



## Mardian Natural Medicine

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### Herbs and Teas OKAY during pregnancy

Alfalfa • Chamomile • Dandelion (leaf and root) • Fennel • Ginger • Horsetail  
Lemon Verbena • Meadowsweet • Nettle leaf • Peppermint • Red Raspberry  
Leaf • Rooibos • Rosehips • Slippery Elm • Strawberry Leaf

*Maximum 2 cups of any one tea/day*

### Herbs to AVOID during pregnancy

Alder Buckthorn • Aloe • Angelica • Arnica • Barberry • Bethroot • Black Cohosh  
Blessed Thistle • Blood Root • Blue Cohosh • Broom Butternut • Calamus  
Calendula • Cascara Sagrada • Coltsfoot • Cowslip • Damiana • Dong Quai  
Ephedra • Feverfew • Ginseng • Goat's Rue • Goldenseal • Gotu Kola • Ipecac  
Juniper Berries • Licorice • Lily of the Valley • Lobelia • Male Fern • Mandrake  
Mistletoe • Mugwort • Nutmeg\* • Pennyroyal • Periwinkle • Peruvian Bark  
Pleurisy Root • Poke Root • Rue • Rhubarb • Sage\* • Sarsaparilla • Senna  
Shepherd's Purse • Stillingia • Tansy • Thuja • Wormwood • Yarrow

\* small amounts of nutmeg and sage used in cooking are okay

*both lists are not complete, if unsure about a herb, it is best to avoid it*