

IMPORTANT HERBAL SAFETY INFORMATION

Please read the information below before taking any herbal medicines from Ukraine Herbal Solidarity. If you have any questions or would like more individualised support from a herbalist near you, please email us at: ukraineherbalsolidarity@protonmail.com



VALERIAN

Side effects: Can make some people feel nervous, anxious and experience palpitations. If it has been taken for a long time it can cause withdrawal symptoms if stopped abruptly. Can cause drowsiness, caution when driving.

Contraindications: Not recommended for those taking barbiturates or benzodiazepine medication. Not recommended during pregnancy or breastfeeding. Caution with antidepressant and sedative medications.

SKULLCAP

Contraindications: Do not take alongside other tranquilisers or sedatives. Not recommended during pregnancy or breastfeeding. Caution with antidepressant and sedative medications.

HAWTHORN

Side effects: Milder side effects include nausea and sedation.

Contraindications: Overdose can cause cardiac arrhythmia and dangerously lower blood pressure. Avoid taking if using the heart medicine Digoxin or blood pressure medications. Caution with antidepressants, anticoagulants, antiepileptics, barbiturates or benzodiazepine medication.

ROSE

Contraindications: Not recommended for people pregnant or breastfeeding.

CHAMOMILE

Contraindications: Avoid if allergic to the daisy family (Asteraceae). Avoid in pregnancy. Avoid with warfarin and anticoagulant medications. Caution with blood pressure, sedatives, antidepressants, antiepileptics, hormonal and diabetes medications.

LEMON BALM

Contraindications: Not recommended for people pregnant or breastfeeding. Avoid in hypothyroidism or when taking thyroid medication. Caution with antidepressant and sedative medications.

NETTLE

Contraindications: Not recommended for people pregnant or breastfeeding. Caution with diuretic, diabetes, hypotensive and anticoagulant medications.

DANDELION

Contraindications: Avoid if allergic to the daisy family (Asteraceae). Seek further advice if you have kidney problems, liver disease, gallbladder problems, or gallstones.

OATSTRAW

Contraindications: Caution if sensitive to gluten.

RASPBERRY LEAF

Contraindications: Avoid in the first trimester and high-risk pregnancies. Caution with diabetes medications.