



Lactation-*friendly* Herbs

This is a list I've compiled of herbs that I choose from to recommend to people who are lactating. These herbs do not necessarily support breastfeeding/milk production directly. Please note that some of these I would only use in specific cases/circumstances – they are not necessarily appropriate for anyone who is lactating (marked with a *). As usual, please do your own research before taking or recommending herbs. Idiosyncratic reactions are always possible! ~ Camille

- ✓ *Allium sativum* (garlic)
- ✓ *Althaea officinalis* (marshmallow)
- ✓ *Anethum graveolens* (dill)
- ✓ *Arctium lappa* (burdock)*
- ✓ *Asparagus racemosus* (shatavari)
- ✓ *Astragalus membranaceus*
- ✓ *Avena sativa* (oats)
- ✓ *Bacopa monnieri*
- ✓ *Calendula officinalis* (pot marigold)
- ✓ *Capsicum anuum* (cayenne)
- ✓ *Centella asiatica* (gotu cola)
- ✓ *Chionanthus virginicus* (fringe tree)*
- ✓ *Collinsonia canadensis* (stone root)
- ✓ *Crataegus spp.* (hawthorn)
- ✓ *Curcuma longa* (turmeric)
- ✓ *Cynara scolymus* (artichoke)
- ✓ *Echinacea spp* (coneflower)
- ✓ *Elettaria cardamomum* (cardamom)
- ✓ *Eleutherococcus senticosus* (Eleuthero)
- ✓ *Elymus repens* (couch grass)
- ✓ *Euphrasia spp* (eyebright)
- ✓ *Foeniculum vulgare* (fennel)
- ✓ *Galega officinalis* (goat's rue)
- ✓ *Galium aparine* (cleavers)
- ✓ *Ganoderma lucidum* (reishi)
- ✓ *Geranium maculatum**
- ✓ *Hibiscus rosa-sinensis*
- ✓ *Humulus lupulus* (hops)
- ✓ *Hypericum perforatum* (St. John's wort)*
- ✓ *Lavandula officinale* (lavendar)
- ✓ *Leonorus cardiaca* (motherwort)
- ✓ *Matricaria recutita* (chamomile)
- ✓ *Medicago sativa* (alfalfa)
- ✓ *Melissa officinalis* (lemon balm)
- ✓ *Mentha spicata* (spearmint)*
- ✓ *Mentha x piperita* (peppermint leaf)*
- ✓ *Mitchella repens* (partridge berry)*
- ✓ *Moringa officinalis* (moringa)
- ✓ *Nepeta cataria* (catnip)
- ✓ *Paeonia lactiflora* (white peony)*
- ✓ *Plantago spp* (psyllium)
- ✓ *Prunella vulgaris* (self-heal)
- ✓ *Rosa spp* (rose hips)
- ✓ *Rubus ideaus* (raspberry leaf)
- ✓ *Sambucus spp* (elderberries & flower)
- ✓ *Schisandra chinensis*
- ✓ *Scutellaria baicalensis* (Baikal skullcap)
- ✓ *Scutellaria lateriflora* (skullcap)
- ✓ *Serenoa repens* (saw palmetto)*
- ✓ *Silybum marianum* (milk thistle)
- ✓ *Stellaria media* (chickweed)
- ✓ *Taraxacum officinale* (dandelion root & leaf)
- ✓ *Tilia spp* (linden)
- ✓ *Trigonella foenum-graecum* (fenugreek)
- ✓ *Urtica dioica* (stinging nettle leaf)
- ✓ *Vaccinium spp.* (Bilberry/blueberry/cranberry fruit)
- ✓ *Valeriana officinale* (valerian)
- ✓ *Verbascum thapsus* (mullein)
- ✓ *Viburnum opulus & prunifolium* (cramp bark & black haw)
- ✓ *Viola tricolor* (violet)
- ✓ *Zea mayes* (corn silk)

Camille Freeman, LDM

herbalist | nutritionist | educator

Pregnancy-friendly

Herbs



This is a list I've compiled of herbs that I may recommend to clients who are pregnant. I rarely recommend herbs in the first trimester and start with very low doses anytime during pregnancy. As usual, please do your own research before taking or recommending herbs. Idiosyncratic reactions are always possible! ~ Camille

- ✓ *Allium sativum* (garlic)
- ✓ *Althaea officinalis* (marshmallow)
- ✓ *Astragalus membranaceus*
- ✓ *Avena sativa* (oats)
- ✓ *Citrus sinensis* (sweet orange)
- ✓ *Crataegus spp.* (hawthorn) leaf, flower and berry
- ✓ *Dioscorea villosa* (wild yam)
- ✓ *Echinacea spp.*, all parts
- ✓ *Euphrasia spp.* (eyebright)
- ✓ *Foeniculum vulgare* (fennel seed)*
- ✓ *Galium aparine* (cleavers)
- ✓ *Ganoderma lucidum* (reishi)
- ✓ *Glycyrrhiza glabra** (licorice)
- ✓ *Lavandula officinalis* (lavender)
- ✓ *Matricaria recutita* (chamomile)
- ✓ *Medicago sativa* (alfalfa)
- ✓ *Melissa officinalis* (lemon balm)
- ✓ *Mentha spicata & x piperita* (peppermint & spearmint)
- ✓ *Mitchella repens* (partridge berry)
- ✓ *Passiflora incarnata** (passionflower)
- ✓ *Plantago spp.* (plantain)
- ✓ *Rubus idaeus** (raspberry leaf)
- ✓ *Rumex crispus* (yellow dock)
- ✓ *Schisandra chinensis**
- ✓ *Scutellaria lateriflora* (skullcap)
- ✓ *Taraxacum officinale* (dandelion) root and leaf
- ✓ *Ulmus fulva* (slippery elm)*
- ✓ *Urtica dioica* (nettle leaf)
- ✓ *Vaccinium macrocarpon* (cranberry)
- ✓ *Valeriana officinalis* (valerian)
- ✓ *Viburnum prunifolium & opulus* (cramp bark & black haw)
- ✓ *Withania somnifera** (ashwagandha)
- ✓ *Zingiber officinalis** (ginger)

* Indicates that there is some controversy; please research these herbs/doses before using!

Camille Freeman, LDM

herbalist | nutritionist | educator