

INDICATION	PRODUCT	ADULT DOSE	TIME TO CLINICAL BENEFIT	CLINICAL NOTES
FATIGUE	RHODIOLA + GINSENG	2 bid	Post 20 weeks gestation	CI – bipolar, manic, MAOI Caution with several drugs (check list) Stop taking if get HA, anxiety, or insomnia
LOW MOOD, POST-PARTUM DEPRESSION			Post 20 weeks gestation	CI – High blood pressure Potassium w/ long-term use
LOW BLOOD PRESSURE	ADRENOCO	2 bid	2 wks	CI – High blood pressure Potassium w/ long-term use
VARICOSE VEINS, EDEMA, HEMORRHOIDS, BLEEDING GUMS	BILBERRY	2 bid	4 wks, continue to 1mo post partum w/hemorrhoids	
“	HORSECHESTNUT COMPLEX	2 bid	4 wks, continue to 1mo post partum w/hemorrhoids	CI – GERD, ulcer
COLD PREVENTION; MASTITIS PREVENTION	ECHINACEA PREMIUM	1 tab bid	Entire preg – lactation	CI – Asteraceae/Compositae/Daisy family (ragweed) allergy
ACUTE COLDS		2 tab tid	7 – 10d	
HERPES OUTBREAK		2 tab bid (2 tabs prophylaxis)	7 – 10d	
VULVOVAGINAL CANDIDIASIS, GBS PREVENTION		1 tab tid	Candida: 2mo GBS: late 2nd trimester, stop with negative GBS test	
VULVOVAGINAL CANDIDIASIS, GBS PREVENTION	GARLIC FORTE	2 tabs	Candida: 2mo GBS: late 2nd trimester, stop with negative GBS test	Caution with blood thinners, HIV protease inhibitors (monitor)
ACUTE COLDS		2 bid	7 – 10d	
GASTRITIS, GERD, CONSTIPATION	SLIPPERY ELM CAPSULES	2 tabs 2-5x/d with lots of H2O	1 – 2mo	CI – intestinal obstruction
ANXIETY, INSOMNIA	VALERIAN COMPLEX	1 t-qid	As needed, at least 2 weeks for effect to be noted.	Caution with other CNS sedatives or operating heavy machinery
ANXIETY	KAVA	1 t-qid, with max 5/d	Entire pregnancy for limited use.	CI – Liver disease, L-dopa or Parkinson’s meds Caution with CNS sedatives
INSOMNIA		2-3 before bed		
HERPES OUTBREAK	ST. JOHN’S WORT	2 tab bid (3 tabs prophylaxis)	7 – 10d	CI – check interactions list (never give with MAOIs, SSRI, SNRI, OCP)
DEPRESSION		1 tid-2 bid	Entire pregnancy (4-6 wks to work)	
DYSPEPSIA, GB ISSUES, GB STONE PREVENTION	SILYMARIN	2 tabs	Entire pregnancy	
GESTATIONAL DIABETES	GYMNEMA	2 bid before lunch and dinner	After 20 weeks for limited use	Caution with hypoglycemic meds (watch for hypoglycemia)