Podophyllum peltatum
Pueraria mirifica
Rauwolfia serpentina
Rhamnus cathartica
Rhamnus purshiana
Rheum palmatum
Rosmarinus off.†
Rumex crispus
Ruta graveolens
Salvia off.†
Sanguinaria canadensis
Sarothamnus scoparius
Solanum spp. .
Symphytum off.
Tanacetum parthenium
Tanacetum vulgare
Thuja occidentalis
Thymus vulgaris†
Trifolium pratense
Verbena off.
Viscum album

† indicates culinary use only.

* indicates use during weeks 36-39 only.