Some Potentially Teratogenic Nutritional Supplements

Herb	Uses	Source	Reported Adverse Effects on Embryo/Fetus/Infant		
			Species	Effect	References
Blue cohosh	Labour induction, prevention of false labour, menstrual problems	*Caulophyllum thalictroides*	Human	Cardiac toxicity	Jones TK, Lawson BM; J Pediatr 1998; 132 (3 Pt 2):550-2 Wright IM. J Pediatr 1999; 134:384-5
False unicorn root Hellbore	Pregnancy complaints, dysmenorrhea Vomitting, cramps, circulation	Same genus as *Veratrum californicum*	Sheep	Abortion, cyclopia, cleft lip, cleft palate, syndactyly	Keeler RF. J Anim Sci 1984; 58:1029-39 James LF. J Nat Toxins 1999; 8:63-80
Hemlock	Neuralgia, rheumatism	*Conium maculatum*	Sheep, goats, cattle, pigs	Cleft palate, arthrogryposis	Panter KE, Keeler RF. Vet Clin North Am Food Anim Pract 1993; 9(1):33-40 Panter KE, et al. J Nat Toxins 1999; 8:117-134
Tragacanth	Laxative	*Astragalus*	Cattle, sheep	Abortion, arthrogryposis, fetal growth retardation, reduced learning ability	Keeler RF. J Anim Sci 1984; 58:1029-39 Panter KE. J Nat Toxins 1999; 8:53-62

Conflicting Advice on Some Dietary Supplements Recommended for Use in Pregnancy

INFORMATION SOURCE	Black Cohosh	Ginger Root	Nux vomica	Peppermint
The Herb Doc www.theherbdoc.com/Resources/HerbsDuringPregnancy.html	***Use only in final weeks*** Eases or induces labour	Safe Morning sickness		Safe AFTER FIRST TRIMESTER Aids digestion, overall "strengthener and cleanser"
Total Health Network On Line hre.com/totalhealth/pregnant.html	***Contraindicated in pregnancy*** May used be during last few weeks to stimulate contractions, stimulates mentrual flow	Recommended Morning sickness		***Avoid*** High in volatile oils
Herb Guide www.gardenguides.com/herbs/preg.htm	***Women of childbearing age should avoid***			Recommended Morning sickness
Herbal Encyclopedia www.wic.net/waltzark/herbpreg.htm	***Avoid*** Uterine stimulant; used during labour	Recommended Morning sickness		
Natural Remedies During Pregnancy FAQ www.childbirth.org/articles/remedy.html		Recommended Nausea in pregnancy	Recommended Nausea in pregnancy, insomnia	
The Illustrated Encyclopedia of Healing Remedies by C. Norman Shealy, M.D., Ph.D. Element Books, Boston, 1998	Recommended Nausea and vomitting in pregnancy, pain in the uterus, early miscarriage	Recommended Nausea and vomitting in pregnancy	Recommended Morning sickness	
PDR for Herbal Medicines Medical Economics Company, Montvale, NJ, 1998	No health hazards or side effects known with recommended doses	***Contraindicated*** Contraindicated in morning sickness	***Severely toxic; contains strichnine***	Folk use Morning sickness

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