

Safety Guidelines

As per the Botanical Safety Handbook—available through the American Botanical Council.

Agnus castus is not to be used during pregnancy.

Alfalfa products not recommended for use by persons taking blood thinning agents.

Aloe should not be used if you have or develop diarrhea, loose stools or abdominal pain. If you are pregnant, nursing, taking medication or have a medical condition, consult your physician before using this product.

Angelica is not to be used during pregnancy or by persons taking blood thinning agents. Avoid prolonged exposure to sunlight.

Arnica is for external use only. May cause allergic dermatitis with extended use or in sensitive persons.

Arthritis Tea (Devils Claw) is not recommended for use by persons with ulcers.

Ashwagandha is not to be used during pregnancy.

Barberry is not to be used during pregnancy.

Black Cohosh is not to be used during pregnancy or while nursing.

Black Walnut is not recommended for long term use.

Bladderwrack is not to be used during pregnancy or while nursing, or by persons with hyperthyroidism.

Blessed Thistle is not to be used during pregnancy.

Blood Root is not to be used during pregnancy.

Blue Cohosh is not to be used during pregnancy.

Boldo is not to be used by persons with gallstones, serious liver conditions or obstruction of the bile duct.

Borage is not recommended for long term use. Not to be used during pregnancy or while nursing.

Buckthorn should not be used if you have or develop diarrhea, loose stools or abdominal pain.

Consult your physician. If you are pregnant, nursing, taking medication or have a medical condition, consult your physician before using this product.

Calamus is not recommended for internal use.

Cascara Sagrada should not be used if you have or develop diarrhea, loose stools, or abdominal pain. Consult your physician if you have frequent diarrhea. If you are pregnant, nursing, taking medication or have a medical condition, consult your physician before using this product.

Catnip is not to be used during pregnancy.

Chapparal is not for use in large amounts by persons with pre-existing kidney disease and liver conditions, such as hepatitis and cirrhosis.

Coltsfoot should be used with caution. Avoid excessive or long term use. Not to be used during pregnancy or while nursing.

Comfrey is for external use only. This herb should not be used on abraded skin and should not be used on unbroken skin for prolonged periods. Not to be used during pregnancy.

Elecampane is not to be used during pregnancy or while nursing.

Eucalyptus is not to be used by persons with inflammatory diseases of the gastrointestinal and bile ducts and severe diseases of the liver.

Gentian is not to be used by persons with ulcers or when stomach irritation or inflammation is present.

Goldenrod: Persons with chronic kidney disorder should consult a health care practitioner before use.

Goldenseal should be used with caution. Avoid excessive or long term use. Not to be used during pregnancy.

Guar should only be ingested with adequate liquid. Not for use by persons with bowel obstruction.

Hops are not recommended for use by persons suffering from depression.

Horehound is not to be used during pregnancy.

Hydrangea should be used with caution. Avoid excessive or long term use.

Juniper Berries are not to be used for more than six weeks in succession. Persons with inflammatory kidney disease should not use this herb. Not to be used during pregnancy.

Lemon grass is not to be used during pregnancy.

Licorice is not for prolonged use except under the supervision of a qualified health practitioner. Prolonged use may cause hypertension, edema, headache, vertigo and potassium depletion. Not for use by persons with hypertension, hypokalemia, edema, cirrhosis of the liver and cholestatic liver disorders, and diabetes. Not to be used during pregnancy.

Lobelia may cause nausea and vomiting if ingested. Not to be used during pregnancy.

Lovage is not recommended for use by persons taking blood thinning agents. This product may cause a skin rash. Discontinue use if a rash occurs.

Mace in large quantities may cause dizziness, stomach pains, rapid pulse, nausea, anxiety, liver pain, double vision and coma.

Motherwort is not to be used during pregnancy.

Mugwort is not to be used during pregnancy.

Myrrh is not to be used during pregnancy.

Nutmeg in large amounts may cause dizziness, stomach pains, rapid pulse, nausea, anxiety, liver pain, double vision and coma.

Oregon grape root is not to be used during pregnancy.

Parsley root is not to be used during pregnancy or by persons with inflammatory kidney disease.

Pennyroyal is not to be used during pregnancy.

Periwinkle is not for use by persons with low blood pressure or hypotension.

Pleurisy is not to be used during pregnancy.

Poke root is to be used only under the supervision of an expert qualified in the appropriate use of this substance.

Prickly ash bark is not to be used during pregnancy.

Psyllium should only be ingested with adequate liquid. Not for use by persons with bowel obstruction.

Quassia is not to be used during pregnancy.

Queen of the Meadow should be used with caution. Not to be used during pregnancy or while nursing.

Red Clover is not to be used during pregnancy or by persons taking blood thinning agents.

Rhubarb Root should not be used if you have or develop diarrhea, loose stools or abdominal pain. Consult your physician if you have frequent diarrhea. If you are pregnant, nursing, taking medication or have a medical condition, consult your physician before using this product.

Safflower is not to be used during pregnancy or by persons with hemorrhagic diseases or peptic ulcers. Ingestion of this herb may prolong blood coagulation time.

Sarsaparilla Root, Indian is not recommended for use by persons taking blood thinning agents.

Sassafras Root should be used with caution. Avoid excessive or long term use.

Senna should not be used if you have diarrhea, loose stools or abdominal pain. Consult your physician if you have frequent diarrhea. If you are pregnant, nursing, taking medication or have a medical condition, consult your physician before using this product.

Sheep sorrel is not recommended for use by persons with a history of kidney stones.

Shepards purse is not to be used during pregnancy or by persons with a history of kidney stones.

Stevia is only for use as a dietary supplement.

Tansy is not to be used during pregnancy.

Uva Ursi Leaf is not to be used during pregnancy, contraindicated in kidney disorders, not for prolonged use without consulting a practitioner.

Blue Vervain is not to be used during pregnancy.

Vetiver is not to be used during pregnancy.

White oak bark should not be applied to extensively damaged skin.

White Pine Bark is only to be used as a flavoring agent in alcoholic beverages.

Wild Cherry Bark should be used with caution. Avoid excessive or long term use.

Woodruff is not recommended for use by persons taking blood thinning agents.

Wormwood should be used with caution. Avoid excessive or long term use. Not to be used during pregnancy.

A Wormwood combination blend should be used with caution. Avoid excessive or long term use. Not to be used during pregnancy.

Yarrow is not to be used during pregnancy.

Yellow dock root is not recommended for use by persons with a history of kidney stones.