

Herbal Safety Guidelines

Before using an herb you are unfamiliar with, find out its medicinal properties. Research it thoroughly and/or consult with an appropriately qualified practitioner or expert. If you are taking prescription drugs, or have a medical condition check with an appropriately qualified practitioner before using herbs medicinally. Herbs have shown overwhelming evidence that they work. Just because a small amount works well does NOT mean that more is better. As individuals we all have different constitutions, sensitivities, allergic reactions and possible health conditions. The following are merely guidelines. They include herbs offered in our catalog and website. This list does not help with administering information on possible interactions and contraindications with prescription medicine. This needs to be discussed with your physician. New research may add to or change this information. All warnings and guidelines have been extracted from:

- American Herbal Products Association - Botanical Safety Index
- Complete German Commission E Monographs.
- Natural Medicines Comprehensive Database
- Plants for a Future Database

Last Updated... (We will attempt to update information accordingly)

- **EXTERNAL USE ONLY, UNLESS OTHERWISE DIRECTED BY A QUALIFIED EXPERT. DO NOT APPLY TO BROKEN/ABRADED SKIN:**
Alkanet, Arnica, Balm of Gilead, Blood Root, Borage, Comfrey, Frankincense, Horse Chestnut, Neem, Orris, Patchouli, Poke, Soapwort, Tonka
- **NOT TO BE USED DURING PREGNANCY, OR IF YOU ARE NURSING:**
Alkanet, Aloe, Angelica, Anise, Anise Star, Arnica, Ashwaganda, Barley Grass, Barberry, Basil, Bitter Melon, Black Cohosh, Bladderwrack, Blessed Thistle, Blood Root, Blue Cohosh, Blue Flag, Blue Vervain, Borage, Buckthorn, Buuterbur, California Poppy, Cascara Sagrada, Catnip, Cedar Berry, Celandine, Celery, Chervil, Cinnamon, Club Moss, Comfrey, Coltsfoot, Cubeb, Damiana, Dong Quai, Elecampane, Ephedra, False Unicorn, Fenugreek, Feverfew, Forsythia, Garcinia, Ginger, Golden Seal, Gravel root, Guarana, Guggul Gum, Gymnema, Horehound, Horsetail, Hyssop, Juniper, Kola Nut, Lemongrass, Licorice, Lobelia, Lovage, Lungwort, Mace, Mistletoe, Motherwort, Mugwort, Muira Puama, Myrrh, Neem, Oregon Grape, Osha, Parsley, Partridgeberry, Passionflower, Pennyroyal, Pleurisy, Prickly Ash, Quassia, Red Clover, Rhodiola, Rosemary, Rue, Sage, Sassafras, Sarsaparilla, Senna, Shepherds Purse, Spikenard, Tansy, Turkey Rhubarb, Turmeric, Uva Ursi, Vitex, Watercress, White Sage, Wild Cherry, Wormwood, Yarrow
- **NOT FOR PERSONS WITH HISTORY OF KIDNEY STONES, LIVER DISORDERS, RENAL DYSFUNCTION OR INFLAMMATION.**

Black Haw, Cedar Berry, Cubeb, Essiac, Horsetail, Hydrangea, Juniper Berries, Kava Kava, Parsley Root, Pennyroyal, Poke Root, Sheep Sorrel, Shepherds Purse, Shiitake, Suma, Sumac, Uva Ursi, Yellowdock, Yohimbe

- **NOT RECOMMENDED FOR PERSON CURRENTLY TAKING BLOOD THINNING MEDICATIONS:**
Alfalfa, Angelica, Cramp Bark, Cubeb, Dong Quai, Ginkgo, Meadowsweet, Red Clover, Sarsaparilla, Yohimbe
- **MAY CAUSE NAUSEA OR VOMITING:**
Elecampane, Blue Flag, Lobelia, Myrrh, Quassia
- **MAY CAUSE GASTRO-INTESTINAL UPSET:**
Cayenne, Chili, Eucalyptus, False Unicorn, Fo-Ti, Gentian, Ginger, Habanero, Kola Nut, Quassia, Soapwort
- **NOT FOR PERSONS WITH STOMACH INFLAMMATION/ULCERS SERIOUS DIGESTION AND/OR LIVER PROBLEMS. MAY CAUSE GASTROINTESTINAL UPSET:**
Black Haw, Chaparral, Club Moss, Crampbark, Devils Claw, Eucalyptus, Elecampane, Essiac, Gentian, Ginger, Iceland Moss, Licorice, Lobelia, Parsley Root, Pleurisy, Pygeum, Solomans Seal, Tribulus, Turmeric, Yohimbe
- **NOT RECOMMENDED FOR LONG-TERM USE:**
Barberry, Bilberry Leaf, Black Walnut, Bladderwrack, Blessed thistle, Borage, Butterbur, Cascara Sagrada, Club Moss, Comfrey, Coltsfoot, Chaparral, Dulse, Elecampane, Ephedra, Epimedium, Flax, Gentian, Goldenseal, Guarana, Horsetail, Hydrangea, Juniper, Kola Nut, Licorice, Lobelia, Lungwort, Mullein, Nettle Root, Rhubarb, Sage, Sassafras, Sarsaparilla, Senna, Sheep Sorrel, Tansy, Wild Cherry, Wormwood, Uva Ursi, Yohimbe
- **TO BE USED ONLY UNDER THE SUPERVISION OF AN EXPERT QUALIFIED IN THE APPROPRIATE USE OF THIS SUBSTANCE:**
Calamus, Horse Chestnut, Lobelia, Lungwort, Mandrake, Mistletoe. Poke, Tansy, Tonka
- **DO NOT USE IF YOU HAVE ABDOMINAL PAIN OR DIARRHEA, DISCONTINUE IF THESE OCCUR. CONSULT HEALTH PRACTITIONER PRIOR TO USE IF PREGNANT, NURSING, AND TAKING MEDICATION OR HAVE A MEDICAL CONDITION. DO NOT EXCEED RECOMMENDED DOSE. NOT FOR LONG TERM USE:**
Aloe, Buckthorn, Cascara Sagrada, Senna, Turkey Rhubarb, Yohimbe
- **MAY CAUSE PHOTO TOXICITY IN SOME INDIVIDUALS AT HIGH DOSAGE. AVOID LONG EXPOSURE TO SUN IF USING INTERNALLY:**
Angelica, Celery Seed, Orange Peel, Rue, St. Johns Wort

- **SEEK ADVICE FROM HEALTH PRACTITIONER PRIOR TO USE IF PREGNANT, NURSING, HAVE HIGH BLOOD PRESSURE, HEART OR THYROID DISEASE, DIABETES, DIFFICULTY IN URINATION DUE TO PROSTATE ENLARGEMENT, OR IF TAKING MAO INHIBITOR OR OTHER PRESCRIPTION DRUG. REDUCE/DISCONTINUE USE IF NERVOUSNESS, TREMOR, SLEEPLESSNESS, LOSS OF APPETITE OR NAUSEA OCCUR. DO NOT EXCEED RECOMMENDED DOSE. KEEP OUT OF REACH OF CHILDREN:**

Ephedra, St. Johns Wort, Yohimbe

- **SEEK ADVICE FROM A HEALTH PRACTITIONER BEFORE USE IF YOU HAVE/MAY HAVE HAD KIDNEY OR LIVER DISEASE. DISCONTINUE USE IF NAUSEA, FEVER, FATIGUE OR JAUNDICE (DARK URINE, YELLOW DISCOLORATION OF EYES) SHOULD OCCUR:**

Boldo, Chaparral

- **BULK-FORMING LAXATIVES ARE CONTRAINDICATED IN BOWEL OBSTRUCTION; MUST BE TAKEN WITH ADEQUATE LIQUID TO AVOID CONSTIPATION OR OBSTRUCTION. TAKE WITH AT LEAST 8OZ OF FLUID:**

Aloe, Flax, Psyllium Seed

For educational purposes only

This information has not been evaluated by the Food and Drug Administration.

This information is not intended to diagnose, treat, cure, or prevent any disease.