

LEGEND

- SAFE - no concern or evidence
 - CAUTION / MONITOR
 - Use ONLY if benefit outweighs risk
 - Contraindicated (CI) - DO NOT USE
- 0** Preconception planning, balancing
 - 1** Weeks 1-13
 - 2** Weeks 13-27
 - 3** Weeks 28-40
 - 4** Post-partum, breastfeeding

MEDIHERB TABLETS AND CAPSULES	PREGNANCY RATING BY FORMULA	LACTATION RATING BY FORMULA	HERBS IN FORMULA	PREGNANCY RATING	LACTATION RATING	ACCEPTABLE USE BY TRIMESTERS
ADRENOCO	B3	C	Glycyrrhiza glabra (Licorice)	A	C	20 WEEKS+, 4 (Licorice; do not exceed DHE of 3g/d) (Rehmannia: anti-implantation effects)
			Rehmannia glutinosa (Rehmannia)	B3	C	
ANDROGRAPHIS COMPLEX	B3	ND	Andrographis paniculata (Andrographis)	B3	ND	36 WEEKS+, 4 (with caution)
			Echinacea angustifolia/ purpurea (Echinacea)	A	C	
			Ocimum tenuiflorum (Holy Basil)	Near term	CC	
ASTRAGALUS COMPLEX	B1	ND	Astragalus membranaceus (Astragalus)	B1	ND	2 & 3
			Echinacea purpurea (Echinacea)	A	C	
			Eleutherococcus senticosus (Siberian Ginseng)	B1	C	
BACOPA COMPLEX	B2	CC	Bacopa monnieri (Bacopa)	B2	C	d/c when pregnant & may use at birth
			Schisandra chinensis (Schisandra)	B1	C	
			Eleutherococcus senticosus (Siberian Ginseng)	B2	C	
			Rosmarinus officinalis (Rosemary)	B1	C	
BILBERRY	A	C	Vaccinium myrtillus (Bilberry)	A	C	1, 2, 3 & 4
BOSWELLIA COMPLEX	B2	CC	Zingiber Officinale (Ginger)	A	C	2, 3 & 4 (with caution)
			Boswellia serrata (Boswellia)	B1	C	
			Curcuma longa (Turmeric)	A	C	
			Apium graveolens (Celery)	B2	CC	
BRONCAFECT	B3	CC	Glycyrrhiza glabra (Licorice)	A	C	2, 3 & 4 (Licorice; do not exceed DHE of 3g/d)
			Asclepias tuberosa (Pleurisy root)	B3	CC	
			Zingiber Officinale (Ginger)	A	C	
			Marrubium vulgare (White Horehound)	B3	C	
CHASTE TREE	B1	C	Vitex agnus-castus (Chaste Tree)	B1	C	2, 3 & 4 (with caution)
DIGEST FORTE	CI	CI	Citrus reticulata (Chen Pi)	CI	CI	X
			Zingiber officinale (Ginger)	A	C	
			Tanacetum parthenium (Feverfew)	B3	ND	
			Gentiana lutea (Gentian)	B2	C	
			Artemisia absinthium (Wormwood)	D	ND	
ECHINACEA PREMIUM	A	C	Echinacea angustifolia/purpurea (Echinacea)	A	C	1, 2, 3 & 4
FEMCO	CI	C	Schisandra chinensis (Schisandra)	B1	C	d/c when pregnant & may use at birth
			Paeonia lactiflora (Chinese Peony)	CI	C	
			Asparagus racemosus (Shatavari)	B2	C	
GARLIC	A	C	Allium sativum (Garlic)	A	C	1, 2, 3 & 4
GINKGO FORTE	B1	ND	Ginkgo biloba (Ginkgo)	B1	ND	2 & 3

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GOLDEN SEAL	CI	SD	Hydrastis canadensis (Golden Seal)	C	SD	4
GYMNEMA	B2	ND	Gymnema sylvestre (Gymnema)	B2	ND	20 WEEKS+
HORSECHESTNUT COMPLEX	B3	ND	Ruscus aculeatus (Butcher's Broom)	B1	C	2, 3 & 4 (with caution)
			Aesculus hippocastanum (Horsechestnut)	B3	CC	
			Ginkgo biloba (Ginkgo)	B1	ND	
KAVA	B1	CC	Piper methysticum (Kava)	B1	CC	1, 2, 3 & 4 (with caution)
LIVCO	B1	C	Schisandra chinensis (Schisandra)	B1	C	36 WEEKS+, 4
			Rosmarninus officinalis (Rosemary)	B1	C	
			Silybum marianum (St. Mary's Thistle)	B1	C	
LIVTON	B2	C	Taraxacum officinale (Dandelion)	B2	C	2, 3 & 4 (with caution)
			Bupleurum falcatum (False Bupleurum)	B1	C	
			Chionanthus virginica (Fringe Tree)	B2	C	
			Cynara scolymus (Globe Artichoke)	B2	C	
			Silybum marianum (St. Mary's Thistle)	B1	C	
NEVATON FORTE	B2	CC	Hypericum perforatum (St. John's Wort)	B1	CC	36 WEEKS+, 4 (with caution)
			Schisandra chinensis (Schisandra)	B1	C	
			Crocus sativus (Saffron)	B2	C	
			Scutellaria lateriflora (Skullcap)	B2	C	
REHMANNIA COMPLEX	B3	ND	Rehmannia glutinosa (Rehmannia)	B3	C	20 WEEKS+ (with caution) (Rehmannia: anti-implantation effects)
			Bupleurum falcatum (False Bupleurum)	B1	C	
			Hemidesmus indicus (Indian-sarsaparilla)	Safe	C	
			Tanacetum parthenium (Feverfew)	B3	ND	
RHODIOLA & GINSENG	A	C	Rhodiola rosea (Rhodiola)	Safe	C	2, 3 & 4 (with caution)
			Panax ginseng (Korean Ginseng)	A	C	
SILYMARIN	B1	C	Silybum marianum (St. Mary's Thistle)	B1	C	1, 2, 3 & 4
SINUS FORTE	C1	SD	Solidago virgaurea (Golden Rod)	B2	C	X (Goldenseal)
			Euphrasia officinalis (Eyebright)	B2	C	
			Echinacea purpurea (Echinacea)	A	C	
			Hydrastis canadensis (Golden Seal)	C	SD	
			Capsicum annum (Cayenne)	Caution	CC	
SLIPPERY ELM	A	A	Ulmus rubra (Slippery Elm)	A	C	2, 3 & 4
ST JOHN'S WORT	B1	CC	Hypericum perforatum (St. John's Wort)	B1	CC	1, 2, 3 & 4
TRIBULUS FORTE	CI	CI	Tribulus terrestris (Tribulus)	CI	CI	X (d/c when pregnant)
VALERIAN COMPLEX	B2	CC	Zizyphus spinosa (Zizyphus)	B2	C	2, 3 & 4 (with caution)
			Valeriana officinalis (Valerian)	B1	CC	
			Passiflora incarnata (Passionflower)	B1	C	
VITANOX	CI	CI	Rosmarninus officinalis (Rosemary)	B1	C	X (chelates iron & folate; d/c when pregnant)
			Camellia sinensis (Green Tea)	CI	CI	
			Curcuma longa (Turmeric)	A	C	
			Vitis vinifera (Grapeseed)	Safe	C	

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WILD YAM COMPLEX	CI	CI	Asparagus racemosus (Shatavari)	B2	C	X (estrogenic effects, Black Cohosh)
			Dioscorea villosa (Wild Yam)	Caution	ND	
			Actaea racemosa (Black Cohosh)	D	ND	
			Hypericum perforatum (St. John's Wort)	B1	CC	
			Panax ginseng (Korean Ginseng)	A	C	
			Salvia officinalis (Sage)	C	ND	
WITHANIA COMPLEX	B2	C	Scutellaria lateriflora (Skullcap)	B2	C	2, 3 & 4 (Licorice; do not exceed DHE of 3g/d)
			Glycyrrhiza glabra (Licorice)	A	C	
			Withania somnifera (Withania)	B1	C	
			Panax ginseng (Korean Ginseng)	A	C	
MEDIHERB LIQUIDS	PREGNANCY RATING BY FORMULA	LACTATION RATING BY FORMULA	HERBS IN FORMULA	PREGNANCY RATING	LACTATION RATING	ACCEPTABLE USE BY TRIMESTERS
CHASTE TREE 1:2	B1	C	Vitex agnus-castus (Chaste Tree)	B1	C	2, 3 & 4 (with caution)
ECHINACEA PREMIUM 1:2	A	C	Echinacea angustifolia/purpurea (Echinacea)	A	C	1, 2, 3 & 4
HAWTHORN BERRIES 1:2	B1	C	Crataegus monogyna (Hawthorn)	B1	C	2, 3 & 4
LICORICE HIGH GRADE 1:1	A	C	Glycyrrhiza glabra (Licorice)	A	C	1, 2, 3 & 4 (Licorice; do not exceed DHE of 3g/d)
WITHANIA 2:1	B1	C	Withania somnifera (Withania)	B1	C	2, 3 & 4

CATEGORY A: Drugs taken by many pregnant women and women of childbearing age, without any proven increase in the frequency of malformations or other direct or indirect harmful effects on the fetus having been observed.

CATEGORY B1: Drugs taken by only a limited number of pregnant women and women of childbearing age, without an increase in the frequency of malformation or other direct or indirect harmful effects on the human fetus having been observed. Studies in animals have not shown evidence of an increased occurrence in fetal damage.

CATEGORY B2: Drugs taken by only a limited number of pregnant women and women of childbearing age, without an increase in frequency of malformation or other direct or indirect harmful effects on the human fetus having been observed. Studies in animals are inadequate or may be lacking, but available data shows no evidence of an increased occurrence of fetal damage.

CATEGORY B3: Drugs taken by a limited number of pregnant women and women of childbearing age, without increase of malformation or indirect harmful effects on human fetus having been observed. Studies in animals have shown increased occurrence of fetal damage, however the significance is uncertain in humans.

CATEGORY C: Drugs that, owing to their pharmacological effect, have caused, or may be suspected of causing, harmful effects on the human fetus or neonate without causing malformations. May be reversible.

CATEGORY D: Drugs that have caused, are suspected of causing, or are expected to cause increased instances of human fetal malformations or irreversible damage. These drugs also have adverse pharmacological effects.

CATEGORY X: Drugs that have such a high risk of causing permanent damage to the fetus that they should not be used during pregnancy or when there is a possibility of becoming pregnant.

C: Compatible with breastfeeding.

CC: Compatible with breastfeeding, use caution

SD: Strongly Discouraged in breastfeeding

CI: Contraindicated in breastfeeding

ND: No Data