

## AVOIDABLE HERBS DURING PREGNANCY

LATIN NAME	COMMON NAME	LATIN NAME	COMMON NAME
Achillea millefolium	Yarrow	Ligusticum porterii	Osha
Alteris farinose	Blazing star	Lobelia inflatum	Lobelia
Aloe barbadensis	Aloe	Mentha pulegium	Pennyroyal
Angelica sp	Angelica/Dong quai	Panax ginseng	Ginseng
Areca catechu	Betel nut	Petroselinum sativa	Alfalfa
Aristoloochi clematis	Birthwort	Phytolacca Americana	Pokeroot
Arnica Montana	Arnica	Rauwolfia serpentine	Rauwolfia
Artemesia absinthum	Wormwood	Rhamnus sp	Buckthorn
Berberis vulgaris	Barberry	Ricinus communis	Castor oil
Coffea Arabica	Coffee	Rheum palmatum	Rhubarb
Capsella bursa	Sheperd's purse	Ruta graveolens	Ruta
Cassia agust,	Senna	Salvia officinalis	Sage
Cephalis ipecacuana	Ipecac	Sanguinaria Canadensis	Bloodroot
Chelidonium majus	Celandine	Sassafras albicum	Sassafras
Cimicifuga racemosa	Black cohosh	Smilax officinale	Sarasparilla
Cinchona ledgerians	Peruvian bark	Stillingia sylvatica	Stillingia
Claviseps purpura	Ergot	Tanacetum perthenium	Feverfew
Convallaria magalis	Lily of the Valley	Tanacetum vulgare	Tansy
Gelsemium sempervirens	Yellow jasmine	Thuja occidentalis	Red cedar
Glycyrrhiza glabra	Licorice	Trillium pendulum	Birthroot
Hydrastis Canadensis	Golden seal	Turnera sp	Damiana
Hydrocotyle asiatica	Gotu kola	Tussilago farfara	Coltsfoot
Hypericum perfoliatum	St John's wart	Viscum album	Mistletoe
Juniperus communis	Juniper	Ephedra vulgaris	Ephedra