What herbs are safe during pregnancy?

These herbs are safe to use during pregnancy:

- Chamomile tea. 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 back
- 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!