

Botanical Name	Common Names	Potential Efficacy and Level of Evidence (1)	Potential Adverse Effects	Potential Therapeutic Interactions
<i>Allium sativum</i> (2)	Garlic, ajo, poor man's treacle, stinking rose	Arteriosclerosis*; Bacterial infection; Hyperlipidemia*** +/-; Hypertension +/-; Viral infection	Dyspepsia, nausea; Bleeding; Burns	Anti-thrombotic agents
<i>Aloe spp.</i> (20)	Aloe, Barbados aloe, cape aloe	Burns; Constipation; Dermatitis; Diabetes**;	Allergic reaction; Intestinal obstruction; Electrolyte depletion	None noted
<i>Angelica sinensis</i> (22)	Dong quai, Chinese angelica	Climacteric symptoms; Dysmenorrhea; Premenstrual syndrome	Photosensitization	Anti-thrombotic agents
<i>Camellia sinensis</i> (17)	Green tea, black tea, chai, Chinese tea, te verde, tetohuxtle	Alertness***; Cancer prevention**; Dental Caries**; Depression**; Diabetes; Fatigue**;	Allergic reaction; Anxiety; Gastritis; Insomnia; Tachycardia	Aspirin, acetaminophen; Anti-anxiety agents; Sedatives; Vasoconstrictors
<i>Capsicum spp.</i> (27)	Pepper, chile pepper, cayenne, tobasco, paprika, red pepper	Arthritis; Herpes zoster (Shingles)**; Muscle strain; Neuralgia*; Pain; Post-herpetic neuralgia	Allergic reactions; Burning, itching; Gastrointestinal discomfort; Sweating, flushing, lacrimation, rhinorrhea	None noted
<i>Cimicifuga racemosa</i> (9)	Black cohosh, baneberry, black snake root, bugbane, bugwort, rattle root, rattletree, squawroot	Climacteric symptoms***; Dysmenorrhea; Premenstrual syndrome	Abortion (large doses); Dyspepsia, nausea; Toxicity (large doses)	Anti-hypertensive agents
<i>Citrus aurantium</i> (Not listed)	Bitter orange, sour orange, bitter orange peel, Seville orange, Zhi Qiao, Zhi Shi	Anorexia; Fatigue, mental or physical; Obesity; Tinea infections; Used like ephedra in many herbal products.	Anorexia; Anxiety; Dizziness; Hypertension; Irritability; Insomnia; Palpitations; Tachycardia	Amphetamines; Anti-hypertensive agents; Caffeine; Diabetic agents; MAO Inhibitors; Theophylline, Yohimbine
<i>Crataegus monogyna</i> (23)	Hawthorn, English hawthorn, haw, hawthorn tops, may, maybush, mayhaw, oneseed, whitethorn herb	Anti-arrhythmic; Congestive heart failure***	Agitation; Circulatory disturbances; Dizziness; Dyspepsia, nausea; Headache; Insomnia; Palpitations	Cardiovascular agents; Coronary vasodilators; Digoxin; CNS depressants
<i>Echinacea spp.</i> (3)	Echinacea, Kansas snakeroot, purple cone flower, snakeroot	Cancer adjuvant; Immuno-stimulation**;	Allergic reaction; Dyspepsia, nausea; Numbness of mouth and tongue	Steroids; Immuno-suppressive agents
<i>Ephedra spp.</i> (Not listed)	Ephedra, Brigham tea, herbal ecstacy, joint fir, ma-huang, Mormon tea	Allergies; Asthma**; Bradycardia*; Bronchitis; Edema; Fatigue, mental or physical*; Nasal congestion; Obesity*	Anorexia; Anxiety; Dizziness; Headache; Hypertension; Irritability; Insomnia; Nausea; Palpitations; Psychosis; Tachycardia	Amphetamines; Caffeine; Diabetic agents; MAO Inhibitors; Theophylline, Yohimbine
<i>Ginkgo Biloba</i> (1)	Ginkgo, kew tree, maidenhair tree	Dementia*** +/-; Intermittent claudication** +/-; Memory loss*; Raynaud's disease; Tinnitus*; Vertigo**	Allergic reaction; Bleeding; Dyspepsia, nausea	Anti-thrombotic agents
<i>Glycine spp.</i> (4)	Soy, soya, soybean, soybean curd, lecithin, tofu	Cancer prevention; Climacteric symptoms; Hypercholesterolemia	Allergic reaction	None noted
<i>Glycyrrhiza glabra</i> (33)	Licorice, Chinese licorice, Persian licorice, Russian licorice, Spanish licorice, sweet root	Cough; Gastritis; Peptic or duodenal ulcer**;	Edema (high doses); Hypertension (high doses); Pseudoaldosteronism (in chronic high doses)	Digoxin; Diuretics
<i>Hypericum perforatum</i> (7)	St. John's wort, amber, goatweed, Klamath weed	Anxiety*; Bacterial infection; Depression***;	Dyspepsia, nausea; Fatigue; Photosensitivity; Restlessness	Anti-depressants; Barbiturates; Calcium Channel Blockers; Cyclosporin; Cytochrome P450 metabolized agents; Hormones, including contraceptives; Photosensitizing agents; Sedatives; Theophyllin
<i>Linum usitatissimum</i> (Not listed)	Flax, linasa, linseed, lint bells	Constipation; Dermatitis; Hypercholesterolemia**	Allergic reaction; Dyspepsia, nausea; Intestinal obstruction (large doses)	Laxatives; may delay absorption of oral agents
<i>Matricaria recutita</i> (Sold as Tea)	Chamomile, German chamomile, Hungarian chamomile, true chamomile, wild chamomile, manzanilla <i>Chamomilla recutita</i> , <i>Matricaria chamomilla</i>	Dermatitis; Inflammatory bowel disease; Insomnia; Intestinal spasm (colic); Pharyngitis; Stomatitis; Upper respiratory infection	Allergic reaction	None noted
<i>Melaleuca alternifolia</i> (Not listed)	Tea tree oil, Australian tea tree oil	Bacterial, fungal infections; Onychomycosis; Tinea pedis**;	CNS Depression (internal use); Dermatitis (topical); Dyspepsia, nausea (Should not be taken internally)	None noted
<i>Mentha piperata</i> (Sold as Tea)	Peppermint, brandy mint, lamb mint	Biliary disorders; Bronchitis; Cough; Dyspepsia**;	Bronchospasm; Dyspepsia, reflux	Histamine blockers and Proton pump inhibitors; Anti-acids

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<i>Oenothera spp. (12)</i>	Evening primrose, flor-de-Santa Rita, King-cure-all	Arthritis**; Attention deficit disorder +/-; Eczema**; Hyperlipidemia; Mastalgia*; Multiple sclerosis +/-; Premenstrual syndrome***	Dyspepsia, nausea; Headache; Rash	Phenothiazines
<i>Panax ginseng (6)</i>	Ginseng, Asian ginseng, Chinese ginseng, Korean ginseng, Oriental ginseng, Red Ginseng	Central nervous system stimulant*; Diabetes; Fatigue, mental or physical; Tonic for stress**	Inability to concentrate (large doses); Hypoglycemia; Nervousness, irritability	Diabetic agents; Coumadin
<i>Pausinystalia yohimbe (16)</i>	Yohimbe, johimbi, yohimbehe, Corynanthe yohimbe	Erectile dysfunction** +/-; Hypotension*; Impotence; Xerostomia (decreased salivation)	Agitation; Anxiety; Dyspepsia, nausea; Headache; Hypertension; Insomnia; Mania; Renal disorders; Tachycardia; Tremor; Toxic reactions including cardiac failure and death	Caffeine; Cardiac agents; Ephedra; MAO Inhibitors; Tricyclic antidepressants
<i>Pinus spp. (19)</i>	Pine dwarf pine, pine oil, pumilio, pycnogenol, Scotch fir, Scotch pine, Swiss mountain pine, white pine	Antioxidant; Bronchitis; Cough; Fever; Pharyngitis; Rheumatic disorders; Stomatitis; Upper respiratory infection	Brochospasm; Dermatitis; Toxic reactions can occur with internal use of essential oil.	None noted
<i>Piper methysticum (13)</i>	Kava kava, awa, kava	Anxiety**; Insomnia	Allergic reaction; Dermatitis (long term use); Diminished alertness and reaction time; Drowsiness; Dyspepsia, nausea; Hepatic toxicity and liver failure**	Alcohol; Sedatives; Benzodiazepines; Beta-blockers; Dopaminergic agents; Hepatically metabolized agents
<i>Sambucus, spp. (25)</i>	Elder, black elder, boor tree, common elder, elderberry, ellanwood, ellhorn, flor sauco, red elder, sweet elder	Bronchitis; Constipation; Cough; Edema; Fever; Influenza; Upper respiratory infection	Diarrhea; Vomiting; Toxic cyanide reactions have occurred from small amounts of leaves, stems and raw berries.	None noted
<i>Serenoa repens (5)</i>	Saw palmetto, American dwarf palm tree, sabal	Benign prostatic hypertrophy***; Irritable bladder	Headaches; Dyspepsia, nausea	Hormonal agents
<i>Silybum marianum (11)</i>	Milk thistle, Marian thistle, St. Mary thistle	Cholelithiasis; Dyspepsia; Hepatitis*; Hypercholesterolemia; Inflammatory liver disease*; Psoriasis; Toxic liver disease*	Allergic reaction (rare); Laxative effect (rare)	Butyrophones; Phenothiazines; Phentolamine; Yohimbine
<i>Tanacetum parthenium (21)</i>	Feverfew, altamisa, bachelor's buttons, nose bleed, Santa Maria, wild chamomile, wild quinine, <i>Chrysanthemum parthenium</i>	Arthritis; Asthma; Dysmenorrhea; Fever; Inflammation; Migraine headache; Migraine headache prophylaxis***	Allergic reaction; Stomatitis; Withdrawal syndrome (arthritis, myalgias)	Anti-thrombotic agents; NSAIDs
<i>Taraxacum officinale (30)</i>	Dandelion, blowball, common dandelion, cankerwort, lion's teeth, <i>Leontodon taraxacum</i>	Anorexia; Biliary disorders; Dyspepsia; Edema; Hepatic disorders; Urinary tract infection	Allergic reaction; Biliary inflammation; Biliary obstruction; Dermatitis	Diuretics
<i>Unicaria spp. (26)</i>	Cat's claw, life-giving-vine-of-Peru, samento, una de gato	Dyspepsia; Cancer; Contraceptive; HIV infection; Immune stimulant; Inflammation; Inflammatory bowel disease; Nausea; Viral disorders	Diarrhea; Hypotension	Antihypertensives; Anti-thrombotic agents
<i>Vaccinium macrocarpon (8)</i>	Cranberry	Urinary incontinence; Urinary tract infection; Urinary tract infection-prevention**	None noted	None noted
<i>Vaccinium myrtillus (14)</i>	Bilberry, bog bilberry, European blue berry, huckleberry, whortle berry, <i>Myrtillus fructus</i>	Diabetic retinopathy +/-; Diarrhea; Stomatitis/pharyngitis; Vision-enhances night vision* +/-; Wound healing	None noted	Anti-thrombotic agents
<i>Valeriana spp. (10)</i>	Valerian, all-heal, amantilla, garden valerian, heliotrope	Anxiety; Dysmenorrhea; Insomnia***; Irritable bowel disease	Drowsiness; Dyspepsia, nausea	Alcohol; Barbiturates; Benzodiazepines; Sedatives
<i>Vitex vinifera (15)</i>	Grape seed, grape seed extract	Anti-oxidant; Arteriosclerosis; Inflammation; Varicosities; Wound healing	None noted	None noted
<i>Zingiber officinale (18)</i>	Ginger, ginger root	Arthritis*; Dyspepsia; Hyperemesis gravidarium***; Inflammation*; Motion sickness**; Nausea** +/-; Vomiting	Cardiac arrhythmias (large doses); CNS depression (large doses); Uterine stimulant (large doses) +/-	Anti-thrombotic agents