

Pregnancy and Herbs:

What to Take and What to Avoid



There are a number of medicinal herbs that are not indicated during the first trimester of a pregnancy, or throughout an entire pregnancy. However, there are some medicinal herbs that are an excellent source of support during pregnancy from the second trimester forward.

Use the lists below to guide you in your selection of medicinal herbs during your pregnancy!

(t) = teratogenic: any agent that can disturb the development of an embryo or fetus

(p) = poisonous if taken internally.

(*) = used in pregnancy teas in small amounts for toning and strengthening.

Medicinal Herbs Contraindicated for the First Trimester of Pregnancy

Angelica spp. (angelica, dong quai)	Arctium lappa (burdock)
Arctostaphylos uva-ursi (bearberry)	Artemisia vulgaris (mugwort)
Barosma betulina (Buchu)	Calendula officinale (calendula)
Cimicifuga racemosa (black cohosh)*	Commiphora molmol (myrrh)
Dioscorea spp. (wild yam)	Ephedra vulgaris (ma huang, Mormon tea)
Humulus lupulus (hops)	Hyssopus officinalis (hyssop)
Levisticum officinale (lovage)	Marrubium vulgare (horehound)
Matricaria chamomilla (chamomile)	Medicago sativa (alfalfa)
Mentha piperita (peppermint)	Mitchella repens (squaw vine)
Passiflora incarnate (passionflower)	Plantago spp. (plantain)
Prunus serotina (wild black cherry) ^t	Prunus virginiana (wild cherry) ^t
Silybum marianum (milk thistle)	Thymus vulgaris (thyme)
Verbena officinalis (vervain)	

Medicinal Herbs Contraindicated Throughout Pregnancy

Achillea millefolium (Yarrow)	Acorus calamus (sweet flag)
Agave Americana (agave)	Aletris farinose (blazing star, star grass)
Aloe barbadensis (aloe)	Anemone pulsatilla (pasque flower)
Areca catechu (betel nut) ^t	Aristolochia clematis (birthwort)
Arnica montana (arnica) ^p	Artemisia absinthium (wormwood)
Asclepius tuberosa (pleurisy root)	Berberis vulgaris (barberry)
Coffea Arabica (coffee)	Cannabis sativa (marijuana)
Capsella bursa (shepherd's purse)	Cassia angustifolia, senna (senna)
Caulophyllum thalictroides (clue cohosh)*	Cephaelis ipecacuanha (ipecac)
Chelidonium majus (celandine)	Cinchona ledgeriana (Peruvian bark) ^t
Cinnamomum camphor (camphor)	Cimicifuga racemosa (black cohosh)*
Citrullus colocynthis (bitter apple)	Claviceps purpurs (ergot)
Colchicum autumnale (meadow saffron) ^t	Conium maculatum (poison hemlock) ^p
Croton tiglium (croton oil)	Dryopteris filix-mas (male fern)
Equisetum arvense (horsetail)	Erythroxylon coca (cocaine) ^t
Ferula asafetida (asafetida)	Gelsemium sempervirens (yellow jasmine)
Glycyrrhiza glabra (Licorice)	Gossypium hirsutum (cotton)

Medicinal Herbs Contraindicated Throughout Pregnancy (continued)

Heracleum maximum (cow parsnip)	Hibiscus rosa-sinensis (rose of china)
Helleborus niger (black hellebore)	Hydrastis canadensis (goldenseal)
Centella asiatica (Gotu kola)	Hypericum perforatum (St. John's Wort)
Jateorhiza palmata (calumba)	Juniperus communis (juniper)
Lavandula officinalis (lavender)	Ledum palustre (marsh tea)
Leonurus cardiaca (motherwort)	Domatium dissector
Melissa officinalis (lemon balm)	Menispermum canadensis (moonseed)
Mentha pulegium (pennyroyal)	Nicotiana tabacum (tobacco) ^t
Panax ginseng (Chinese ginseng)	Papaver somniferum (opium poppy)
Petroselinum sativa (parsley seed)	Peyote
Phytolacca americana (poke)	Pilocarpus jaborandi (jaborandi) ^t
Pinus patula (yellow pine, turpentine)	Podophyllum peltatum (mandrake/mayapple) ^t
Polygala senega (milkwort)	Polygonum aviculare (knotgrass)
Pulsatilla pratense (pasque flower)	Ranunculus acris (Buttercup)
Rauvolfia serpentina (rauvolfia) ^t	Rhamnus purshiana (buckthorn, cascara)
Rheum palmatum (turkey rhubarb)	Rhus glabra (sumac, berry)
Ricinis communis (castor bean oil) ^t	Ruta graveolens (rue)
Salvia officinalis (sage)	Sanguinaria canadensis (blood root)
Santalum album (sandalwood)	Cytisus scoparius (Scotchbroom)
Sassafras albidum (sassafras) [*]	Senecio vulgaris (life root) ^t
Symplocarpus foetidus (skunk cabbage)	Tanacetum parthenium (feverfew)
Tanacetum vulgare (tansy)	Thuja occidentalis (red cedar)
Trillium pendulum (birthroot)	Turnera sp. (Damiana)
Tussilago farfara (colts foot)	Veratrum viride (hellebore) ^t
Veronicastrum virginicum (leptandra)	Vinca rosea (periwinkle) ^t

Medicinal Herbs That Can Be Used In Pregnancy: In Moderation

Use these herbs in moderation during pregnancy.

Althea officinalis (marshmallow root)	Mentha piperita (peppermint)
Ballota nigra (black horehound)	Pimpinella anisum (anise)
Dioscorea villosa (wild yam root)	Urtica dioica (nettle)
Echinacea species	Viburnum opulus (cramp bark)
Galium aparine (cleavers)	Viburnum prunifolium (black haw)
Matricaria chamomilla (German chamomile)	Zea mays (corn silk)

Medicinal Herbs That Can Be Used In Pregnancy

These herbs can be used occasionally as teas, seasonings, or food. As tinctures they should be used in small amounts.

Allium sativa (garlic)	Nasturtium officinalis (watercress)
Allium cepa (onion)	Ocimum basilicum (basil)
Apium graveolens (celery)	Origanum vulgare (oregano)
Armoracia rusticana (horseradish)	Origanum majorana (marjoram)
Artemisia dracunculus (tarragon)	Petroselinum sativa (parsley)
Beta vulgaris (beet)	Piper nigrum (black pepper)
Brassica spp. (broccoli, cabbage)	Prunus persica (peach seed)
Capsicum annuum (cayenne)	Rosmarinus officinalis (rosemary)

Medicinal Herbs That Can Be Used In Pregnancy (continued)

Eugenia caryophyllata (clove)
Carica papaya (papaya)
Cichorium intybus (chicory)
Cinnamomum zeylanicum (cinnamon)
Crocus sativa (saffron)
Daucus carota (carrot)
Equisetum arvense (horsetail)
Ferula assa-foetida (asafoetida)
Foeniculum vulgare (fennel)
Mentha spicata (spearmint)
Myristica fragrans (nutmeg)

Satureja hortensis (savory)
Silybum marianum (milk thistle)
Thymus vulgaris (thyme)
Trigonella foenum-graecum (fenugreek)
Ulmus rubra (slippery elm)
Zingiber officinale (ginger)
Mitchella repens (squaw vine) – 3rd trimester only
Rubus idaeus (red raspberry)
Trifolium pretense (red clover)
Zingiber officinale (ginger)



Dr. Morse's Cellular Botanicals are superb herbal formulas to cleanse and regenerate the organs and tissues of the body, restoring your health and vitality. However, we do recommend avoiding some formulas during early pregnancy, and in some cases, throughout pregnancy.

If you are pregnant, consider waiting to detox your body until your little one is born. There are some situations that may require herbal remedies during pregnancy, and in these cases we suggest that one meet with a counselor for personalized guidance.

Should you choose to work with our formulas while pregnant, please take the following lists into consideration during each trimester. You can always use either of our Superfood Blends during pregnancy for an excellent prenatal formula!

Avoid During Early Pregnancy: First Five Months

Avoid these formulas in ANY form

- ♥ Bone Marrow Support
- ♥ Heal All Tea
- ♥ Liver & Gallbladder Tonic
- ♥ Stomach Tea
- ♥ Spleen Tonic
- ♥ Parasite M
- ♥ All Lymphatic System and Lymph Node Formulas
- ♥ Lung Tonic I and II

Avoid During ENTIRE Pregnancy

Avoid these formulas in ANY form

- ♥ Bleeding Tonic
- ♥ Female Reproductive Tonic
- ♥ Healthy Heart
- ♥ Parasite G

Lactation Herbs	
Encourages or Increases Secretion of Milk	Stops Flow of Milk
Alfalfa (<i>Medicago sativa</i>)	Black Walnut (<i>Juglans nigra</i>)
Anise (<i>Pimpinella anisum</i>)	Chickweed (<i>Stellaria media</i>)
Basil (<i>Ocimum basilicum</i>)	English Walnut (<i>Juglans regia</i>)
Borage (<i>Borago officinalis</i>)	Herb Robert (<i>Geranium robertianum</i>)
Caraway (<i>Carum carvi</i>)	Lemon Balm (<i>Melissa officinalis</i>)
Dill (<i>Anethum graveolens</i>)	Oregano (<i>Origanum spp.</i>)
Blue Vervain (<i>Verbena hastata</i>)	Parsley (<i>Petroselinum crispum</i>)
Fennel (<i>Foeniculum vulgare</i>)	Peppermint (<i>Mentha piperita</i>)
Fenugreek (<i>Trigonella foenum-graecum</i>)	*Essential Oils or large doses (a cup of tea here or there likely won't make a difference.
Goat's Rue (<i>Galega officinalis</i>)	Periwinkle Herb (<i>Vinca minor</i>)
Hops (<i>Humulus lupulus</i>)	Sage (<i>Salvia officinalis</i>)
Iceland Moss (<i>Cetraria islandica</i>)	Sheep Sorrel (<i>Rumex acetosella</i>)
*Not if breasts or nipples are inflamed and not for prolonged use..	Yarrow (<i>Achillea millefolium</i>)
Lavender (<i>Lavandula officinalis</i>)	
Milkwort (<i>Polygala amara</i>)	
Nettle (<i>Urtica dioica</i>)	
Strawberry Leaf (<i>Fragaria vesca</i>)	
Wild Raspberry (<i>Rubus strigosus</i>)	



The Pituitary gland makes prolactin, the hormone necessary for breast milk production. So if herbs seem to barely work, or do not work at all, you may need to look at and address a pituitary weakness.