



Dispensed Herbal Products

How to use and precautions

Please read the following information carefully. It is intended as a guide and not a replacement for a consultation with a trained herbalist. If pregnant, breastfeeding, on medication or have a specific health condition, chronic disorder or experiencing any physical and/or mental symptoms or ailments please consult your healthcare professional before treating yourself or others.

*If you are already taking **any** medication or prescribed medication including blood thinners it is essential to seek professional advice before taking herbal medicine.*

In some of our Neal's Yard Remedies stores we have a herbal dispensary offering herbal tinctures, dried herbs and powders. If you have a herbal prescription from a healthcare professional or wish to try out herbal remedies, you can access this service. We also offer single herb tinctures for sale through our mail order service which can be accessed on our website.

General considerations for dispensed herbal products

- We always advise that you seek help from a qualified herbalist or healthcare professional before embarking upon taking a herbal product. This ensures that you receive the most appropriate herbal product for you. Please see the '**Booking a consultation**' section for more details on how to go about this.
- Under the following circumstances it is **essential** to consult a qualified herbalist before taking herbal remedies:
 - Pregnancy
 - Breastfeeding
 - Infants and children
 - Taking prescribed medication including blood thinners – your qualified herbalist can liaise with your healthcare professional if required
 - If you have a specific health condition, chronic disorder or experiencing any physical and/or mental symptoms or ailments please consult your healthcare professional.
- Our in-store Customer Advisors are always happy to guide you and we also have a telephone line 01747 834 634 if you have any questions about our products.
- Always check the recommended dose for each individual herbal tincture.
- Herbs can be used beneficially in culinary doses in food, cordials, syrups and herbal teas. However, it is not recommended to use a single or combined blend of herbs at a therapeutic dose (a dose which is taken at a certain strength regularly) for long periods of time unless prescribed and monitored by a qualified herbalist. The body may build up a degree of adaptation to the herbal remedy with prolonged use and some herbs are simply not suitable for long-term use.
- Once a herbal product has been dispensed for you, we are unable to offer refunds.
- Food supplements must not replace a balanced diet and healthy lifestyle.
- Keep herbal tinctures, dried herbs and remedies out of reach from children.
- Store in an airtight container in a cool, dry place.
- For allergen information see page **8**.

When not to use herbal remedies

- In the U.K. there are a number of medical conditions that are not permitted to be treated by anyone other than a medical doctor. It is the policy of Neal's Yard Remedies to not make recommendations or suggestions on the following conditions:

• Pregnancy	• Breastfeeding
• Children	• If taking prescribed medication
• HIV/AIDS	• Cancer
• Epilepsy or fits	• Early termination of pregnancy
• Glaucoma	• Kidney disease (including Bright's Disease)
• Paralysis	• Sexually transmitted diseases
• Cataracts	• Diabetes
• Tuberculosis	• Locomotor ataxia

2. The most common situations in which qualified herbalists generally advise to not use herbs medicinally are:

- During the first 3 months of pregnancy
- No herbs internally for children under 6 months
- Individuals with symptoms of liver and or kidney failure
- In individuals with known hyper-sensitivity or who have suffered previous allergic reactions to herbs
- 2 weeks pre- and post-surgery.

3. Veterinary health. Please consult a vet trained in herbal medicine. See the British Association of Herbal Vets for more information. www.herbalvets.org.uk

How to use herbs

Generally, the correct herbal products will be taken or applied up to three times a day until the desired results are achieved. The product, dosage and frequency will vary depending upon your health, symptoms and the type of herb prescribed. The elderly, the young and those that have a weakened state or are sensitive may require a lower dose than the standard adult. Recommended dosage stated in a reliable medical herbalist textbook or literature source should be used as a guideline only.

There are many ways to use herbs such as internally in the form of tinctures, teas, powders and capsules and externally as infused oils, compresses and foot/hand baths. Tinctures and teas can also be added to creams for external use.

The most commonly used methods of herbal tinctures, infusions and teas are explained below.

1. Herbal tinctures

A tincture is a concentrated herbal liquid. It is made by combining fresh or dried herb with alcohol and water then leaving it to macerate for a specific amount of time. This is then pressed and produces a liquid which contains the active constituents of the required herb. Tinctures come in varying strengths such as 1:5 25%, 1:10 60%. For example, a **1:3 45%** strength indicates the following:

ONE part (in weight) plant material is macerated with **THREE** times the amount (in volume) of alcohol and aqueous liquid which is called the 'menstruum'.


45% of the menstruum is alcohol, the remaining 55% is water.

Always check the recommended dose for each individual herbal tincture. Our dispensaries offer herbal tinctures either as a single herb or in-store only as a combination of single herbs in one bottle. Please read the label carefully noting any allergens and dosage information and consult the information in this leaflet as a guide. Please consult a healthcare professional if you have any questions.

Herbal tinctures may have a strong flavour that is not always palatable. The dose can be added to a cup of water to drink, which will dilute the taste. Always keep well hydrated whilst taking a course of herbal remedies.

Updated January 2021



9583 Dispensed Herbal Products Leaflet AW		AW	
Printing Colours  Pantone 2758	Created by	Graham	24/07/19
	Revised by	Graham	10/12/20
	File dimensions	A4 210 x 297mm	
	Category	Natural Health	
	Printer		
	Studio Job No.	4925	
Note to the printer: This file has not had any trapping applied. Please apply any trapping that you require to your own printing specifications.			

2. Herbal infusions

An infusion uses either dried or fresh herbs and is made like a tea. It uses the soft part of plants like flowers, leaves and small berries or seeds. It can be made in a teapot, cafetière or tea ball. A standard infusion for one cup is a teaspoon of a single dried herb or herb blend. Add boiling water, preferably cover to avoid the loss of volatile oils. Leave to infuse for 5-10 minutes, strain and enjoy.

3. Herbal decoctions

Decoctions are used for solid or woodier parts of the plant, like roots, bark and tough seeds or large berries where an infusion would not extract the properties sufficiently. The herbs are simmered in a covered pan for 10-15 minutes. A standard decoction is one teaspoon of dried herb per cup of water. Tip: you can make 3 cups at the same time and keep in a sealed, insulated container. This can be drunk hot or cold throughout the day. Do not store longer than one day to avoid bacterial growth.

Booking a consultation

You can book a consultation with a qualified herbalist in many of our store therapy rooms. Please ask in-store, look on our website www.nealsyardremedies.com or contact our Customer Advisors on 01747 834 634.

Alternatively the following bodies can help you locate your nearest herbalist:

National Institute of Medical Herbalists
www.nimh.org.uk

The College of Practitioners of Phytotherapy
thehpp.org.uk

Breastfeeding: Herbs to avoid

ANY HERB TAKEN IN A THERAPEUTIC DOSE SHOULD BE SPECIFICALLY CHECKED FOR SAFETY AND USE WHEN BREASTFEEDING IN CONSULTATION WITH A QUALIFIED HERBALIST.

The following herbs should not be used internally by breastfeeding mothers unless prescribed by a qualified herbalist trained in the appropriate use of these substances. This list is not exhaustive and only covers the species (found in the Latin name column) mentioned.

Common name	Latin name
Aloe vera	<i>Aloe barbadensis</i>
Angelica root	<i>Angelica archangelica</i>
Basil*	<i>Ocimum basilicum</i>
Bayberry	<i>Myrica cerifera</i>
Beth root	<i>Trillium erectum</i>
Black cohosh	<i>Cimicifuga racemosa</i>
Bladderwrack	<i>Fucus vesiculosus</i>
Blue cohosh	<i>Caulophyllum thalictroides</i>
Boldo leaf	<i>Peumus boldus</i>
Borage	<i>Borago officinalis</i>
Buchu	<i>Barosma betulina</i>
Bugleweed	<i>Ajuga reptans L</i>
Calamus root	<i>Acorus calamus</i>
California poppy	<i>Eschscholzia californica</i>
Cascara sagrada	<i>Rhamnus purshiana</i>
Catnip / Catmint	<i>Nepeta cataria</i>
Cinnamon*	<i>Cinnamomum zeylanicum</i>
Coltsfoot	<i>Tussilago farfara</i>
Comfrey	<i>Symphytum officinale</i>
Elecampane	<i>Inula helenium</i>
Garlic*	<i>Allium sativum</i>
Golden seal	<i>Hydrastis canadensis</i>

Common name	Latin name
Gravel root	<i>Eupatorium purpureum</i>
Holy thistle	<i>Cnicus benedictus</i>
Horse chestnut	<i>Aesculus hippocastanum</i>
Juniper berry*	<i>Juniperus communis</i>
Jamaica dogwood	<i>Piscidia erythrina</i>
Liquorice root*	<i>Glycyrrhiza glabra</i>
Myrrh	<i>Commiphora molmol</i>
Oregon grape root	<i>Mahonia aquifolium</i>
Poke root	<i>Phytolacca decandra</i>
Rhubarb root	<i>Rheum palmatum</i>
Sage / Red sage*	<i>Salvia spp.</i>
Senna	<i>Cassia angustifolia</i>
St. John's wort	<i>Hypericum perforatum</i>
Tansy	<i>Tanacetum vulgare</i>
Thuja	<i>Thuja occidentalis</i>
Uva ursi / Bearberry	<i>Arctostaphylos uva-ursi</i>
White willow	<i>Salix alba</i>
Wild lettuce	<i>Lactuca virosa</i>
Wormwood	<i>Artemisia absinthium</i>
Yarrow	<i>Achillea millefolium</i>
Yellow dock root	<i>Rumex crispus</i>

*Food doses of these culinary herbs and spices are acceptable; avoid in larger therapeutic doses.

Pregnancy: Herbs to avoid

ANY HERB TAKEN IN THERAPEUTIC DOSAGES SHOULD SPECIFICALLY BE CHECKED FOR SAFETY AND USE DURING PREGNANCY WITH A QUALIFIED HERBALIST.

The following herbs should not be used internally during pregnancy unless prescribed by a qualified herbalist trained in the appropriate use of these substances. This list is not exhaustive and only covers the species (found in the Latin name column) mentioned.

Common name	Latin name	Common name	Latin name
Agnus castus / Chaste berry	<i>Vitex agnus-castus</i>	Hyssop	<i>Hyssopus officinalis</i>
Aloe vera	<i>Aloe barbadensis</i>	Jamaican dogwood	<i>Piscidia erythrina</i>
Angelica root	<i>Angelica archangelica</i>	Juniper berry*	<i>Juniperus communis</i>
Aniseed*	<i>Pimpinella anisum</i>	Kola nut	<i>Cola nitida</i>
Ashwaghandha	<i>Withania somnifera</i>	Lemon grass*	<i>Cymbopogon citratus</i>
Avens	<i>Geum urbanum</i>	Liquorice root*	<i>Glycyrrhiza glabra</i>
Barberry	<i>Berberis vulgaris</i>	Marigold	<i>Calendula officinalis</i>
Basil*	<i>Ocimum basilicum</i>	Marjoram*	<i>Origanum majorana</i>
Bayberry	<i>Myrica cerifera</i>	Motherwort	<i>Leonurus cardiaca</i>
Beth root	<i>Trillium erectum</i>	Mugwort	<i>Artemisia vulgaris</i>
Black cohosh	<i>Cimicifuga racemosa</i>	Myrrh	<i>Commiphora molmol</i>
Bladderwrack	<i>Fucus vesiculosus</i>	Oregano*	<i>Origanum vulgare</i>
Blue cohosh	<i>Caulophyllum thalictroides</i>	Oregon grape root	<i>Mahonia aquifolium</i>
Blue flag	<i>Iris versicolor</i>	Parsley*	<i>Petroselinum crispum</i>
Boldo leaf	<i>Peumus boldus</i>	Pau d'Arco	<i>Tabebuia impetiginosa</i>
Borage	<i>Borago officinalis</i>	Pilewort	<i>Ranunculus ficaria</i>
Buchu	<i>Barosma betulina</i>	Poke root	<i>Phytolacca decandra</i>
Bugleweed	<i>Ajuga reptans L</i>	Prickly ash	<i>Zanthoxylum americanum</i>
Calamus root	<i>Acorus calamus</i>	Quassia chips	<i>Picrasma excelsa</i>
California poppy	<i>Eschscholzia californica</i>	Red clover	<i>Trifolium pratense</i>
Cascara sagrada	<i>Rhamnus purshiana</i>	Rhubarb root	<i>Rheum palmatum</i>
Catnip / Catmint	<i>Nepeta cataria</i>	Rosemary*	<i>Rosmarinus officinalis</i>
Celery seed	<i>Apium graveolens</i>	Sage / Red sage*	<i>Salvia spp.</i>
Chinese angelica (Dang gui)	<i>Angelica sinensis</i>	Schisandra berry	<i>Schisandra chinensis</i>
Cinnamon*	<i>Cinnamomum zeylanicum</i>	Senna leaf/pod	<i>Cassia angustifolia</i>
Coltsfoot	<i>Tussilago farfara</i>	Shepherd's purse	<i>Capsella bursa-pastoris</i>
Comfrey	<i>Symphytum officinale</i>	Southernwood	<i>Artemisia abrotanum</i>
Cramp bark	<i>Viburnum opulus</i>	St. John's wort	<i>Hypericum perforatum</i>
Damiana	<i>Turnera diffusa</i>	Tansy	<i>Tanacetum vulgare</i>
Elecampane	<i>Inula helenium</i>	Thuja	<i>Thuja occidentalis</i>
Fenugreek*	<i>Trigonella foenum-graecum</i>	Thyme*	<i>Thymus vulgaris</i>
Feverfew	<i>Tanacetum parthenium</i>	Turmeric*	<i>Curcuma longa</i>
Ginseng	<i>Panax notoginseng</i>	Uva ursi / Bearberry	<i>Arctostaphylos uva ursi</i>
Golden seal	<i>Hydrastis canadensis</i>	Vervain	<i>Verbena officinalis</i>
Gotu kola	<i>Centella asiatica</i>	White willow	<i>Salix alba</i>
Ground ivy	<i>Glechoma hederacea</i>	Wild lettuce	<i>Lactuca virosa</i>
Gravel root	<i>Eupatorium purpureum</i>	Wormwood	<i>Artemisia absinthium</i>
Holy thistle	<i>Cnicus benedictus</i>	Yarrow	<i>Achillea millefolium</i>
Horehound (white)	<i>Marrubium vulgare</i>	Yellow dock root	<i>Rumex crispus</i>
Horse chestnut	<i>Aesculus hippocastanum</i>		

*Food doses of these culinary herbs and spices are acceptable; avoid in larger therapeutic doses.

Safety information

Before using the following herbs, special care should be taken to ensure that they do not conflict with any medication you are taking or any health issues you are experiencing, and the recommended dosage is adhered to. If you are pregnant, breastfeeding, taking prescription medication, or going to be undergoing a medical procedure, please consult your healthcare professional before taking any herbal supplement. A qualified herbalist or your healthcare professional will be able to advise you further on this. This list is not exhaustive and only covers the species (found in the Latin name column) mentioned.

Common name	Latin name	Part of herb used	Precautions
Agnus castus/ Chaste berry	<i>Vitex agnus-castus</i>	Fruit	<ul style="list-style-type: none"> - Do not use if you have a pituitary gland disorder, are pregnant, trying to become pregnant or breastfeeding. - Avoid using if you are taking progestogenic drugs, the contraceptive pill or hormone replacement therapy. - Not for use in those under 18 years unless prescribed by qualified herbalist. - Do not take more than 1 - 2 mls (20-40 drops) a day unless otherwise prescribed by a qualified herbalist.
Alfalfa	<i>Medicago sativa</i>	Herb	<ul style="list-style-type: none"> - Avoid using if you have oestrogen-sensitive breast cancer.
Angelica	<i>Angelica archangelica</i>	Root	<ul style="list-style-type: none"> - Avoid prolonged exposure to sunlight when taking angelica as it may cause photosensitivity. - Use cautiously if you have peptic ulcers or acid regurgitation. - Do not use when taking medication to thin the blood or for diabetes.
Aniseed*	<i>Pimpinella anisum</i>	Seed	<ul style="list-style-type: none"> - Use cautiously if you have gastro-oesophageal reflux.
Ashwaghandha	<i>Withania somnifera</i>	Root	<ul style="list-style-type: none"> - Do not use if you are suffering from congestion or acute upper respiratory infection.
Astragalus	<i>Astragalus membranaceus</i>	Root	<ul style="list-style-type: none"> - Avoid using if you have an acute infection, such as colds, coughs and flu. - Use cautiously if you are taking immunosuppressive drugs.
Bee Pollen	N/A	Pollen	<ul style="list-style-type: none"> - Anaphylactic shock can be triggered by many different foods, medicines, materials so avoid using if you have an allergy to bees, honey or bee derivative products. - Always test for allergy by ingesting one pellet first.
Black cohosh	<i>Cimicifuga racemosa</i>	Root	<ul style="list-style-type: none"> - Not suitable for people with a previous history of liver disease. - If you are taking this and develop signs and symptoms suggestive of liver weakness such as tiredness, loss of appetite, yellowing of the eyes or skin, severe upper stomach pain with nausea, vomiting or dark coloured urine please stop use and contact your healthcare professional.
Bladderwrack	<i>Fucus vesiculosus</i>	Thallus	<ul style="list-style-type: none"> - Take extra care not to exceed the recommended dose if you have an overactive thyroid (hyperthyroidism).
Blue cohosh	<i>Caulophyllum thalictroides</i>	Root	<ul style="list-style-type: none"> - Only suitable for use in late pregnancy under the supervision of qualified herbalist. - Due to the content of saponins in this plant, it is contraindicated with coeliacs disease, fat malabsorption, vitamin A,D,E,K deficiency and some upper digestive system irritations.
Blue flag	<i>Iris versicolor</i>	Root	<ul style="list-style-type: none"> - Use cautiously when taking in order to reduce the possibility of exacerbating chronic skin conditions. - Can cause vomiting or diarrhoea in high doses.
Bogbean	<i>Menyanthes trifoliata</i>	Leaf	<ul style="list-style-type: none"> - Excessive doses may irritate the gastrointestinal tract, causing diarrhoea, griping pains, nausea and/or vomiting.
Boldo	<i>Peumus boldus</i>	Leaf	<ul style="list-style-type: none"> - Do not use if you have an obstruction of bile ducts or severe liver disease. - Only for short-term use - no longer than 4 weeks. - Only use under the supervision of a qualified herbalist.
Borage	<i>Borago officinalis</i>	Herb	<ul style="list-style-type: none"> - Not recommended for longer than 3 weeks unless under the supervision of a qualified herbalist. - Contains pyrrolizine alkaloids. At Neal's Yard Remedies we can only recommend these for external use unless advised by a qualified herbalist.
Bugleweed	<i>Ajuga reptans L</i>	Herb	<ul style="list-style-type: none"> - Do not use if you have an underactive thyroid (hypothyroidism) or enlargement of the thyroid without functional disorders. - Do not take in conjunction with thyroid treatments.
Cacao	<i>Theobroma cacao</i>	Fruit	<ul style="list-style-type: none"> - Use cautiously if you have a known sensitivity to caffeine as cacao contains theobromine, which has a similar action.
Calamus root	<i>Acorus calamus</i>	Root	<ul style="list-style-type: none"> - Take extra care not to exceed the recommended dose. - Not for long-term use. - Only use in consultation with a qualified herbalist.
Cayenne pepper	<i>Capsicum annuum</i>	Fruit	<ul style="list-style-type: none"> - External use: Do not use on or near the eyes, nose, mucous membranes or broken skin due to the extreme burning sensation this concentration of cayenne pepper creates. - Use cautiously if you have peptic ulcers. - May cause gastro-oesophageal reflux. - Internal use: Do not take the tincture internally without adding to a carrier. Add to water or milk if taking internally and do not exceed 2 drops 3 times daily.

Common name	Latin name	Part of herb used	Precautions
Celery seed	<i>Apium graveolens</i>	Seed	- Allergen - Use cautiously if you have a kidney disorder, especially inflammation of the kidneys.
Chia	<i>Salvia hispanica</i>	Seed	- Use cautiously if you are constipated and make sure you drink plenty of water when using.
Chinese angelica / Dang gui	<i>Angelica sinensis</i>	Root	- Avoid using if you have an acute infection e.g. a brief cold, cough or the flu. - Avoid using if you are experiencing a heavy menstruation. - Avoid using if you have purpura (bleeding under the skin) or peri-menopausal flooding.
Cleavers	<i>Galium aparine</i>	Herb	- Do not use for more than 6 weeks.
Coltsfoot	<i>Tussilago farfara</i>	Leaf	- Take extra care not to exceed the recommended dose. - Do not use for longer than 4 - 6 weeks per year. - Contains pyrrolizine alkaloids. At Neal's Yard Remedies we can only recommend these for external use unless advised by a qualified herbalist.
Comfrey	<i>Symphytum officinale</i>	Leaf	- Taken in large doses, comfrey is linked to possible liver toxicity. - Take extra care not to exceed the recommended dose. - Do not use for longer than 4 – 6 weeks per year. - Best used under the supervision of a qualified herbalist. - Contains pyrrolizine alkaloids. At Neal's Yard Remedies we can only recommend these for external use unless advised by a qualified herbalist.
Dandelion	<i>Taraxacum officinale</i>	Root	- Use cautiously if you have gallstones, an ulcer or gastritis.
Dandelion	<i>Taraxacum officinale</i>	Leaf	- Use cautiously if you have gallstones, an ulcer or gastritis.
Devil's claw	<i>Harpagophytum procumbens</i>	Root	- Avoid using if you have gastric and/or duodenal ulcers. - If you have gallstones, only use under supervision with a qualified herbalist.
Echinacea	<i>Echinacea spp.</i>	Root and herb	- Only suitable for adults and children over the age of 12. - Do not use if you are taking immunosuppressant medication. - Allergic reactions extremely rare but possible when using echinacea.
Elderberry	<i>Sambucus nigra fructus</i>	Berry	- May have a mild laxative effect if unripe fruit is used for dried herbs or tincture.
Eucalyptus	<i>Eucalyptus globulus</i>	Leaf	- Not be taken internally by those with severe liver diseases and inflammatory disorders of the gastro-intestinal tract and kidney.
Eyebright	<i>Euphrasia officinalis</i>	Herb	- Caution to be taken when using the tincture around the eye area.
Fenugreek*	<i>Trigonella foenum-graecum</i>	Seed	- High doses are not recommended if you have low thyroid activity.
Figwort	<i>Scrophularia spp.</i>	Herb	- Avoid using if you have ventricular tachycardia.
Gentian	<i>Gentiana lutea</i>	Root	- Avoid using if you have gastric and/or duodenal ulcers. - Avoid using if you have hyperacidity or gastric inflammation. - Do not use in large doses – strong, bitter herb. Dosage: 5ml per week or 7.5ml per 150ml.
Ginger	<i>Zingiber officinale</i>	Rhizome	- Use cautiously if you have peptic ulceration or gallstones.
Ginkgo	<i>Ginkgo biloba</i>	Herb	- Blood thinning action. This may potentiate the effect of antiplatelet drugs or agents. Avoid use before and after a medical intervention.
Ginseng	<i>Panax ginseng</i>	Root	- Doses greater than 1g/day may overstimulate the mind and body. - Avoid if you have acute asthma, excessive menstruation, nose bleeds, acute infections, or high blood pressure (hypertension).
Goat's rue	<i>Galega officinalis</i>	Root	- Only use under the supervision of a qualified herbalist.
Goji berries	<i>Lycium barbarum</i>	Fruit	- Use cautiously if you have diarrhoea or weak digestion.
Golden seal	<i>Hydrastis canadensis</i>	Root	- Do not use for more than 3 weeks - this is a very strong herb and can cause stress to the liver and stomach due to potential toxicity of alkaloids naturally present in the plant. - Do not use if you have raised blood pressure, gastric and/or duodenal ulcers. - We only dispense this in combination tinctures at a maximum of 22.5ml.
Gotu kola	<i>Centella asiatica</i>	Herb	- Avoid if you have epilepsy. - May not be suitable if you have coeliac disease, fat malabsorption, vitamin A,D,E,K deficiency, upper gastrointestinal irritations due to saponin content. - Do not use on open wounds as may cause irritation due to saponin content.
Green tea	<i>Camellia sinensis</i>	Leaf	- Contains caffeine. Do not use if you are sensitive to caffeine.
Hawthorn	<i>Crataegus spp</i>	Fruit	- Do not use alongside heart and/or blood pressure medication unless under the supervision of a qualified herbalist or healthcare professional.
Hops	<i>Humulus lupulus</i>	Strobile	- Avoid using if you have depression. - Avoid using if you have oestrogen-sensitive breast cancer.

Common name	Latin name	Part of herb used	Precautions
Horse chestnut	<i>Aesculus hippocastanum</i>	Fruit	- Due to its saponin content, horse chestnut can cause or aggravate gastroesophageal reflux. - Should not be applied directly to unbroken or ulcerated skin. - Take care not to exceed the recommended dose.
Horsetail	<i>Equisetum arvense</i>	Herb	- Due to its abrasive action, horsetail is best combined with demulcent herbs, such as cornsilk or marshmallow. - Do not use for more than 3 weeks maximum.
Hydrangea	<i>Hydrangea aborescens</i>	Root	- Take care not to exceed the recommended dose.
Jamaican dogwood	<i>Piscidia erythrina</i>	Bark	- Do not use if you have a weakened heart condition, bradycardia or cardiac insufficiency. - Only use in consultation with a qualified herbalist.
Juniper berry*	<i>Juniperus communis</i>	Berry	- Do not use if you have inflammation of the kidneys. - Do not take for more than 6 weeks.
Kelp	<i>Laminaria digitata</i>	Thallus	- Do not use if you have an overactive thyroid (hyperthyroidism). - Take care not to exceed the recommended dose.
Lemon balm	<i>Melissa officinalis</i>	Leaf	- Not for use in hypothyroidism.
Lemon grass*	<i>Cymbopogon citratus</i>	Leaf	- May interfere with action of thyroid hormones.
Liquorice root*	<i>Glycyrrhiza glabra</i>	Root	- Do not use if you have a cholestatic liver disorder or cirrhosis of the liver. - Do not use if you have hypokalemia or severe kidney insufficiency. - Do not use if you have high blood pressure (hypertension). - Do not take for long periods.
Maca	<i>Lepidium meyenii</i>	Root	- Avoid using if you have a hormone related cancer. - Avoid using if you have a thyroid issue.
Marjoram*	<i>Origanum marjorana</i>	Leaf	- Not suitable for extended use.
Matcha	<i>Camellia sinensis</i>	Leaf	- Use cautiously if you have a known sensitivity to caffeine.
Meadowsweet	<i>Filipendula ulmaria</i>	Herb	- Do not use if you have a hypersensitivity to salicylates (e.g. aspirin).
Mistletoe	<i>Viscum album</i>	Herb	- Do not use if you have a protein hypersensitivity. - Do not use if you have gastric ulcers. - Do not use if you have a chronic progressive infection e.g. tuberculosis.
Mugwort	<i>Artemisia vulgaris</i>	Herb	- Allergic reactions are possible when using mugwort. - Take care not to exceed the recommended dose.
Mulberries	<i>Morus spp.</i>	Fruit	- Use cautiously if you have diarrhoea or weak digestion.
Myrrh	<i>Commiphora molmol</i>	Resin	- Do not use if you have an inflammatory kidney condition.
Oat seed	<i>Avena sativa</i>	Seed	- Allergen.
Olive	<i>Olea europaea</i>	Leaf	- Use cautiously if you have low blood pressure (hypotension).
Parsley*	<i>Petroselinum crispum</i>	Leaf	- Do not use if you have an inflammatory kidney condition.
Peppermint*	<i>Mentha piperita</i>	Leaf	- Do not use if you have gastro-oesophageal reflux. - Do not use if you are in the first trimester of pregnancy. - Contraindicated with gastric and/or duodenal ulcers.
Poke root	<i>Phytolacca decandra</i>	Root	- Do not use if you suffer from gut irritations. - Avoid using if you are taking immunosuppressive drugs. - Only use in consultation with a qualified herbalist. - Exceeding the recommended therapeutic dose causes poke root to work as an emetic and purgative.
Raspberry leaf	<i>Rubus ideaus</i>	Leaf	- Use under guidance of healthcare professional during pregnancy.
Rhodiola	<i>Rhodiola rosea</i>	Root	- Due to its stimulating properties this is not suitable for use for children under 16 years unless prescribed by a healthcare professional. - Due to its stimulating properties, rhodiola is not suitable for use with high blood pressure (hypertension), nervous excitability or Central Nervous System (CNS) depressants.
Rosemary*	<i>Rosmarinus officinalis</i>	Leaf	- May have a hypertensive action.
Sage*	<i>Salvia officinalis</i>	Leaf	- Do not take over a prolonged period of time. - Take extra care not to exceed the recommended dose.
Sarsaparilla	<i>Smilax ornata</i>	Root	- Can cause or aggravate gastro-oesophageal reflux due to saponin content.
Shepherd's purse	<i>Capsella bursa-pastoris</i>	Herb	- Do not use if you have a history of kidney disease.

Common name	Latin name	Part of herb used	Precautions
Siberian ginseng	<i>Eleutherococcus senticosus</i>	Root	- Do not take for more than 3 weeks. - Due to its stimulating properties this is not suitable for use for children under 16 years unless prescribed by a healthcare professional.
Slippery elm	<i>Ulmus fulva</i>	Bark	- Take with plenty of liquid (e.g. 5g with 150ml cool water) stir briskly and swallow quickly. Maintain increased fluid intake throughout the day.
Southernwood	<i>Artemisia abrotanum</i>	Leaf	- Use for up to 3 weeks only.
Spirulina	<i>Spirulina platensis</i>	Micro-algae	- Do not use if you have phenylketonuria (PKU), due to phenylalanine content in spirulina.
St John's wort	<i>Hypericum perforatum</i>	Herb	- Please check with your healthcare professional or qualified herbalist if you are taking any prescribed medications (including the contraceptive pill) as St John's wort may affect the way they work. - Do not use if you have severe depression. - Do not use if you have a diagnosis of bipolar disorder – as with all antidepressants, it may cause hypomania. - It is important that you do not use St John's wort instead of seeking professional help from your healthcare professional. If taking St John's wort and you do not notice a significant improvement in your symptoms after 4 weeks of use, please refer to your healthcare professional. - Avoid in known photosensitivity, excessive exposure to full sun or UVA.
Tansy	<i>Tanacetum vulgare</i>	Herb	- Take care not to exceed the recommended dose. - Only use under the supervision of a qualified herbalist.
Thuja	<i>Thuja occidentalis</i>	Leaf	- Use in small doses for no longer than 4-6 weeks. - A powerful herb that stimulates and increases menstrual blood flow (emmenagogue). - Not to be used during heavy menstruation, during pregnancy or while breastfeeding.
Turmeric*	<i>Curcuma longa</i>	Rhizome	- Use cautiously if taking alongside blood thinning herbs or medication as it may potentiate the effects.
Uva ursi / Bearberry	<i>Arctostaphylos uva ursi</i>	Leaf	- Do not use for prolonged periods without consultation with a qualified herbalist. - May cause cramping, nausea, vomiting and constipation due to high tannin content.
Valerian	<i>Valeriana officinalis</i>	Root	- Do not use if you have depression. - Valerian may potentiate the effects of any existing sedatives.
White willow	<i>Salix alba</i>	Bark	- Do not use if you have a hypersensitivity to salicylates (e.g. aspirin).
Wild cherry	<i>Prunus serotina</i>	Bark	- Take care not to exceed the recommended dose. - Not for long-term use.
Wild lettuce	<i>Lactuca virosa</i>	Herb	- Do not use if you have depression. - Not for long-term use.
Wormwood	<i>Artemisia absinthium</i>	Herb	- Do not use if you have hyperacidity. - Do not use in large doses. Dosage: 5ml per week or 7.5ml per 150ml. - Take care not to exceed the recommended dose.

*Food doses of these culinary herbs and spices are acceptable; avoid in larger therapeutic doses.

Herbal bulk laxatives

Herbal bulk laxatives must be taken with adequate amounts of fluid, otherwise they may swell and block the throat or oesophagus, which could lead to choking.

You should avoid using them if you have problems with swallowing or conditions likely to lead to intestinal obstruction (ileus). Avoid if you have abdominal pain of unknown origin.

Absorption of other medications taken at same time may be delayed – take herbal bulk laxatives at least one hour after other medication. If you are diabetic, there may be a potential delay in glucose absorption when taking herbal bulk laxatives.

Treatment using herbal bulk laxatives should be continued for 2-3 days. However, if you see no improvement, please discontinue and seek medical advice.

This list is not exhaustive and only covers the species (found in the Latin name column) mentioned.

Directions: Take with plenty of liquid (e.g. 5g with 150ml cool water), stir briskly and swallow quickly. Maintain increased fluid intake throughout the day. Take at mealtimes, not before going to bed.

Common name	Latin name	Part of herb used
Linseed / Flax	<i>Linum usitatissimum</i>	Seed
Psyllium	<i>Plantago psyllium</i>	Seed and / or husks

Herbal stimulant laxatives

Herbal stimulant laxatives must not be used over an extended period of time (1-2 weeks) without consulting a healthcare professional and are not an acceptable alternative to changes in diet. When using stimulant laxatives please ensure that you keep hydrated by drinking water regularly.

They must not be used in cases of intestinal obstruction, Crohn's disease, appendicitis, abdominal pain of unknown origin, children under 12 years of age, pregnancy and when breastfeeding.

Stimulant laxatives work by increasing the contractions of the muscular wall of the large intestine. This occurs approximately 8-12 hours after taking the remedy and you may become aware of mild abdominal cramping whilst this occurs.

Interaction with other drugs: with chronic abuse, loss of potassium is possible especially if either thiazide diuretics, corticosteroids or liquorice root is taken simultaneously.

Common name	Latin name	Part of herb used
Cascara sagrada	<i>Rhamnus purshiana</i>	Bark
Rhubarb root	<i>Rheum palmatum</i>	Root
Senna	<i>Cassia angustifolia</i>	Pods and / or leaf
Yellow dock	<i>Rumex crispus</i>	Root

Dried herb refills in-store

Bring your own container and we'll happily refill it for you. Please ensure your container is clean. We cannot take responsibility for any contamination that occurs as a result of using your own container. When at home, decant herbs into a glass jar - retaining the label - and store in a cool, dry, dark place.

Allergen information

- Celery Seed (*Apium graveolens* seed)** if you have a sensitivity or known allergy to celery do not use this product.
- Oat (*Avena sativa*)** if you have a sensitivity or known allergy to cereals containing gluten do not use this product.
- Our tinctures are made using organic grain alcohol - fermented wheat. The supplier of the alcohol has made a statement that the alcohol is free from: **Sources of gluten (not tested).**

MAY CONTAIN, RISK OF CROSS CONTAMINATION FROM:

- Sources of gluten
- Soy and/or soy products
- Sesame seeds and/or sesame seeds products
- Mustard and/or mustard products
- Celery and/or celery products
- Tree nuts and/or tree nut products
- Peanuts and products thereof.

For specific allergen and product information please see the product listing on the website, or ask in-store.

If you require any further information, please visit [nealsyardremedies.com](https://www.nealsyardremedies.com) or contact our Customer Advisors on **01747 834 634**. For general food allergy advice please visit www.gov.uk or www.food.gov.uk

Printed on 100% recycled, chlorine-free paper, with vegetable-based inks.
Recyclable. We are a CarbonNeutral® Company.

Neal's Yard Remedies [London WC2H 9DP UK](https://www.nealsyardremedies.com)
Mespil House Dublin 4 Ireland
[nealsyardremedies.com](https://www.nealsyardremedies.com)
PLU 9583 January 2021

