

### HERBS CONTRAINDICATED SPECIFICALLY IN THE FIRST TRIMESTER OF PREGNANCY

Achillea millefolium	Dioscorea spp.	Medicago sativa
Angelica spp.	Ephedra vulgaris	Melissa officinalis
Anthemis nobilis	Glycyrriza glabra	Mentha piperita
Arctium lappa	Humulus lupulus	Passiflora incarnate
Arctostaphylos uva ursi	Hyssopus officinalis	Plantago spp.
Artemisia vulgaris	Lavendula officinalis	Prunus serotina
Barosma betulina	Leonurus cardiac	Prunus virginiana
Calendula officinale	Levisticum officinalis	Silybum marianum
Caulophyllum thalictroides	Marrubium vulgare	Thymus vulgaris
Cimicifuga racemosa	Mitchella repens	Verbena officinalis
Commiphora molmol	Matricaria chamomilla	

### HERBS STRICTLY CONTRAINDICATED IN PREGNANCY (ALL TRIMESTERS)

Aconitum columbianum	Erythroxylon coca	Pilocarpus jaborandi
Acorus calamus	Eschscholtzia sp.	Pinus palustris
Actea rubra	Euonymus sp.	Podophyllum peltatum
Aesculus spp.	Ferula asafetida	Polygala senega
Agave americana	Fouquieria splendens	Polygonum aviculare
Aletris farinose	Galega sp.	Ptychopetalum sp.
Aloe barbadensis	Garrya sp.	Ranunculus spp.
Amygdalis persica	Gelsemium sempervirens	Rauwolfia serpentina
Anemone pulsatilla	Glycyrrhiza glabra	Rhamnus frangula
Apocynum cannabinum	Gossypium herbaceum	Rhamnus purshiana
Areca catechu	Guaiaacum officinale	Rheum palmatum
Aristolochia spp.	Hedeoma sp.	Rhus glabra
Arnica Montana	Helenium hoopesii	Ricinus communis
Artemisia absinthium	Helleborus niger	Ruta graveolens
Asclepius tuberosa	Heliopsis longipes	Salvia officinalis
Baptisia sp.	Heracleum lavatum	Sanguinaria canadensis
Berberis vulgaris	Hibiscus rosa-sinensis	Santalum album
Brayera anthelmintica	Hydrastis Canadensis	Sarothamnus scoparius
Bryonia sp.	Hydrocotyle asiatica	Sassafras albicum
Cacalia decomposita	Hyoscyamus niger	Scoparius spp.
Coffea Arabica	Hypericum perforatum	Senecio vulgaris
Capsella bursa-pastoris	Iris versicolor	Solanum dulcamara
Cassia spp.	Jateorhiza palmata	Spigelia sp.
Cephalis ipecachuana	Juniperus communis	Stillingia sylvatica
Chamaelirium sp.	Larrea sp.	Symphlocarpus foetida
Chelidonium majus	Ledum palustre	Symphytum sp.
Chenopodium sp.	Leptandra spp.	Tanacetum parthenium
Cinchona ledgerians	Lilium tigrinum	Tanacetum vulgare
Cinnamomum camphor	Lomatium dissectum	Thuja occidentalis
Citrullus colocynthis	Ligusticum porterii	Tribulus sp.
Claviceps purpura	Lophophora sp.	Trillium pendulum
Colchicum autumnale	Menispermum Canadensis	Turnera spp.
Conium maculatum	Mentha arvensis	Tussilago farfara
Convallaria sp.	Mentha pulegium	Ustilago sp.
Corydalis aureus	Nicotiana tabacum	Veratrum spp.
Corynanthe sp.	Oplopanax horridum	Veronicastrum virginicum
Croton tiglium	Panax ginseng	Vinca major
Datura sp.	Papaver somniferum	Vinca rosea
Dicentra spp.	Peganum harmala	Viscum album
Dryopteris felix-mas	Petroselinum sativa	Xanthium spp.
Ephedra vulgaris	Phytolacca Americana	Xanthoxylum sp.



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#### HERBS TO BE USED WITH CAUTION DURING PREGNANCY

Allium sativa	Linum usatissimum
Allium cepa	Metha spicata
Apium gaveolens	Myristica fragrans
Armoracia lapathifolia	Nasturtium officinalis
Artemesia dracunuculus	Ocymum basilicum
Beta vulgaris	Oreganum vulgaris
Brassica spp.	Origanum magorana
Capsicum fructescens	Petroselinum sativa
Caryophyllus aromaticus	Piper nigra
Carica papaya	Prunus persica
Carum carui	Punica granatum
Cichorum intybus	Rosemarium officinalis
Cinnamomum zeylanicum	Satureja hortensis
Crocus sativa	Silybum marianum
Daucus carota	Thymus vulgaris
Equisetum arvense	Trigonellum sp.
Ferula asafetida	Ulmus fulva
Foeniculum vulgare	Zingiber officinale
Gingko biloba	

#### HERBS CONTRAINDICATED IN BREASTFEEDING

Acorus calamus	Daucus carota	Ocimum basilicum
Ailantus altissima	Dracontium sp.	Paullinia cupana
Alkanna tinctoria	Dryopteris felix-mas	Petasites hybridus
Allium sativum	Ephedra spp.	Pilocarpus sp.
Aloe spp.	Eupatorium cannabinum	Piper methysticum
Anemone pulsatilla	Eupatorium purpureum	Rhamnus cathartica
Aristolochia spp.	Fougueria splendens	Rhamnus frangula
Artemisia spp.	Fucus vesiculosus	Rhamnus purshiana
Borago officinalis	Galega sp.	Rheum spp.
Cacalia decomposita	Gaultheria procumbens	Rhodymenia palmetto
Camellia sinensis	Gingko biloba	Rubia tinctorium
Cannabis sativa	Glycyrrhiza glabra	Ruta graveolens
Cassia spp.	Ilex sp.	Salvia officinalis
Chenopodium sp	Inula helenium	Sanguinaria sp.
Cimicifuga racemosa	Jasminum pubescens	Senecio aureus
Cinchona spp.	Juniperus sp.	Stillingia sylvatica
Citrullus colocynthis	Laminaria spp.	Symphytum officinale
Coffea Arabica	Larrea spp.	Tanacetum sp.
Cola spp.	Ligusticum porterii	Theobroma cacao
Colchicum autumnale	Lycopus spp.	Thuja occidentalis
Commiphora molmol	Nereocystis luetkeana	Tussilago farfara
Convallaria sp.	Nicotiana tababum	Xanthoxylum sp.

This is not a comprehensive list of all herbs. If the herb you are wondering about is not in this list refer to a good source to determine whether or not it is safe to use or just don't use it and find an alternate safe herb.

For more information about the controversy of herbs in pregnancy refer to an article by Medical Herbalist Kerry Bone from 2002 in the Townsend Letter for Doctors and Patients..

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