



Indigo Herbs®
OF GLASTONBURY SINCE 2004

Contraindications:

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Chamomile: Chamomile is part of the Asteraceae plant family, which includes ragweed and chrysanthemum, so people with allergies may react when they use chamomile either internally or topically. Call your doctor if you experience vomiting, skin irritation, allergic reactions (chest tightness, wheezing, hives, rash, itching) after chamomile use.

Chamomile should not be taken during pregnancy or breast-feeding.

Chamomile contains coumarin, a naturally-occurring compound with anticoagulant or blood-thinning effects. It should not be combined with warfarin or other medications or supplements that have the same effect or be used by people with bleeding disorders. It shouldn't be used two weeks before or after surgery.

Passiflora: None Known.

Valerian: Not recommended during pregnancy or breast feeding. 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. Not recommended for those taking barbituates or benzodiazepine medication.

Lemon Peel: None Known

Lavender: None Known

Skullcap: Do not take alongside other tranquilizers or sedatives.

St. John's Wort: Side effects can be experienced, such as fatigue, stomach upsets, and headaches. Not to be taken together with the contraceptive pill, anti-epilepsy treatments, 5-htp, and a number of other medications including anti-depressants. St John's Wort should not be combined with a MAO inhibitor antidepressant such as Nardil (phenelzine) or Parnate

(tranylcypromine). This combination can produce a dangerous rise in blood pressure or hypertensive crisis, along with severe anxiety, fever, muscle tension, and confusion. After stopping a MAO inhibitor, one should wait at least four weeks before taking other antidepressants, including Hypericum. If you are taking any medication consult your doctor before starting St John's Wort.

It should not be taken together with foods that contain tyramine i.e. cheese, red wine, preserved meats and yeast extracts. This is due to a MAO inhibition effect.

There are some recent reports that suggest that St. John's Wort may interfere with medications given during organ transplant (such as kidney and liver.) Do not take this herb if you have undergone or plan to undergo a transplant operation.

Do not use St. John's Wort during pregnancy or lactation.

St. John's Wort makes the skin more light sensitive. Persons with fair skin should avoid exposure to strong sunlight and other sources of ultraviolet light, such as tanning beds. These individuals may suffer a dermatitis, severe burning, and possibly blistering of the skin. The severity of these effects will depend on the amount of the plant consumed and the length of exposure to sunlight. Some experts suggest that all individuals avoid sunlight when using St John's wort, especially when taking large quantities.

St John's wort has a good safety record over centuries of folk medicine. In contrast to synthetic antidepressants, there have been no reports of Hypericum related deaths. Drug monitoring studies on over 7000 patients and twenty-seven double-blind research studies confirm its safety. The extensive use of Hypericum by millions of people has not resulted in reports of serious side effect