



Indigo Herbs®
OF GLASTONBURY SINCE 2004

Contraindications:

Damiana Leaf

The leaves have a minor laxative effect and may cause loosening of the stools at higher amounts. Until more is known about Damiana's effects on the female hormonal system, it should be avoided during pregnancy.

Rose Blossom

None Known

Ginkgo Leaf

Ginkgo is not advised for those taking blood thinning agents, such as aspirin or warfarin.

Hibiscus Flower

Diabetes: Hibiscus might decrease blood sugar levels. The dose of your diabetes medications might need to be adjusted by your healthcare provider. Low blood pressure: Hibiscus might lower blood pressure. In theory, taking hibiscus might make blood pressure become too low in people with low blood pressure. Surgery: Hibiscus might affect blood sugar levels, making blood sugar control difficult during and after surgery. Stop using hibiscus at least 2 weeks before a scheduled surgery.

Ginger Root Powder

High doses should be avoided if the stomach is already hot and over-stimulated, as in peptic ulceration. It should be used with care in early pregnancy, although it can be safely taken in small doses (1g dried root) for morning sickness.

Catuaba Bark

None Known

Green Tea

None Known. Proceed with caution if sensitive to caffeine.