



Herbs to Avoid During Pregnancy and Lactation

The lists below are not all-inclusive, but will provide a general guideline of some of the most commonly used western herbs that should be avoided during pregnancy and breastfeeding.

When used in cooking, occasional use of the culinary herbs listed below is considered safe.

Herbs to Avoid During Pregnancy

5-W	Chinese motherwort	Juniper Berry	Rosemary
Alkanet	Chinese rhubarb	Kava Kava Root Kelp	Rue (Ruta graveolens)
Aloe vera	Cinnamon	Kratom (a dangerous and	Safflower
American pennyroyal	Coltsfoot	addictive herb classified by	Saffron
Angelica Root	Comfrey Leaf	the FDA as an opioid)	Sage
Artemesias of any sort	Comfrey Root	Lemon Balm	Sarsaparilla
Ashwaganda	Cornflower	Lemon Grass	Sassafras
Barberry	Corydalis	Licorice Root	Saw Palmetto
Basil	Cotton Root Bark	Lobelia	Schisandra
Beebalm	Culver's root	Lomatium	Scouring Rush
Beth Root	Cyanthula	Lovage	Seneca Snakeroot
Birthroot	Damiana	Lycium	Senna
Black Cohosh	Dong Quai	Ma-Huang	Shepherd's Purse
Black Walnut	Dyer's broom	Mace	Silk Tree
Bladderwrack	Elecampane	Magnolia	Skunk Cabbage
Blessed Thistle	European Pennyroyal	Maidenhair Fern	Small Spikenard
Bloodroot	European Vervain	Male Fern	Southernwood
Blue Cohosh	Ephedra	Marijuana	Spikenard
Blue Flag	False Unicorn	Mistletoe	St. John's Wort
Blue Lobelia	Fenugreek	Motherwort	Sumac
Blue Vervain	Feverfew	Mugwort	Sweet Annie
Boneset	Forsythia	Myrrh	Tansy
Borage	Fritillary	Nutmeg	Thuja
Buchu	Ginger (in large amounts)	Ocotillo	Thyme (in large doses in early
Buckthorn	Ginseng (Siberian Ginseng	Oregon Grape Root	pregnancy)
Bugleweed	aka Eleuthero is fine, except	Oregano	Tree Peony bark
Burdock Root	for those with high blood	Osha Root	Trichosanthes
Butcher's Broom	pressure)	PN6 Capsules/Tea	Turkey Rhubarb
Butternut	Goldenseal	Parsley	Turmeric
Calendula	Goldenthread	Pau 'd Arco	Uva Ursi
California Poppy	Gotu Kola	Peach leaves, seeds	Vetiver
California Spikenard	Hops	Pennyroyal, of any sort	Vitex (please see THIS LINK
Camphor	Horehound	Phellodendron bark	for details)
Canadian snakeroot	Horse Chestnut	Pinellia	Watercress
Cannabis	Horsetail	Pleurisy Root	Wild Carrot
Cascara Sagrada	Hyssop	Poke Root	Wild Cherry Bark
Cassia	Inmortal	Prickly Ash	Wild Indigo
Castor	Ipecac	Psoralea	Willow Bark (including White
Catnip	Jamaican Dogwood	Purging Buckthorn	Willow)
Celandine	Japansese arisaema	Purslane	Wormwood
Celery	Jatamansi	Quassia	Yarrow
Chaparral	Job's tears	Quinine	Zedoary
Chervil	Joe-Pye weed	Red Clover	Any herb used as a laxative
Chinese goldenthread	Jujube seeds	Red Root	



Herbs to Avoid During Pregnancy and Lactation - cont.

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When used in cooking, occasional use of the culinary herbs listed below is considered safe.

Herbs to Avoid During Lactation

Alkanet	Ginseng (Siberian Ginseng aka Eleuthero is fine, except for those with high blood pressure)	Pennyroyal (all varieties)
Aloes	Goldenseal (internal use in jaundiced newborns)	Petasites rhizome
Aloe vera	Guarana	Pleurisy Root
Artemesias (all varieties)	Gymnemna	Prickly Ash bark
Barberry Root	Hellebore (all varieties)	Pulsatilla herb
Basil	Hemp agrimony herb	Purging buckthorn
Black Cohosh	Horse Chestnut	Queen's root
Black Walnut	Horsetail	Rauwolfia root
Bladderwrack	Jamaican Dogwood	Rockweed thallus
Bloodroot	Joe-Pye weed	Rue (this is a different herb than Goat's Rue)
Blue Cohosh	Juniper Berry	Sage (decreases breastmilk production)
Blue Flag	Kava Kava Root	Sarsaparilla
Boldo	Kelp	Saw Palmetto
Borage	Kratom (a dangerous and addictive herb classified by the FDA as an opioid)	Seaweed thallus
Buchu	Licorice Root	Senna leaves and pods
Buckthorn fruit	Life root herb	Southern Prickly Ash bark
Bugleweed	Lobelia	Star Anise
Cannabis	Ma-Huang	Stillingia
Cascara Sagrada	Madder root	Stoneseed herb
Castor bean seed oil	Male fern rhizome	Sumac
Cat's Claw root	Marijuana	Stoneseed herb
Celandine root and leaves	Meadow saffron corm and seed	Sumac
Chaparral	Meadowsweet herb	Tansy
Chinese Rhubarb	Mistletoe (all varieties)	Thuja leaves
Cinchona bark	Mugwort	Turkey Rhubarb
Coltsfoot	Myrrh	Uva Ursi
Comfrey Leaf	Oregon Grape Root (in jaundiced newborns)	Wild Cherry Bark
Comfrey Root	Parsley (decreases breastmilk production)	Willow bark (including White Willow)
Coptis rhizome		Wintergreen leaves
Devil's Claw		Wormwood
Dulse		
Dyer's Broom		
Elecampane		
Ephedra		
European Pennyroyal herb		