

AHPA Botanical Safety Guidelines

Angelica: Avoid prolonged exposure to sunlight

Arnica: Do not use on open wounds or broken skin

Black Walnut: Prolonged use is not advised due to the presence of significant quantities of juglone, a known mutagen in animals.

Bladderwrack: Therapeutic use is not recommended in hyperthyroidism, long term therapeutic use is not recommended.

Bloodroot: May cause nausea and vomiting.

Boldo: Contraindicated in serious liver conditions and obstruction of the bile duct; in persons with gallstones; use under supervision of a qualified practitioner.

Buckthorne: Do not use this product if you have abdominal pain or diarrhea. Consult a health care provider prior to use if you are pregnant or nursing. Discontinue use in the event of diarrhea or watery stools. Do not exceed recommended dose. Not for long term use. Not for children under 12.

Bugleweed: Contraindicated in thyroid enlargement or hypothyroid and in simultaneous administration of other thyroid treatment.

Cascara Sagrada: Same as buckthorne guideline

Cayenne: Contraindicated on injured skin or near eyes.

Celandine: Not to be used by children

Celery: Individuals with renal disorders should use with caution.

Chaste Tree: May counter the effectiveness of birth control pills.

Dandelion Root: Contraindicated in blockage of the bile ducts, acute gall bladder inflammation, and intestinal blockage.

Devils Claw: Contraindicated in gastric and duodenal ulcers

Dulse: Therapeutic use is not recommended in hyperthyroidism, long term use is not recommended.

Ephedra: Contraindicated in anorexia, bulimia and glaucoma. Seek advice from a health care provider prior to use if you are pregnant or nursing, or if you have high blood pressure, heart or thyroid disease, diabetes, difficulty in urination due to prostate enlargement, or if taking a MAO inhibitor or any other prescription drug. Reduce or discontinue use if nervousness, tremor, sleeplessness, loss of appetite, or nausea occur. Not intended for use if under 18 years of age. Keep out of reach of children.

Eucalyptus: Contraindicated in inflammatory diseases of the bile ducts and gastrointestinal tract and in severe liver diseases; do not use eucalyptus preparations on areas of face and especially the nose in infants and young children.

Flax Seed: Take with 150 ml (6 oz) of liquid; not for use w/bowel obstruction.

Foti Root: Contraindicated with diarrhea; prepared root and stem may cause gastric distress, raw root is cathartic.

Gentian: Contraindicated in gastric and duodenal ulcers and when gastric irritation and inflammation are present.

Ginger: If have gallstones, consult a practitioner prior to using therapeutically.

Ginkgo: May potentiate pharmaceutical MAO inhibitors.

Ginseng Panax: Contraindicated for hypertension

Golden Rod: Consult a practitioner if have chronic kidney disorders.

Guar Gum: Take with at least 250 ml (8 oz) of liquid; contraindicated in bowel obstruction

Hops: Do not use if depressed

Horseradish: Contraindicated with inflammation of the gastric mucosa and with kidney disorders; not to be used on children under 4

Icelandic Moss: Contraindicated in gastro-duodenal ulcers due to mucosa-irritating property.

Juniper Berry: Not for use exceeding 4-6 weeks in succession; contraindicated in inflammatory kidney disease.

Kava Kava: Do not exceed recommended dose

Kelp: Therapeutic use is not recommended in hyperthyroidism; long term use not recommended, take with adequate liquid.

Licorice: Not for prolonged use or high doses except under supervision of a qualified health practitioner; contraindicated for diabetes and in hypertension, liver disorders, severe kidney insufficiency, and hypokalemia; may potentiate potassium depletion of thiazide diuretics and stimulant laxatives, as well as the action of cardiac glycosides and cortisol.

Lobelia: May cause nausea and vomiting, do not take in large doses

Lomatium: May cause skin rashes when used internally

Maidenhair Fern: Large doses will induce vomiting

Mistletoe: Contraindicated in protein hypersensitivity and chronic progressive infections such as tuberculosis and AIDS; do not exceed recommended dose

Mustard: Therapeutic external use not to exceed 2 weeks, not for children under 6; contraindicated with kidney disorders.

Myrrh: Contraindicated in excessive uterine bleeding

Safflower: Contraindicated with hemorrhagic disease or peptic ulcers

Senna: Same as Buckthorne guideline

St. Johns Wort: May potentiate pharmaceutical MAO inhibitors

Shavegrass: Contraindicated in cardiac or renal dysfunction, not recommended for children

Sheep Sorrel: Use cautiously if have history of kidney stones

Shepards Purse: Use cautiously if have history of kidney stones.

Soapbark: Do not exceed recommended dose

Turmeric: Therapeutic quantities should not be taken by people with bile duct obstruction or gall stones or stomach ulcers or hyperacidity.

Uva Ursi: Contraindicated in kidney disorders, irritated digestive conditions, and with acidic urine or in conjunction with remedies which produce acidic urine; not for prolonged use.

Watercress: Contraindicated in cases of gastric and duodenal ulcers, inflammatory kidney disorders, not for children under 4.

White Oak Bark: Do not use externally if have extensive skin damage

Yellowdock: Use cautiously if have a history of kidney stones

Yohimbe: Contraindicated in existing liver and kidney diseases and in chronic inflammation of the sexual organs or prostate gland; not recommended for excessive or long term use; may potentiate pharmaceutical MAO inhibitors.