

# Safety Guidelines - Herbs, Spices & Extracts

Acerola Berry Extract

Keep out of the reach of children

Acidophilus Powder

Keep out of the reach of children

Agar Agar Powder

Warning: Taking this product without adequate fluid may cause it to swell and block your throat or esophagus and may cause choking. Do not take this product if you have difficulty in swallowing. If you experience chest pain, vomiting, or difficulty in swallowing or breathing after taking this product, seek immediate medical attention.

Aloes (Cape) Powder

Notice: 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 a baby. Discontinue use in the event of diarrhea or watery stools. Do not exceed recommended dose. Not for long-term use.

Angelica Root

Not to be used during pregnancy. Avoid prolonged exposure to sunlight.

Arnica Flowers

For external use only. Can cause allergic dermatitis with extended use or in sensitive persons. Not to be used on open wounds or broken skin.

Ashwagandha Root

Not to be used during pregnancy. May potentiate the effects of barbiturates.

Barberry Root Bark

Not to be used during pregnancy.

Black Cohosh Root

Not to be used during pregnancy or while nursing.

Black Walnut Hulls

Not recommended for long term use.

Bladderwrack

Not to be used during pregnancy or while nursing, or by persons with hyperthyroidism. Not recommended for long-term use.

Blessed Thistle Herb

Not to be used during pregnancy.

Bloodroot Root

Not to be used during pregnancy. May cause nausea and vomiting. Do not exceed recommended dosage.

Blue Cohosh Root

Not to be used during pregnancy.

Boldo Leaf

Not to be used by persons with gallstones, serious liver conditions or obstruction of the bile duct. Consult your physician before using this product.

Buckthorn Aged Bark

Notice: 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 a baby. Discontinue use in the event of diarrhea or watery stools. Do not exceed recommended dose. Not for long-term use.

Calamus Root

Not to be used during pregnancy. To be used only under the supervision of an expert qualified in the appropriate use of this substance.

Calcium Citrate

Keep out of the reach of children

California Poppy Herb

Not to be used during pregnancy. May potentiate pharmaceutical MAO inhibitors.

Camphor Granules

Keep out of reach of children. In case of ingestion contact a poison control center immediately. For external use only if properly diluted.

Cascara Sagrada Aged Bark

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prior to use if you are pregnant or nursing a baby. Discontinue use in the event of diarrhea or watery stools. Do not exceed recommended dose. Not for long-term use.

Catnip Leaf & Flower

Not to be used during pregnancy.

Cayenne

Avoid contact with eyes or open wounds.

Chamomile Flowers, Roman

Not to be used during pregnancy.

Chaparral Leaf

Seek advice from a health care practitioner before use if you have any history of liver disease. Discontinue use if nausea, fever, fatigue or jaundice occur (e.g. dark urine or yellow discoloration of the eyes).

Chaste Tree Berries

Not to be used during pregnancy. May counteract the effectiveness of birth control pills.

Coltsfoot Leaf

For external use only. Do not apply to broken or abraded skin. Not to be used during pregnancy or while nursing. Avoid excessive or long term use.

Comfrey Leaf

For external use only. Do not apply to broken or abraded skin. Not to be used during pregnancy or while nursing. Not recommended for long term use.

Devil's Claw Root

Not recommended for use by persons with gastric or duodenal ulcers.

Dong Quai Root

Not to be used during pregnancy.

Elecampane Root

Not to be used during pregnancy or while nursing. Large doses may cause vomiting, diarrhea, spasms, and symptoms of paralysis.

Ephedra Herb (Ma Huang)

Warning: Seek advice from a health care practitioner

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 an MAO inhibitor or any other prescription drug. Reduce or discontinue use if nervousness, tremor, sleeplessness, loss of appetite or nausea occur. Not intended for persons under 18 years of age. Keep out of reach of children.

#### Eucalyptus Leaf

Not to be used by persons with inflammatory diseases of the gastro-intestinal and bile ducts and severe diseases of the liver. Do not use eucalyptus preparations on areas of the face and especially the nose in infants and young children.

#### Feverfew Flowering Tops

Not to be used during pregnancy.

#### Feverfew Leaf

Not to be used during pregnancy.

#### Flax Seed

This herb should be ingested with at least 6 oz. of liquid. Not for use by persons with bowel obstruction.

#### Garlic Capsule

Not to be used while nursing.

#### Gentian Root

Not to be used by persons with gastric or duodenal ulcers or when gastric irritation or inflammation is present. Consult a health care practitioner prior to use if you are pregnant or suffering from high blood pressure.

#### Ginger Root

Not to be used during pregnancy. Persons with gallstones should consult a health care practitioner before use.

#### Ginkgo Leaf

May potentiate pharmaceutical MAO inhibitors.

#### Glucosamine

Keep out of the reach of children

#### Goldenseal

Not to be used during pregnancy.

#### Guar Gum

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#### Henna Leaf Red Powder

For external use only.

#### Hop Flowers (Sweet)

Not recommended for use by persons suffering from depression.

#### Horehound Herb

Not to be used during pregnancy.

#### Horsetail (Shavegrass)

*Equisetum arvense* should not be used by persons with cardiac or renal dysfunction. Not recommended for long-term use.

Based on the American Herbal Products Association Botanical Safety Index, these guidelines are provided to create meaningful safety classifications and labeling recommendations for botanicals.

Botanicals should always be used in a rational and informed manner. Illness or negative reactions can occur from excessive consumption, individual sensitivities and allergic reactions. Seek qualified expert advice before using a botanical with which you are unfamiliar.

#### Hydrangea Root

Use with caution. Do not exceed recommended dose. Avoid long-term use.

#### Hyssop Herb

Not to be used during pregnancy.

#### Juniper Berries

Not to be used for more than four to six weeks in succession. Persons with inflammatory kidney disease should not use this herb. Not to be used during pregnancy.

#### Kaolin Powder

Avoid contact with eyes

#### Kava Kava Root

Caution: Not for use by persons under the age of 18. If pregnant, nursing or taking a prescription drug, consult a health care practitioner prior to use. Do not exceed recommended dose. Excessive consumption may impair ability to drive or operate heavy equipment. Not recommended for consumption with alcoholic beverages.

#### Kola Nuts

Not to be used during pregnancy. Not to be used by persons with hypertension or gastric or duodenal ulcers. Not recommended for excessive or long term use.

#### Lemongrass

Not to be used during pregnancy.

#### Licorice Root

Not for prolonged or excessive use except under the supervision of a qualified health practitioner. Prolonged use may cause potassium depletion and sodium retention resulting in symptoms of hypertension, edema, headache, vertigo. Not for use by persons with hypertension, hypokalemia, edema, cirrhosis, or the liver and cholestatic liver disorders, and diabetes. Not to be used during pregnancy or while nursing.

#### Lobelia Herb

Not to be used during pregnancy. Do not exceed recommended dose. May cause nausea and vomiting.

#### Lomatium Root

Not to be used during pregnancy. When used internally this product may cause a rash. Discontinue use if rash occurs.

#### Lovage Root

Not to be used during pregnancy or by persons with impaired or inflamed kidneys.

#### Lycii Berries (Gou Qi Zi)

Not to be used during pregnancy.

#### Magnesium Citrate

Keep out of the reach of children

#### Menthol Crystals

Keep out of reach of children. In case of ingestion contact

a poison control center immediately. For external use only if properly diluted.

#### Mistletoe Herb

Not for use by persons with protein hypersensitivity and chronic-progressive infections such as tuberculosis and AIDS. Do not exceed recommended dosage.

#### Motherwort Herb

Not to be used during pregnancy.

#### MSM/Glucosamine

Keep out of the reach of children.

#### Mugwort

Not to be used during pregnancy.

#### Oregon Grape Root

Not to be used during pregnancy.

#### Osha Root

Not to be used during pregnancy

#### Parsley Root

Not to be used during pregnancy or by persons with inflammatory kidney disease.

#### Pennyroyal, European Herb

Not to be used during pregnancy.

#### Periwinkle Herb

Not for use by persons with low blood pressure or constipation.

#### Pleurisy Root

Not to be used during pregnancy. May cause nausea and vomiting.

#### Prickly Ash Bark

Not to be used during pregnancy.

#### Psyllium Seed Husk

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#### Queen of the Meadow

For external use only. Do not apply to broken or abraded skin. Not to be used during pregnancy or while nursing. Not recommended for long-term use.

#### Red Clover Blossoms

Not to be used during pregnancy.

#### Red Clover Flowers

Not to be used during pregnancy.

#### Rehmannia Root Steamed

(Shu Di Huang)

Not for use by persons with diarrhea and indigestion.

#### Rhubarb Root

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#### Rosemary Leaf

Not to be used during pregnancy

#### Rue Herb Powder

Not to be used during pregnancy. Not for use by persons with poor kidney function. Avoid prolonged exposure to sunlight.

#### Safflower Petals

Not to be used during pregnancy or by persons with hemorrhagic diseases or peptic ulcers. Ingestion of this herb may prolong blood coagulation time.

#### Saint John's Wort Herb

May potentiate pharmaceutical MAO inhibitors. Avoid prolonged exposure to sunlight.

#### Sandalwood Yellow, Indian

Not for use by persons with diseases of the parenchyma of the kidney. Do not use for more than six weeks in succession without consulting a physician.

#### Sassafras Root Bark

Use with caution. Avoid excessive or long term use.

#### Senna Leaf

Notice: 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 a baby. Discontinue use in the event of diarrhea or watery stools. Do not exceed recommended dose. Not for long-term use.

#### Senna Pods

Notice: 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 a baby. Discontinue use in the event of diarrhea or watery stools. Do not exceed recommended dose.

#### Sheep Sorrel Herb

Not recommended for use by persons with a history of kidney stones.

#### Shepherd's Purse

Not to be used during pregnancy or by persons with a history of kidney stones.

#### Spikenard Root

Not to be used during pregnancy.

#### Tansy Herb

Not to be used during pregnancy. To be used only under the supervision of an expert qualified in the appropriate use of this substance.

#### Uva Ursi Leaf

Not to be used during pregnancy. Not to be used by persons with kidney disorders, irritated digestive conditions or in conjunction with conditions or remedies that produce acidic urine. Not for prolonged use unless consulting a health care practitioner.

#### Vitamin C Beverage Blend with Bioflavonoids

Keep out of the reach of children

#### Vitamin C Powder

Keep out of the reach of children

#### Vitamin C w/Rosehips Capsule

Keep out of the reach of children.

#### Wheat Grass Powder

Keep out of the reach of children

#### White Oak Bark

Avoid application to extensively damaged skin.

#### Wild Cherry Bark

Use with caution. Do not exceed recommended dose.

Not recommended for long-term use.

Wormwood Herb

Use with caution. Not to be used during pregnancy or while nursing. Do not exceed recommended dose. Not recommended for long-term use.

Yarrow Flowers

Not to be used during pregnancy. Consult a health care provider prior to external use if you suffer from allergies related to the Asteraceae family.

Yellowdock Root

Not recommended for use by persons with a history of kidney stones.

Yohimbe Bark

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.

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