

AVOID HERBS

Achyrocline	Coffee	Harmful herb tea: chaparral	Lupin	Sassafras	Wild yam
Acrylamide	Cola Nut	Harmful herb tea: honeyVanillaChamomile	Ma Huang	Saw palmetto	Willow bark
Agave	Coltsfoot	Harmful herb tea: lemon zinger	Maca	Senna	Woodruff
Alfalfa	Comfrey	Harmful herb tea: licorice root	Macela achyrocline satureoides	Sesame seeds	Yerba maté
Aloe Ø eat	Corydalis	Harmful herb tea: red zinger	Magnolia Officinalis	Siberian ginseng	
Angelica	Country mallow	Harmful herb tea: tangerine orange zinger	Maté	Skullcap	
Arstolochia	Dandelion	Hawthorne	Melaleuca	Snakeroot	
Bearberry	Dill	Hops	Methionine	Soy lecithin	
Black Cohosh	Dong quai	Horse chestnut	Mistletoe	Spirulina	
Blue-green algae	Doxidan	Horseradish	Noni	St. John's Wort	
Buchu	Ecstasy	Horsetail	Nutmeg	Star anise	
Buckthorn	Ephedra sinica	Impila root	Osha root	Starfruit	
Cacao	Fennel	Jin Bu Huan	Pau d'arco	Stephania Tetrandra	
Callilepis laureola	Fenugreek	Juniper berries	Pennyroyal	Stevia	
Cascara Sagrada	Flaxseed	Kava-kava	Pokeroot	Sweet clover	
Catsfoot	Forskolin	Keishi-bukuryo	Pomegranate	T'u-san-chi	
Celandine	Germanium	Kola cola nut	Potato	Tansy	
Chaparral	Ginger	Kombucha	Queen Anne's lace	Tarragon	
Chaste-tree berry	Gingko Biloba	Krameria triandra (rhatany root)	Ragwort	Tea tree oil	
Chervil	Ginseng	Kudzu	Red clover	Tomato	
Chillies	Goji	Kwao krua kao	Red yeast rice	Tribulus Terrestris	
Chinese herbs	Golden seal root	Lavender	Rhubarb	Uva Ursi	
Chocolate	Gotu kola	Lei gong teng (wait)	Rosemary	Valerian	
Chorella	Green leaf tea	Licorice	Sage	Vitex agnus-castus (chasteberry)	
Chrysanthemum	Groundsel	Linseed	Salt, limit	Wheat germ	
Clover	Harmful herb tea: caffeine free	Lobelia	Sarsaparilla	Wild carrot	