

Table 1a: Overview of Contraindicated herbal medicines used by the study participants during pregnancy.

Common name	Latin name	Number of women using herb in pregnancy	Relevant actions	Comments	Reference Sources accessed
Yarrow	<i>Achillea millefolium</i>	13	anti-microbial[1], anti-hemorrhagic[1], urinary antiseptic[1], astringent[1], vulnerary[1], spasmolytic[1]	Concern regarding the thujone content and resulting abortifacient properties.[1] In one reproductive toxicology study in rats, yarrow was associated with reduced fetal weight and increased placental weight; however, yarrow was not materno-toxic.[2]	[1, 3-8]
Garden Angelica	<i>Angelica archangelica</i>	1	astringent[9], diuretic[9], vulnerary[9], anti-inflammatory[9]	Traditional history of use as an emmenagogue.[10]	[5, 10, 11]
Dong Quai	<i>Angelica polymorpha /Angelica sinensis</i>	2	reproductive tonic[1], anti-thrombotic[1], anti-inflammatory[1]	Of particular concern is in first trimester use and in women with a tendency for spontaneous abortions since there is a substantial risk of causing harm to the fetus.[4] There is also an association with increased bleeding.[1]	[1, 3-5, 10, 12]
Marijuana	<i>Cannabis</i> spp	3	sedative[1], spasmolytic[1], anodyne[1], appetite stimulant[1]	There is evidence in some study for both major malformation and increase in preterm birth with the use of marijuana in pregnancy.[13-17] In addition, evidence is emerging regarding the negative impact on the cognitive abilities of children whose mothers' used marijuana in pregnancy.[18-21]	[19, 20, 22-27]
Shepherd's purse	<i>Capsella bursa-pastoris</i>	1	anti-hemorrhagic[4], urinary antiseptic[4]	Evidence of both uterine stimulant and emmenagogue activity.[1, 10] Evidence of fetal malformation in <i>in vivo</i> studies.[4]	[1, 4, 5, 10, 28, 29]
Papaya	<i>Carica papaya</i>	8	anti-spasmodic[30], anti-microbial[30]	Evidence for increased fetal loss and malformations in <i>in vivo</i> studies associated with papain.[31, 32]	[10, 33]
Blue Cohosh	<i>Caulophyllum thalictroides</i>	2	spasmolytic[4], uterine and ovarian tonic[4], emmenagogue, oxytocic[4]	Several case reports of negative fetal outcomes from the use of blue cohosh in the last weeks of pregnancy.[10, 34-36]	[1, 3-5, 10, 37, 38]
Black Cohosh	<i>Cimicifuga racemosa</i>	3	spasmolytic[4], estrogen modulating[4], uterine tonic[4]	Traditionally only used to assist with birth as a component of a partus parapatator.[4, 10]	[1, 3-5, 10, 34, 39-41]
Cinnamon	<i>Cinnamomum aromaticum</i>	21	astringent[1], carminative[1]	As flavouring, oil is contraindicated, <i>in vivo</i> evidence of fetal malformation.[10]	[1, 10, 42, 43]
Licorice	<i>Glycyrrhiza glabra</i>	23	adaptogen[1], anti-inflammatory[1], anti-tussive[1], anti-viral[1]	Heavy consumption, >500 mg/week associated with pre-term birth.[44, 45] Studies in the children of mothers' who consumed high doses (>500 mg/wk) of licorice in pregnancy showed altered cortisol levels and cognitive abilities [46, 47] A prospective	[1, 3, 10, 49]

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				study on the impact of licorice in pregnancy found that licorice was not teratogenic [48].	
English Ivy	<i>Hedera helix</i>	12	expectorant[30], antispasmodic[30]	Evidence of harmful effects in animal studies, not studied in human pregnancy.[50]	[5, 50, 51]
Motherwort	<i>Leonurus cardiaca</i>	79	nervine[1], spasmolytic[1], uterine tonic[1], hypotensive[1], cardiotonic[1], emmenagogue[4]	Evidence of both uterine stimulant and emmenagogue activity.[1, 10] Evidence of fetal malformations in <i>in vivo</i> studies.[4]	[1, 4, 5, 10, 52, 53]
Lovage	<i>Levisticum officinale</i>	94	anti-inflammatory[30], bitter[30], anti-spasmodic[30]	Uterine stimulant and emmenagogue	[5, 30, 54, 55]
White/Common Horehound	<i>Marrubium vulgare</i>	7	expectorant[4], spasmolytic[4], bitter[4]	Traditional use as an emmenagogue.[10] Evidence of fetal malformations in <i>in vivo</i> studies.[4]	[4, 10, 56, 57]
Tea-Tree	<i>Melaleuca alternifolia</i>	3	anti-microbial[1]		[58]
Butterbur	<i>Petasites hybridus</i>	3	anti-inflammatory[30], anti-migraine[30], tonic[30]	Concern regarding the hepatotoxicity and mutagenic potential of the pyrrolizidine alkaloids.[1]	[1, 59]
Parsley	<i>Petroselinum crispum</i>	55	antioxidant[3], abortifacient[3]	As food, otherwise contraindicated, evidence for abortifacient activity at higher doses.[3]	[3, 10, 60]
Boldo	<i>Peumus boldus</i>	2	cholagogue[4], sedative[4], diuretic[4]	Animal studies suggest that boldo is fetotoxic.[4]	[4, 5, 61, 62]
Kava	<i>Piper methysticum</i>	1	anxiolytic[4], hypnotic[4]	Concern regarding the hepatotoxicity and mutagenic potential of the pyrrolizidine alkaloids.[10]	[1, 3, 4, 10, 63]
White willow	<i>Salix alba</i>	8	anti-inflammatory, analgesic	Salicylates do cross the placenta.[64]	[1, 4, 10, 64]
Sage	<i>Salvia officinalis</i>	47	anhidrotic[1], estrogenic[1], emmenagogue[1], astringent[1], antiseptic[1], carminative[1], spasmolytic[1]	As food, otherwise contraindicated due to thujone content and the potential abortifacient activity.	[1, 4, 5, 10, 65, 66]
Thuja	<i>Thuja occidentalis</i>	2	anti-microbial[4], depurative[4], anti-viral[4], anti-fungal[4]	Associated with increased risk of malformations in humans [4]	[1, 4, 5, 10, 67]
Thyme	<i>Thymus vulgaris</i>	30	antimicrobial[4], expectorant[4], spasmolytic[4]	As food, otherwise contraindicated due to concern regarding abortifacient activity.[10]	[4, 10] [1, 5, 68-70]
Fenugreek	<i>Trigonella foenum-graecum</i>	1	lactagogue[1], aphrodisiac[1], lipid lowering[1], hypoglycemic[4]	Evidence for anti-fertility and abortifacient activity.[10] Possibility for hypolipidemic and hypothyroid effects.[1]	[1, 3-5, 10, 71]
Coltsfoot	<i>Tussilago farfara</i>	6	anti-inflammatory[30], anti-microbial[30], demulcent[30]	Concern regarding the hepatotoxicity and mutagenic potential of the pyrrolizidine alkaloids.	[10, 72]c
Cowberry	<i>Vaccinium vitis-idaea</i>	142	urinary antiseptic[30], astringent[30]		[30, 73, 74]
Common vervain	<i>Verbena officinalis</i>	40	nervine[1], spasmolytic[1], uterine stimulant[1]	Potential for abortifacient and oxytocic effects.[1, 10]	[1, 10, 75]

Table 1b. Overview of safe herbals used by the study participants during pregnancy

Common name	Latin name	Number of women using the herb in pregnancy	Relevant actions	Comments	Reference Sources accessed
Horse Chestnut	<i>Aesculus hippocastanum</i>	1	venotonic[1], anti-inflammatory[1]	Limited evidence; one study in pregnancy related to leg edema found no adverse effects.[3, 76]	[1, 3, 4, 10, 77-79]
Garlic	<i>Allium sativum</i>	78	anti-microbial[1], antihypertensive[1], anti-atherosclerotic[1], lipid lowering[1]	Garlic administered during the third trimester to pregnant women at high risk of pre-eclampsia, was found to reduce hypertension in one RCT study[80], a second study in women at high risk for pre-eclampsia found no impact on pregnancy outcomes [81], and in a cohort study, the consumption of garlic was associated with a 50% reduction in preterm birth [82] .	[1, 3-5, 10, 80, 83]
Aloe vera	<i>Aloe vera</i>	23	vulnerary[4], anti-viral[4], anti-inflammatory[4]	Gel: topically use only; Latex/resin CI	[3-5, 10, 84, 85]
Oats	<i>Avena sativa</i>	3	nervine[1]		[1, 10, 86, 87]
Bryophyllums	<i>Bryophyllums</i>	6	analgesic[30], anti-inflammatory[30], vulnerary[30]	Short term use; studies found for insomnia[88] and as an oxytocic in labour [89].	[88-94]
Green tea	<i>Camellia sinensis</i>	12	antiviral[1], antioxidant[1], anti-dyslipidemic[1]	as tea in limited amounts, otherwise contraindicated in high dose due to caffeine content.[1]	[1, 3-5, 10, 95, 96]g
Senna alexandrina	<i>Cassia acutifolia</i>	37	laxative[1]		[1, 3-5, 10, 97-99]
German chamomile	<i>Chamomilla recutita</i>	177	nervine[1], anti-inflammatory[1], spasmolytic[1], carminative[1], sedative (mild)[1]	As tea in limited amounts. Consistent use has been associated with premature constriction of fetal ductus arteriosus.[100]	[1, 4, 5, 10, 101]
Lemon fruit	<i>Citrus</i> sp.	89		As food	
Tumeric	<i>Curcumae longa</i>	1	Anti-inflammatory[1]		[1, 3, 4, 10]
Echinacea	<i>Echinacea</i> sp.	90	immunomodulator[1], anti-inflammatory[1], anti-microbial[1], alterative[1], lymphatic[1]	No association with an increase in malformation found in one prospective study [102].	[1, 3, 4, 10, 102-108]
Siberian ginseng	<i>Eleutherococcus senticosus</i>	3	adaptogen[1], immunomodulator[1]		[1, 3, 4, 10, 109]
Eucalyptus	<i>Eucalyptus</i> sp.	31	anti-inflammatory[30], expectorant[30]	external use only	[10, 110-112]
St. John's wort	<i>Hypericum perforatum</i>	25	antidepressant[1], antiviral[1], nervine[1], vulnerary[1]	One prospective study no differences in major malformations, and preterm birth with the use of St. John's wort in pregnancy [113].	[3-5, 10, 113-115]
Peppermint	<i>Mentha x piperita</i>	180	antiemetic[1], spasmolytic[4], carminative[4]	As tea	[1, 3, 4, 10,

Common name	Latin name	Number of women using the herb in pregnancy	Relevant actions	Comments	Reference Sources accessed
					116-118]
Ginseng	<i>Panax ginseng</i>	2	adaptogen[1], immune modulating[4]		[1, 3-5, 10, 119-121]
Passiflora	<i>Passiflora incarnata</i>	21	anxiolytic[4], spasmolytic[4]		[1, 3-5, 10, 122, 123]
Anise	<i>Pimpinella anisum</i>	17	spasmolytic[1], carminative[1], lactagogue[1]	As water extracted tea; avoid alcohol extract and oil due to potential anti-implantation activity.[10]	[1, 5, 10, 124-126]
Prunes	<i>Prunus domestica</i>	50	laxative	As food	
Psyllium	<i>Psyllii semen / Plantago ovata</i>	124	bulk laxative[1]	Possible side effects of gas, bloating with insufficient water[1].	[1, 10, 127-130]
Milk thistle	<i>Silybum marianum</i>	1	hepatoprotective[1], antioxidant[1]		[1, 3-5, 10, 131, 132]
Slippery elm	<i>Ulmus fulva</i>	2	demulcent[1]		[10] [1, 133]
Nettle	<i>Urtica dioica / urens</i>	37	nutritive[1], vascular tonic[1], antiallergic[1], diuretic[1]		[1, 3-5, 10, 134-136]
Bilberry, Huckleberry	<i>Vaccinium myrtillus</i>	12	vasoprotective[1], urinary complaints[1]		[4, 10, 137]
Cranberry	<i>Vaccinium oxycoccus/ macrocarpon</i>	621	urinary antiseptic[1], astringent[4]	One cohort study investigated cranberry consumption in pregnancy on malformations and outcomes finding no negative impacts [138].	[1, 3, 4, 10, 138-140]
Chaste tree	<i>Vitex agnus-castus</i>	1	prolactin inhibitor[4], dopaminergic agonist[4]	For first trimester use only	[1, 3, 4, 10, 141-143]
Ginger	<i>Zingiber officinale</i>	640	anti-nauseate[1], antiemetic[1], anti-inflammatory[1], spasmolytic[1], carminative[1], anti-platelet[1]	< 1 g/day[144] One cohort study investigated ginger consumption in pregnancy on malformations and outcomes finding no negative impact.[145] A meta-analysis of ginger in pregnancy found no adverse events associated with its used for nausea and vomiting in pregnancy.[146]	[1, 3-5, 10, 144-150]
Fiber crops	(unspecified)	63	bulk laxative[1]	Possible side effects of gas, bloating with insufficient water[1].	

Table 1c. Overview of herbals with unknown safety in pregnancy used by the study participants during pregnancy.

Common name	Latin name	Number of women using herb in pregnancy	Relevant actions	Comment
Algae	<i>Algae</i>	5	Nutritive, possible source of vegan omega-3 essential fatty acids[151]	It is difficult to determine specifically what women meant by Algae, since this is a diverse group of organisms, which can include spirulina, chlorella, blue-green algae.
Black chokeberry	<i>Aronia melanocarpa</i>	9	Anti-inflammatory[152], hepatoprotective[152]	One study examined the effects of chokeberry on oxidative stress in IUGR[153].The focus was on oxidative stress rather than pregnancy outcomes.
Water agrimony	<i>Bidens tripartita</i>	13	diaphoretic[154], astringent[154]	
Heather	<i>Calluna vulgaris</i>	1	anti-inflammatory[30], vulnerary[30]	
Grapefruit extract	<i>Citricidal</i> sp.	2	Antibacterial[155], antifungal[155], preservative[155]	
Cucurbit/squash	<i>Cucurbita pepo</i>	3	anti-inflammatory[30], demulcent[30]	
Buckwheat	<i>Fagopyrum esculentum</i>	3	emollient[30], antiedemic[30]	Good source of the flavinoid rutin, which requires caution in pregnancy.[156] [157] However, evidence for buckwheat specifically in pregnancy could not be found.
Sea buckthorn	<i>Hippophae rhamnoides L.</i>	11	antioxidant[30], astringent[30], vulnerary[30]	
Olive	<i>Olea europaea</i>	2	antiviral[1], antimicrobial[1]	
Potentilla	<i>Potentilla reptans /Potentilla anserina</i>	1	antipyretic[30], astringent[30], tonic[30], antiseptic[30], anti-spasmodic[30]	
Rhodiola	<i>Rhodiola rosea</i>	5	adaptogen[1], cardiotonic/cardioprotective[1]	

Table 1d. Overview of herbals used by the study participants during pregnancy where caution in pregnancy is recommended

Common name	Latin name	Number of women using herb in pregnancy	Relevant actions	Comment	Reference sources accessed
Lady's mantle	<i>Alchemilla vulgaris</i>	9	anti-inflammatory[30], diuretic [30], bitter[30]	No toxic constituents identified[10] however, not studied in human pregnancy.	[1, 10, 158]
Marshmallow	<i>Althea officinalis</i>	31	demulcent[4], urinary demulcent[4]	No evidence of harmful effects; however, the data is limited.	[1, 4, 10, 159]
Pineapple	<i>Ananas comosus</i>	3	anti-inflammatory[30], tonic[30], vulnerary[30]	Conflicting evidence regarding abortifacient effects in mice and rats.[160, 161]	
Uva ursi/bearberry	<i>Arctostaphylos uva-ursi</i>	65	urinary antiseptic[1], astringent[1], anti-inflammatory[1]	No evidence of harmful effects; however, the data is limited.	[1, 4, 5, 10, 162, 163]
Wild indigo	<i>Baptisia tinctoria</i>	2	anti-inflammatory[30], immunostimulant[30], emmenagogue[30]	Use under the supervision of a qualified health care practitioner.[10]	[5, 10, 164]
Downy birch, Birch	<i>Betula pubescens</i>	49	anti-inflammatory[1], diuretic[1]	No toxic constituents identified[10] however, not studied in human pregnancy.	[1, 5, 10, 165, 166]
Calendula	<i>Calendula officinalis</i>	18	vulnerary[1], anti-inflammatory[1], antimicrobial[1], lymphatic[1]	No evidence of harmful effects; however, the data is limited. In one animal study (Wistar rats), negative effects on maternal weight gain were found when an hydroalcoholic mixture was administered in the later stage of pregnancy [167].	[1, 3-5, 10, 168, 169]
Capsicum	<i>Capsicum sp.</i>	4	analgesic[30], anti-inflammatory[30], astringent[30]	As food; otherwise caution, in vivo studies suggest anti-implantation activity at higher doses.[10]	[10, 170]
Caraway	<i>Carum carvi</i>	6	carminative[1] lactagogue[1]	As food otherwise caution, no toxic constituents identified[10] however, not studied in human pregnancy.	[1, 10, 171]
Seaside Centaury	<i>Centaureum littorale</i>	94	hepatic[1]	No toxic constituents identified[10] however, not studied in human pregnancy.	[10, 172, 173]
Iceland moss	<i>Cetraria islandica</i>	9	anti-inflammatory, antispasmodic[30], bitter[30]	No toxic constituents identified[10] however, not studied in human pregnancy.	[10, 174]
Rutin	<i>Constituent/bioflavinoid</i>	53	Venous insufficiency	There is conflicting evidence, some authors suggest that Rutin can contribute to a miscarriage.	[157, 175-180]
Hawthorne	<i>Crataegus monogyna</i>	22	cardiotonic[4], antioxidant[4]	No evidence of harmful effects; however, the data is limited. In one reproductive toxicology study hawthorne demonstrated no adverse effects on rat fetal development at 56 times the human dose [181]	[4, 10, 182]
Artichoke	<i>Cynara scolymus</i>	38	lipid lowering[4], hepatoprotective[4], bitter[4], antiemetic[4]	No evidence of harmful effects; however, the data is limited.	[1, 4, 183]

Common name	Latin name	Number of women using herb in pregnancy	Relevant actions	Comment	Reference sources accessed
Damiana	<i>Damianae folium</i>	1	aphrodisiac[1], nervine tonic[4]	No evidence of harmful effects; however, the data is limited.	[1, 3, 4, 184]
Cardamon	<i>Elettaria cardamomum</i>	1	carminative[30], anti-microbial[30], antifungal[30]	As food, otherwise caution, no toxic constituents identified[10] however, not studied in human pregnancy.	[10, 185]
Horsetail	<i>Equisetum arvense</i>	9	diuretic [1], urinary astringent[1], anti-inflammatory[1]	No evidence of harmful effects; however, the data is limited.	[1, 4, 10, 186, 187]
Fennel	<i>Foeniculum vulgare</i>	58	lactagogue[1], spasmolytic[1], estrogenic[1], carminative[1]	As food, otherwise caution, use under guidance of a qualified healthcare practitioner. Oil and alcohol extracts are not recommended.[10]	[1, 3-5, 10, 188-191]
Gentian	<i>Gentiana lutea / purpurea</i>	39	hepatic[4], bitter[4]	No evidence of harmful effects; however, the data is limited.	[1, 3, 4, 10, 192, 193]
Hibiscus	<i>Hibiscus sabdariffa</i>	1	antimicrobial[30], demulcent[30]	No evidence of harmful effects animal studies; however, not studied in human pregnancy. An animal study (rats) demonstrated delayed puberty onset in offspring whose mothers' consumed the herb in pregnancy [194].	[10, 195]
Barley	<i>Hordeum vulgare</i>	4	Demulcent[30], digestive[30], diuretic[30]	No toxic constituents identified[10] however, not studied in human pregnancy.	[5, 10, 196]
Common hop	<i>Humulus lupulus</i>	13	sedative (mild)[1], anxiolytic[1], spasmolytic[1], estrogenic[1]	No evidence of harmful effects; however, the data is limited.	[1, 4, 10, 197, 198]
Walnut	<i>Juglans nigra / regia</i>	5	antihelminthic[4], depurative[4], antimicrobial[30]	Juglans nigra: No toxic constituents identified[10] however, not studied in human pregnancy. Juglans regia: unknown	[199]
Bay	<i>Laurus nobilis</i>	2	antimicrobial[30], carminative[30]	As food; otherwise caution, not studied in human pregnancy.[10]	[10, 200]
Common Flax	<i>Linum usitatissimum</i>	22	phytoestrogen[1], laxative[1], lipid loweri[201]ng[1]	Associated in one study with increase preterm delivery[202], an RCT explored this association finding no difference [203]. Animal studies suggest altered hormonal effects in off-spring, dosing in the 500-1000 mg/kg/day.[1, 204]	[3, 5, 10, 205]
High mallow	<i>Malva sylvestris</i>	5	anti-inflammatory[30], antiseptic[30], demulcent[30]	No toxic constituents identified[10] however, not studied in human pregnancy.	[5, 10]
Alfalfa	<i>Medicago sativa</i>	5	nutritive[1], phytoestrogen[1]	There are constituents that are believed to have estrogenic[206, 207] [201]and uterine stimulant[208] properties. No human pregnancy	[1, 3, 5, 10, 209]

Common name	Latin name	Number of women using herb in pregnancy	Relevant actions	Comment	Reference sources accessed
				data available.	
Lemon Balm	<i>Melissa officinalis</i>	83	nerivne[1], spasmolytic[1], anxiolytic[1], anti-viral[1]	No toxic constituents identified[10] however, not studied in human pregnancy.	[1, 3, 4, 10, 210, 211]
Squaw vine	<i>Mitchela repens</i>	1	uterine astringent/tonic[1]	No evidence of harmful effects; however, the data is limited. Traditionally used to prevent threatened abortions and before delivery as a partus preparater.[10, 212, 213]	[3, 5, 10]
Nasturtium (watercress)	<i>Nasturtium officinalis</i>	1	antimicrobial[30], anti-inflammatory[30], vulnerary[30]	As food; otherwise caution limited evidence. [10]	[10, 214]
Catnip	<i>Nepeta cataria</i>	2	spasmolytic[1], nervine[1], sedative (mild)[1]	No evidence of harmful effects animal studies; however, not studied in human pregnancy.	[1, 5, 10, 215]
Basil	<i>Ocimum basilicum</i>	5	antibacterial[30], antioxidant[30], anti-inflammatory[30]	As food; otherwise caution, not studied in human pregnancy.[10]	[5, 10, 216]b
Evening primrose	<i>Oenothera biennis</i>	16	anti-inflammatory[1], high in gamma-linolenic acid[1]	The data is limited; however, one study reported an increased risk of pregnancy complications.[3, 217]	[1, 4, 10, 218]
Marjoram	<i>Origanum majorana</i>	1	anti inflammatory[30], antispasmodic[30], carminative[30]	As food otherwise caution, no toxic constituents identified[10] however, not studied in human pregnancy.	[10, 219]
Oregano	<i>Origanum vulgare</i>	1	analgesic[30], anti-inflammatory[30]	As food, otherwise caution due to limited evidence.[10]	[1, 5, 10, 220]
Kidney tea/Java tea	<i>Orthosiphon stamineus</i>	17	antispasmodic[30], anti-inflammatory[30]	One study found on reproductive toxicology in rats suggested that the herbal medicine may contain androgenic compounds.[221] Another study suggested that it may have an impact on male and female fertility.[222]	
Black pepper	<i>Piper nigrum</i>	2	antiseptic[30], carminative[30], tonic[30]	As food; otherwise caution, in vivo studies suggest anti-implantation activity at higher doses.[10]	[5, 10, 223]
Plantain	<i>Plantago major</i>	7	antimicrobial[30], vulnerary[30]	No toxic constituents identified[10] however, not studied in human pregnancy.	[10, 224]
Primula	<i>Primula sp.</i>	43	antioxidant[30], anti-inflammatory[30], antispasmodic[30]	No toxic constituents identified[10] however, not studied in human pregnancy.	[10, 225-227]
Oak	<i>Quercus robur</i>	4	astringent[1]	No toxic constituents identified[10] however, not studied in human pregnancy. <i>Quercus alba</i> is safe for topical use[1]	[10, 228, 229]
Black currant	<i>Ribes nigrum</i>	48	analgesic[30], anti-inflammatory[30], diuretic[30]	No toxic constituents identified[10] however, not studied in human pregnancy.	[10, 230, 231]

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Dog-rose	<i>Rosa majalis /Rosa canina</i>	148	antioxidant[30], antispasmodic[30]	No toxic constituents identified[10] however, not studied in human pregnancy.	[10, 232]
Rosemary	<i>Rosmarinus officinalis</i>	98	spasmolytic[1], circulatory stimulant[1], antioxidant[1], anti-microbial[1], anti-inflammatory[1]	As food, otherwise caution due to limited evidence. [4, 10]	[1, 4, 5, 10, 233-235]
Raspberry	<i>Rubus idaeus folicum</i>	301	uterine tonic[1], astringent[1], partus preparator[1], nutritive[1]	No evidence of harmful effects; however, the data is limited. One RCT demonstrated no difference in expected labor parameters.[236]	[1, 3-5, 10, 237-239]
Curled Dock	<i>Rumex crispus</i>	36	aperients[1], alerative[1]	No evidence of harmful effects; however, the data is limited.	[1, 4, 10]
Butcher's broom	<i>Ruscus aculeatus</i>	1	anti-inflammatory[4], venotonic[4]	No evidence of harmful effects; however, the data is limited.	[4, 10, 240, 241]
Elder, Black elder	<i>Sambucus nigra, Sambucus sp.</i>	48	diaphoretic[4], anticatarrhal[4]	No evidence of harmful effects; however, the data is limited.	[4, 10, 242, 243]
Skullcap	<i>Scutellaria lateriflora</i>	2	nervine, spasmolytic, mild sedative	No evidence of harmful effects; however, the data is limited.	[1, 4, 5, 10, 244]
European goldenrot/woundwort	<i>Solidago virgaurea</i>	5	diuretic[1], anti-inflammatory[1]	No evidence of harmful effects; however, the data is limited.	[1, 4, 5, 10, 245]
Cloves	<i>Syzygium aromaticum</i>	15	antimicrobial[30], anti-inflammatory[30], antispasmodic[30]	As food; otherwise caution, limited evidence[10]	[10, 246, 247]
Dandelion	<i>Taraxacum officinale</i>	8	diuretic[1], bitter tonic[1], cholerectic[1]	As food; otherwise caution, limited evidence.[4]	[1, 4, 10, 248-250]
Lime	<i>Tila europa</i>	31	sedative (mild) [1], spasmolytic[1], diuretic[1]	No evidence of harmful effects; however, the data is limited.	[1, 4, 10, 251]
Red clover	<i>Trifolium pratense</i>	3	phystoestrogen[1], alterative[1], spasmolytic[1]	No toxic constituents identified[10] however, not studied in human pregnancy. Standardized isoflavone products should not be used in pregnancy due to estrogenic activity[1]	[1, 3, 5, 10, 252]
Squill	<i>Urginea scilla</i>	2	diuretic[30], hypotensive[30]	One study, using a variant of Urginea, demonstrated neural toxicity in chick embryos.[253]	[254]
Valerian	<i>Valeriana officinalis</i>	388	sedative[1], anxiolytic[1], spasmolytic[1], carminative[1]	No evidence of harmful effects; however, the data is limited. A reproductive screening study of valerian in rats demonstrated no maternal toxicity or adverse effects on fetal development [255].	[3, 4, 10, 256, 257]
Mullein	<i>Verbascum thapsus</i>	1	expectorant[4], anticatarrhal[4]	No evidence of harmful effects; however, the data is limited.	[1, 4, 10, 258, 259]

Common name	Latin name	Number of women using herb in pregnancy	Relevant actions	Comment	Reference sources accessed
Viburnum	<i>Viburnum opulus/ prunifolium</i>	2	spasmolytic[4], mild sedative[4], hypotensive[4]	No evidence of harmful effects; however, the data is limited. Long history of traditional use for threatened miscarriage and as a partus preperator.[1, 4]	[1, 4, 10]
Violet	<i>Viola odorata</i>	8	anti-inflammatory[30], nervine[30]	No toxic constituents identified[10] however, not studied in human pregnancy.	[10, 260]
Common Grape Vine	<i>Vitis vinifera</i>	3	antioxidant[30], astringent[30]	No evidence of harmful effects animal studies; however, not studied in human pregnancy.[261]	[261]
Corn silk	<i>Zea mays</i>	2	diuretic[4], urinary demulcent[4]	No evidence of harmful effects; however, the data is limited.	[1, 4, 10, 262]

Note: It is important to note that being classified in the “caution” category, does not necessarily imply that the herbal medicine should not be used in pregnancy. Rather it is an indication that either the herbal medicine should be for a specific time period in the pregnancy or under the supervision of a qualified healthcare practitioner.

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