



**Indigo Herbs®**  
OF GLASTONBURY SINCE 2004

### Contraindications:

**Meadowsweet:** None Known.

**Calendula:** Except for the very rare person who is allergic to calendula and therefore should not use it, there are no known side effects or interactions. Not recommended during pregnancy.

**Peppermint:** None known. However if you are taking homeopathic remedies Peppermint is contraindicated as it negates their action.

**Rosemary:** Rosemary should be avoided during pregnancy because it is a uterine stimulant. Excessive amounts can cause symptoms of poisoning. It should also be avoided by epileptics.

**Ginkgo Leaf:** People on blood thinning medication such as aspirin or warfarin, should consult their doctor before taking Ginkgo as it can help to thin the blood, which could cause serious problems. Also people who are waiting for surgery or any dental operations should not take Ginkgo Biloba due to the same reasons that it helps to thin the blood, causing excessive bleeding. You should always consult your doctor, and herbal practitioner before taking Ginkgo Biloba if you are on any medication, to assure that it is safe to take with that drug or drugs.

**Ginger:** 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.

**Nettle:** None Known.