

# IMPORTANT HERBAL SAFETY INFORMATION

Please read the information below before taking any herbal medicines from Ukraine Herbal Solidarity. If you have any questions or would like more individualized support from a herbalist near you, please email us at: [ukraineherbalsolidarity@protonmail.com](mailto:ukraineherbalsolidarity@protonmail.com)



## CHAMOMILE

**Contraindications:** Avoid if allergic to the daisy family (Asteraceae). Avoid if pregnant. Avoid if taking warfarin and anticoagulant medications. Caution if taking blood pressure, sedative, antidepressant, antiepileptic, hormonal, and diabetes medications.

## DANDELION

**Contraindications:** Avoid if allergic to the daisy family (Asteraceae). Seek further medical advice if you have kidney problems, liver disease, gallbladder problems, or gallstones.

## HAWTHORN

**Side effects:** Milder side effects include nausea and sedation.

**Contraindications:** Overdose can cause cardiac arrhythmia and dangerously lower blood pressure. Avoid if taking blood pressure medications or the heart medicine Digoxin. Use with caution if taking antidepressants, anticoagulants, antiepileptics, barbiturates, or benzodiazepine medication.

## LEMON BALM

**Contraindications:** Avoid if pregnant or breastfeeding. Avoid in cases of hypothyroidism or if taking thyroid medication. Use with caution if taking antidepressant and sedative medications.

## NETTLE

**Contraindications:** Avoid if pregnant or breastfeeding. Use with caution if taking diuretic, diabetes, hypotensive, or anticoagulant medications.

## OATSTRAW

**Contraindications:** Use with caution if sensitive to gluten.

## RASPBERRY LEAF

**Contraindications:** Avoid in the first trimester and during high-risk pregnancies. Use with caution if taking diabetes medications.

## ROSE

**Contraindications:** Avoid if pregnant or breastfeeding.

## SKULLCAP

**Contraindications:** Do not take alongside other tranquilizers or sedatives. Avoid if pregnant or breastfeeding. Use with caution if taking antidepressant and sedative medications. May cause drowsiness – avoid if driving.

## VALERIAN

**Side effects:** Some people experience nervousness, anxiety, and palpitations in taking valerian. Valerian may cause withdrawal symptoms if taken for extended periods and abruptly discontinued. May cause drowsiness – avoid if driving.

**Contraindications:** Not recommended for those taking barbiturates or benzodiazepine medication. Avoid if pregnant or breastfeeding. Use with caution if taking antidepressant and sedative medications.