

# HERBS FOR PREGNANT MAMAS



This is a list I've compiled of herbs that are generally considered safe to use while pregnant. I rarely recommend herbs in the first trimester, and start with very low doses anytime during pregnancy. As usual, please do your own research before taking or recommending herbs. Idiosyncratic reactions are always possible! ~ Camille

<i>Allium sativum</i> (garlic)	<i>Lavandula officinalis</i> (lavender)	<i>Schisandra chinensis</i> *
<i>Althaea officinalis</i> (marshmallow)	<i>Matricaria recutita</i> (chamomile)	<i>Scutellaria lateriflora</i> (skullcap)
<i>Astragalus membranaceus</i>	<i>Medicago sativa</i> (alfalfa)	<i>Taraxacum officinale</i> (dandelion)
<i>Avena sativa</i> (oats)	<i>Melissa officinalis</i> (lemon balm)	<i>Ulmus fulva</i> (slippery elm)
<i>Citrus sinensis</i> (sweet orange)	<i>Mentha spicata &amp; x piperita</i> (peppermint & spearmint)	<i>Urtica dioica</i> (nettles)
<i>Crataegus spp.</i> (hawthorn)	<i>Mitchella repens</i> (partridge berry)	<i>Vaccinium macrocarpon</i> (cranberry)
<i>Dioscorea villosa</i> (wild yam)	<i>Passiflora incarnata</i> * (passionflower)	<i>Valeriana officinalis</i> (valerian)
<i>Echinacea spp.</i>	<i>Plantago spp.</i> (plantain)	<i>Viburnum prunifolium &amp; opulus</i> (cramp bark & black haw)
<i>Eschscholzia californica</i> * (California poppy)	<i>Rubus idaeus</i> * (raspberry leaf)	<i>Withania somnifera</i> * (ashwagandha)
<i>Euphrasia spp.</i> (eyebright)	<i>Rumex crispus</i> (yellow dock)	<i>Zingiber officinalis</i> * (ginger) <i>under 2g daily</i>
<i>Galium aparine</i> (cleavers)		
<i>Ganoderma lucidum</i> (reishi)		
<i>Glycyrrhiza glabra</i> * (licorice)		

\* Indicates that there is some controversy; please research these herbs before using!