

Lactation-Friendly Herbs

This is a list I've compiled of herbs that I may choose from to recommend to people who are lactating. These herbs do not necessarily support breastfeeding/milk production directly. Please note that some of these I would only use in specific cases/circumstances – they are not necessarily appropriate for anyone who is lactating (marked with a *). As usual, please do your own research before taking or recommending herbs. Idiosyncratic reactions are always possible!

~ Camille

- ✓ *Allium sativum* (garlic)
- ✓ *Althaea officinalis* (marshmallow)
- ✓ *Anethum graveolens* (dill)
- ✓ *Arctium lappa* (burdock)*
- ✓ *Asparagus racemosus* (shatavari)*
- ✓ *Astragalus membranaceus*
- ✓ *Avena sativa* (oats)
- ✓ *Bacopa monnieri*
- ✓ *Boswellia serrata*
- ✓ *Calendula officinalis* (pot marigold)
- ✓ *Capsicum anuum* (cayenne)
- ✓ *Centella asiatica* (gotu cola)
- ✓ *Chionanthus virginicus* (fringe tree)*
- ✓ *Collinsonia canadensis* (stone root)
- ✓ *Cordyceps sinensis*
- ✓ *Crataegus spp.* (hawthorn)
- ✓ *Curcuma longa* (turmeric)
- ✓ *Cynara scolymus* (artichoke)
- ✓ *Echinacea spp* (coneflower)
- ✓ *Elettaria cardamomum* (cardamom)
- ✓ *Eleutherococcus senticosus* (Eleuthero)*
- ✓ *Elymus repens* (couch grass)
- ✓ *Euphrasia spp* (eyebright)
- ✓ *Foeniculum vulgare* (fennel)
- ✓ *Galega officinalis* (goat's rue)
- ✓ *Galium aparine* (cleavers)
- ✓ *Ganoderma lucidum* (reishi)
- ✓ *Geranium maculatum**
- ✓ *Hibiscus spp.*
- ✓ *Humulus lupulus* (hops)*
- ✓ *Hypericum perforatum* (St. John's wort)*
- ✓ *Lavandula officinale* (lavender)
- ✓ *Leonorus cardiaca* (motherwort)
- ✓ *Matricaria recutita* (chamomile)
- ✓ *Medicago sativa* (alfalfa)
- ✓ *Melissa officinalis* (lemon balm)
- ✓ *Mentha spicata* (spearmint)*
- ✓ *Mentha x piperita* (peppermint leaf)*
- ✓ *Mitchella repens* (partridge berry)*
- ✓ *Moringa officinalis* (moringa)
- ✓ *Nepeta cataria* (catnip)*
- ✓ *Paeonia lactiflora* (white peony)*
- ✓ *Plantago spp* (psyllium)
- ✓ *Prunella vulgaris* (self-heal)
- ✓ *Pueraria lobata* (kudzu)
- ✓ *Rosa spp* (rose hips)
- ✓ *Rubus idaeus* (raspberry leaf)
- ✓ *Sambucus spp* (elderberries & flower)
- ✓ *Schisandra chinensis*
- ✓ *Scutellaria baicalensis* (Baikal skullcap)
- ✓ *Scutellaria lateriflora* (skullcap)
- ✓ *Serenoa repens* (saw palmetto)*
- ✓ *Silybum marianum* (milk thistle)
- ✓ *Stellaria media* (chickweed)
- ✓ *Taraxacum officinale* (dandelion root & leaf)
- ✓ *Tilia spp* (linden)
- ✓ *Trigonella foenum-graecum* (fenugreek)
- ✓ *Urtica dioica* (stinging nettle leaf)
- ✓ *Vaccinium spp.* (Bilberry/blueberry/cranberry fruit)
- ✓ *Valeriana officinale* (valerian)*
- ✓ *Verbascum thapsus* (mullein)
- ✓ *Viburnum opulus & prunifolium* (cramp bark & black haw)
- ✓ *Viola tricolor* (violet)*
- ✓ *Zea mays* (corn silk)

Pregnancy-Friendly Herbs

This is a list I've compiled of herbs that I may recommend to clients who are pregnant. I rarely recommend herbs in the first trimester and start with very low doses any time during pregnancy. As usual, please do your own research before taking or recommending herbs. Idiosyncratic reactions are always possible! This is not meant to be a comprehensive list & I do update it from time to time. ~ Camille

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| ✓ <i>Allium sativum</i> (garlic) | ✓ <i>Glycyrrhiza glabra</i> *
(licorice) | ✓ <i>Schisandra chinensis</i> * |
| ✓ <i>Althaea officinalis</i>
(marshmallow) | ✓ <i>Lavandula officinalis</i>
(lavender) | ✓ <i>Scutellaria lateriflora</i>
(skullcap) |
| ✓ <i>Astragalus membranaceus</i> | ✓ <i>Matricaria recutita</i>
(chamomile) | ✓ <i>Taraxacum officinale</i>
(dandelion) root and leaf |
| ✓ <i>Avena sativa</i> (oats) | ✓ <i>Medicago sativa</i> (alfalfa) | ✓ <i>Ulmus fulva</i> (slippery elm)* |
| ✓ <i>Citrus sinensis</i> (sweet orange) | ✓ <i>Melissa officinalis</i> (lemon balm) | ✓ <i>Urtica dioica</i> (nettle leaf) |
| ✓ <i>Crataegus spp.</i>
(hawthorn) leaf, flower and berry | ✓ <i>Mentha spicata</i> & x <i>piperita</i> (peppermint & spearmint) | ✓ <i>Vaccinium macrocarpon</i>
(cranberry) |
| ✓ <i>Dioscorea villosa</i> (wild yam) | ✓ <i>Mitchella repens</i>
(partridge berry) | ✓ <i>Valeriana officinalis</i>
(valerian) |
| ✓ <i>Echinacea spp.</i> , all parts | ✓ <i>Passiflora incarnata</i> *
(passionflower) | ✓ <i>Viburnum prunifolium</i> & <i>opulus</i> (cramp bark & black haw) |
| ✓ <i>Euphrasia spp.</i>
(eyebright) | ✓ <i>Plantago spp.</i> (plantain) | ✓ <i>Withania somnifera</i> *
(ashwagandha) |
| ✓ <i>Foeniculum vulgare</i>
(fennel seed)* | ✓ <i>Rosa spp.</i> (rose) | ✓ <i>Zingiber officinalis</i> *
(ginger) |
| ✓ <i>Galium aparine</i>
(cleavers) | ✓ <i>Rubus idaeus</i> * (raspberry leaf) | |
| ✓ <i>Ganoderma lucidum</i>
(reishi) | ✓ <i>Rumex crispus</i> (yellow dock) | |

* Indicates that there is some controversy; please research all herbs/doses before using!