<table>
<thead>
<tr>
<th>Herb</th>
<th>Herb</th>
<th>Herb</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acacia fiber</td>
<td>Fenugreek</td>
<td>Osha root</td>
</tr>
<tr>
<td>Açai herb</td>
<td>Flax</td>
<td>Parsley ↑ oxalates ↓ BP</td>
</tr>
<tr>
<td>Achyrocline</td>
<td>Fo ti</td>
<td>Pau d’arco</td>
</tr>
<tr>
<td>Aesculus hippocastanum</td>
<td>Forskolin</td>
<td>Pennyroyal</td>
</tr>
<tr>
<td>Agave cactus</td>
<td>Galium aparine (cleavers)</td>
<td>Pimenta dioica (allspice)</td>
</tr>
<tr>
<td>Alfalfa</td>
<td>Garcinia cambogia</td>
<td>Poke Root</td>
</tr>
<tr>
<td>Allspice</td>
<td>Germander</td>
<td>Polygonum multiflorum</td>
</tr>
<tr>
<td>Aloe vera</td>
<td>Ginger ↑ BP</td>
<td>Poppyseed</td>
</tr>
<tr>
<td>Angelica dong quai</td>
<td>Ginkgo biloba</td>
<td>Queen Anne’s lace (wild carrot)</td>
</tr>
<tr>
<td>Anatto</td>
<td>Ginseng ↑ BP</td>
<td>Ragwort</td>
</tr>
<tr>
<td>Aristolochia</td>
<td>Goji</td>
<td>Red clover</td>
</tr>
<tr>
<td>Ashwagandha</td>
<td>Goldenseal</td>
<td>Redbush</td>
</tr>
<tr>
<td>Autumn crocus only if needed by prescription</td>
<td>Goosegrass</td>
<td>Red clover</td>
</tr>
<tr>
<td>Basil</td>
<td>Gotu kola</td>
<td>Remifemin</td>
</tr>
<tr>
<td>Bearberry</td>
<td>Ground ivy</td>
<td>Rhatany</td>
</tr>
<tr>
<td>Berberine</td>
<td>Groundsel</td>
<td>Rooibos</td>
</tr>
<tr>
<td>Bergamot</td>
<td>Guarana</td>
<td>Rosemary</td>
</tr>
<tr>
<td>Black cohosh</td>
<td>Harpagophyllum</td>
<td>Sage</td>
</tr>
<tr>
<td>Black pepper caution aflatoxin</td>
<td>Hawthorn ↑ BP</td>
<td>Salt limit</td>
</tr>
<tr>
<td>Black seed</td>
<td>Hops</td>
<td>Sarsaparilla</td>
</tr>
<tr>
<td>Borage</td>
<td>Horse chestnut</td>
<td>Sassafras</td>
</tr>
<tr>
<td>Brahmi</td>
<td>Horseradish</td>
<td>Satureoides</td>
</tr>
<tr>
<td>Buchu</td>
<td>Horsetail</td>
<td>Saw palmetto</td>
</tr>
<tr>
<td>Buckthorn</td>
<td>Impila root</td>
<td>Senna</td>
</tr>
<tr>
<td>Bust enhancing herbs</td>
<td>Ivy</td>
<td>Siberian ginseng</td>
</tr>
<tr>
<td>Cacao</td>
<td>Jin Bu Huan</td>
<td>Skullcap</td>
</tr>
<tr>
<td>Calendula</td>
<td>Juniper</td>
<td>Snakeroot</td>
</tr>
<tr>
<td>Callilepis laureola (Impila)</td>
<td>Kava-kava</td>
<td>Spices caution aflatoxin</td>
</tr>
<tr>
<td>Avoid Herbs</td>
<td>Keishi-bukuryo</td>
<td>St. John's Wort</td>
</tr>
<tr>
<td>----------------------------</td>
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<td>-----------------------</td>
</tr>
<tr>
<td>Cascara sagrada</td>
<td>Keishi-bukuryo</td>
<td>St. John's Wort</td>
</tr>
<tr>
<td>Cats claw</td>
<td>Kola nut</td>
<td>Star anise</td>
</tr>
<tr>
<td>Catsfoot</td>
<td>Krameria triandra (rhatany root)</td>
<td>Stephehnia tetrandra</td>
</tr>
<tr>
<td>Cayenne pepper</td>
<td>Kudzu</td>
<td>Stevia</td>
</tr>
<tr>
<td>Celandine</td>
<td>Kwao krua kao</td>
<td>Stickyweed</td>
</tr>
<tr>
<td>Celery leaf</td>
<td>Lavender</td>
<td>Strawberry leaf</td>
</tr>
<tr>
<td>Chaparral</td>
<td>Lei gong teng (Wait)</td>
<td>Sweet clover</td>
</tr>
<tr>
<td>Chaste-tree berry</td>
<td>Lemon verbena</td>
<td>Syzygium aromaticum (clove)</td>
</tr>
<tr>
<td>Chervil</td>
<td>Licorice tBP</td>
<td>T'u-san-chi</td>
</tr>
<tr>
<td>Chinese herbs</td>
<td>Linseed</td>
<td>Tamarind</td>
</tr>
<tr>
<td>Chrysanthemum</td>
<td>Liver PLD avoid</td>
<td>Tannia leaves</td>
</tr>
<tr>
<td>Cleavers</td>
<td>Lobelia</td>
<td>Tansy</td>
</tr>
<tr>
<td>Clover</td>
<td>Lovage</td>
<td>Tarragon</td>
</tr>
<tr>
<td>Cloves</td>
<td>Lupin</td>
<td>Tea tree Oil</td>
</tr>
<tr>
<td>Cohosh</td>
<td>Ma Huang</td>
<td>Tribulus Terrestris</td>
</tr>
<tr>
<td>Cola nut</td>
<td>Maca herb</td>
<td>Uva Ursi</td>
</tr>
<tr>
<td>Coleus</td>
<td>Mace</td>
<td>Valerian</td>
</tr>
<tr>
<td>Coltsfoot</td>
<td>Macela achyrocline satureoides</td>
<td>Vanilla extract</td>
</tr>
<tr>
<td>Comfrey ↓ liver functioning</td>
<td>Magnolia officinalis</td>
<td>Vitex agnus-castus</td>
</tr>
<tr>
<td>Corydalis</td>
<td>Mate</td>
<td>Wild carrot</td>
</tr>
<tr>
<td>Country mallow</td>
<td>Melaleuca</td>
<td>Willow bark</td>
</tr>
<tr>
<td>Devil's claw</td>
<td>Mistletoe</td>
<td>Withania somnifera</td>
</tr>
<tr>
<td>Dill</td>
<td>Motherwort</td>
<td>Woodruff</td>
</tr>
<tr>
<td>Dong quai</td>
<td>Myristica fragrans</td>
<td>Wormseed</td>
</tr>
<tr>
<td>Echinacea</td>
<td>Neem</td>
<td>Wormwood</td>
</tr>
<tr>
<td>Ephedra sinica ↑ BP</td>
<td>Nigella sativa</td>
<td>Yerba mate</td>
</tr>
<tr>
<td>Fennel</td>
<td>Nutmeg</td>
<td>Yucca</td>
</tr>
</tbody>
</table>