

HERBS CONTRAINDICATED FOR USE IN PREGNANCY

Alder buckthorn , <i>Rhamnus frangula</i>	Juniper berries , <i>Juniperis communis</i>
Aloes , <i>Aloe vera</i>	Licorice , <i>Glycyrrhiza glabra</i>
Angelica , <i>Angelica archangelica</i>	Lily of the valley , <i>Convallaria Magalis</i>
Arnica , <i>Arnica montana</i>	Lobelia , <i>Lobelia inflata</i>
Autumn crocus , <i>Colchicum autumnale</i>	Male fern , <i>Dryopteris felix-mas</i>
Barberry , <i>Berberis vulgaris</i>	Mandrake , <i>Podophyllum peltatum</i>
Bethroot , <i>Trillium spp.</i>	Mistletoe , <i>Viscum album</i>
Black cohosh , <i>Cimicifuga racemosa</i>	Mugwort , <i>Artemesia vulgare</i>
Blessed thistle , <i>Carbenia benedicta</i>	Nutmeg (small amounts fine), <i>Myristica officinalis</i>
Blood root , <i>Sanguinaria canadensis</i>	Osha , <i>Ligusticum porten</i>
Blue cohosh , <i>Caulophyllum thalictroides</i>	Parsley (small amounts fine), <i>Carum peroseinum</i>
Broom , <i>Sarpthamnus scoparius</i>	Pennyroyal , <i>Mentha pulegium</i>
Butternut , <i>Juglans canadensis</i>	Periwinkle , <i>Viinca spp.</i>
Calamus , <i>Acorus Calamus</i>	Peruvian bark , <i>Cinchona spp.</i>
Calendula , <i>Calendula officinalis</i>	Pleurisy root , <i>Acsclepius tuberosa</i>
Cascara sagrada , <i>Rhamnus purshiana</i>	Poke root , <i>Phytolacca decondra</i>
Coltsfoot , <i>Tussilago fmfara</i>	Rue , <i>Ruta graveolens</i>
Comfrey , <i>Symphytum officinale</i>	Rhubarb , <i>Rheum palmtum</i>
Cotton root , <i>Gossypium herbaceum</i>	Sage , <i>Salvia officillalis</i>
Cowslip , <i>Primula veris</i>	Sarsaparilla , <i>Smilax officillale</i>
Damiana , <i>Turnera aphridisiaca</i>	Senna , <i>Cassia senna</i>
Dong Quai , <i>Angelica sinensis</i>	Shepherd's purse , <i>Capsella bursa-pastoris</i>
Ephedra (Ma Huang) , <i>Ephedra vulgaris</i>	Stillingiaz , <i>Stillingia sylvatica</i>
Feverfew , <i>Tanacetum parthenium</i>	Tansy , <i>Tanacetum vulgare</i>
Ginseng , <i>Panax quinquefolium</i>	Thuja , <i>Thuja occidentalis</i>
Goldenseal , <i>Hydrastis canadensis</i>	Wormwood , <i>Artemesia absinthum</i>
Gotu kola , <i>Hydrocotyle asiatica</i>	Yarrow , <i>Achillea Millefolium</i>
Goat's rue , <i>Ga/ega officinalis</i>	
Ipecac , <i>Ipecac ipechachuana</i>	