



# Herbal Safety During Pregnancy



## Key for Safety Categories:

<b>A</b>	No proven increase in the frequency of malformation or other harmful effects on the fetus despite consumption by a large number of women.
<b>B1</b>	No increase in the frequency of malformation or other harmful effects on the fetus from limited use in women. No evidence of increased fetal damage in animal studies.
<b>B2</b>	No increase in the frequency of malformation or other harmful effects on the fetus from limited use in women. Animal studies are lacking.
<b>B3</b>	No increase in the frequency of malformation or other harmful effects on the fetus from limited use in women. Evidence of increased fetal damage in animal studies exists, although the relevance to humans is unknown.
<b>C</b>	Has caused or is associated with a substantial risk of causing harmful effects on the fetus or neonate without causing malformations.
<b>D</b>	Has caused or is associated with a substantial risk of causing fetal malformation or irreversible damage.
<b>X</b>	High risk of damage to the fetus.
<b>2b*</b>	Not to be used during pregnancy unless otherwise directed by an expert qualified in the appropriate use of this substance.
<b>Not Rated</b>	Insufficient research available to support a determination of safety during pregnancy.

Categories are taken from The Essential Guide to Herbal Safety by Mills & Bone, with the exception of 2b which is taken from The Botanical Safety Handbook\*

Latin Name	Common Name	Category
<i>Aesculus hippocastanum</i>	Horse Chestnut	B3
<i>Agropyron/Elymus repens</i>	Couch Grass	B2
<i>Albizia lebeck</i>	Albizia	2b
<i>Allium sativum</i>	Garlic	A
<i>Althea officinalis</i>	Marshmallow	B2
<i>Andrographis paniculata</i>	Andrographis	C
<i>Angelica sinensis</i>	Dong Quai	C
<i>Apium graveolens</i>	Celery Seed	B2
<i>Arctium lappa</i>	Burdock	B1
<i>Arctostaphylos uva-ursi</i>	Bearberry/Uva Ursi	C
<i>Artemisia absinthium</i>	Wormwood	X
<i>Asparagus racemosus</i>	Shatavari	B2
<i>Astragalus membranaceous</i>	Astragalus	B1
<i>Avena sativa</i>	Oats	not rated
<i>Bacopa monnieri</i>	Bacopa/Brahmi	B2
<i>Berberis aquifolium/vulgaris</i>	Oregon Grape	C
<i>Boswellia serrata</i>	Boswellia/Frankincense	B1
<i>Bupleurum falcatum</i>	Bupleurum/Chai hu	B1
<i>Calendula officinalis</i>	Calendula/Marigold	B2



Latin Name	Common Name	Category
<i>Camellia sinensis</i>	Green Tea	not rated
<i>Capsicum frutescens/annuum</i>	Cayenne	not rated
<i>Centella asiatica</i>	Gotu kola	B1
<i>Chionanthus virginicus</i>	Fringetree	B2
<i>Cinnamomum zeylanicum/verum</i>	Cinnamon	not rated
<i>Coleus forskolii</i>	Coleus	not rated
<i>Commiphora molmol (myrrha)</i>	Myrrh	B1
<i>Corydalis ambigua</i>	Corydalis	2b
<i>Crataegus oxycantha</i>	Hawthorn	B1
<i>Crocus sativus</i>	Saffron	not rated
<i>Curcuma longa</i>	Turmeric	A
<i>Cynara scolymus</i>	Globe Artichoke	B2
<i>Dioscorea villosa</i>	Wild Yam	not rated
<i>Echinacea angustifolia</i>	Echinacea	A
<i>Eleutherococcus senticosus</i>	Siberian Ginseng/Eleuthero	B1
<i>Equisetum arvense</i>	Horsetail	B2
<i>Eschscholzia californica</i>	California Poppy	B2
<i>Euphrasia officinalis</i>	Eyebright	B2
<i>Filipendula ulmaria</i>	Meadowsweet	B3



Latin Name	Common Name	Category
<i>Foeniculum vulgare</i>	Fenugreek	B3
<i>Ganoderma lucidum</i>	Reishi	not rated
<i>Gentiana lutea</i>	Gentian	B2
<i>Gingko biloba</i>	Ginkgo	B1
<i>Glycyrrhiza glabra</i>	Licorice	C
<i>Grindelia robusta</i>	Gumweed	B2
<i>Gymnema sylvestre</i>	Gymnema	B2
<i>Hydrastis canadensis</i>	Goldenseal	C
<i>Hypericum perforatum</i>	St. John's Wort	B1
<i>Juglans nigra</i>	Black Walnut	B2
<i>Lentinus edodes</i>	Shitake	not rated
<i>Leonurus cardiaca</i>	Motherwort	B3
<i>Lycopus virginicus</i>	Bugleweed	C
<i>Marrubium vulgare</i>	White Horehound	B3
<i>Matricaria recutita</i>	Chamomile	A
<i>Ocimum tenuiflorum/sanctum</i>	Holy Basil	2b
<i>Oenothera biennis</i>	Evening Primrose Oil	B1
<i>Origanum vulgare</i>	Oregano	not rated
<i>Panax ginseng</i>	Asian Ginseng	A



Latin Name	Common Name	Category
<i>Passiflora incarnata</i>	Passionflower	B1
<i>Peonia lactiflora</i>	White Peony	not rated
<i>Phytolacca spp.</i>	Poke root	D
<i>Piper methysticum</i>	Kava Kava	B1
<i>Piscidia erythrina</i>	Jamaican Dogwood	D
<i>Rehmannia glutinosa</i>	Rehmannia	B3
<i>Rhamnus purshiana/frangula</i>	Cascara	not rated
<i>Rheum palmatum</i>	Turkey Rhubarb	not rated
<i>Rhodiola rosea</i>	Rhodiola	not rated
<i>Rosmarinus officinalis</i>	Rosemary	B1
<i>Rubus ideaus</i>	Red Raspberry Leaf	A
<i>Rumex acetosella</i>	Sorrel	not rated
<i>Rumex crispus</i>	Yellow Dock	B2
<i>Ruscus aculeatus</i>	Butchers Broom	B1
<i>Salix alba</i>	White willow	B1
<i>Salvia officinalis</i>	Sage	C
<i>Schisandra chinensis</i>	Schisandra	B1
<i>Scutellaria baicalensis</i>	Chinese skullcap	not rated
<i>Scutellaria laterifolia</i>	Skullcap	B2



Latin Name	Common Name	Category
<i>Serenoa repens</i>	Saw Palmetto	B2
<i>Silybum marianum</i>	Milk Thistle/St. Mary's Thistle	B1
<i>Smilax officinalis</i>	Sarsaparilla	not rated
<i>Solidago spp.</i>	Goldenrod	B2
<i>Syzygium aromaticum</i>	Clove	not rated
<i>Tanacetum parthenium</i>	Feverfew	B3
<i>Taraxacum officinalis</i>	Dandelion	B2
<i>Thymus vulgaris</i>	Thyme	B2
<i>Tribulus terrestris</i>	Tribulus	B3
<i>Trifolium pratense</i>	Red Clover	not rated
<i>Ulmus spp. (fulvus/rubra)</i>	Slippery Elm	not rated
<i>Uncaria gambir</i>	Cat's Claw	D
<i>Urtica dioica</i>	Nettle/Singing Nettle	B2
<i>Vaccinium macrocarpon</i>	Cranberry	A
<i>Vaccinium myrtillus</i>	Bilberry	A
<i>Valeriana officinalis</i>	Valerian	B1
<i>Verbascum thapsus</i>	Mullein	B2
<i>Viburnum opulus</i>	Cramp bark	B2
<i>Vitex agnus-castus</i>	Chaste tree	B1



Latin Name	Common Name	Category
<i>Vitis vinifera (seed)</i>	Grape seed	not rated
<i>Withania somnifera</i>	Ashwagandha	B2
<i>Zingiber officinalis</i>	Ginger	A
<i>Zizphus jujuba</i>	Jujube	B2

### References

1. Bone, K., Simon Mills, M. C. P. P., & FNIMH, M. (2012). Principles and practice of phytotherapy: modern herbal medicine. Elsevier Health Sciences.
2. Gardner, Z., & McGuffin, M. (Eds.). (2013). American Herbal Products Association's Botanical safety handbook. CRC press.
3. Mills, S. Y., Simon Mills, M. C. P. P., FNIMH, M., & Bone, K. (2004). The essential guide to herbal safety. Elsevier Health Sciences.
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