

What herbs are safe during pregnancy?

These herbs are safe to use during pregnancy:

- **Chamomile *in tea form.** This can help if you feel sick to your stomach (are throwing up or feel like you might throw up).
- **Ginger root.** This can help if you feel sick to your stomach.
- **Peppermint leaf.** This can help if you are sick to your stomach or have gas.
- **Red raspberry leaf.** This can help if you are sick to your stomach or have labor pains.



These herbs are not safe to use during pregnancy:

Arbor vitae	Cinchona	Meadow saffron	Senna
Beth root	Cotton root bark	Nettle	Tansy
Black cohosh	Feverfew	Pennyroyal	White peony
Blue cohosh	Ginseng	Poke root	Wormwood
Cascara	Goldenseal	Rue	Yarrow
Chamomile oils	Juniper	Sage	Yellow dock
Chinese angelica*	Kava kava	Hibiscus	
*also called Dong quai	Licorice root	Chicory root	

Talk to your CHN nutritionist or provider if you have more questions!