

Herb/Plant	Indications for use	Safety	Dosage	Misc.
Oregano/Oregano Oil	<ul style="list-style-type: none"> <li>• respiratory tract disorders (eg- coughs, asthma, croup, bronchitis)</li> <li>• GI disorders</li> <li>• Cold/flu, sinusitis, fatigue</li> </ul>	<ul style="list-style-type: none"> <li>• Likely safe when used orally – as in commonly used amounts in food</li> <li>• Possibly safe when used in medicinal amounts</li> <li>• Possibly unsafe during pregnancy (abortifacient/emmenagogue affects)</li> <li>• Can cause allergic reactions (especially if allergic to basil, lavender, hyssop, mint, sage, marjoram)</li> <li>• Large amounts can cause GI upset</li> </ul>	200mg PO 3/wk for 6 wks *dose based on tx of intestinal parasites	<ul style="list-style-type: none"> <li>• Insufficient evidence for effectiveness</li> <li>• Be cautious with lithium</li> </ul>
Garlic	<ul style="list-style-type: none"> <li>• HTN, CHD, cancer (possibly effective)</li> <li>• Diabetes, colds/flu, whooping cough, gout, asthma, liver function, bronchitis, coughs, fever, sinus congestion (possibly insufficient or not enough data)</li> </ul>	<ul style="list-style-type: none"> <li>• Likely safe when used orally and appropriately</li> <li>• Possibly unsafe when used topically (irritation)</li> </ul> <p><i>For children:</i></p> <ul style="list-style-type: none"> <li>• Likely safe when used orally and appropriately short term</li> <li>• Possibly unsafe in large amounts</li> <li>• Possibly unsafe during pregnancy (abortifacient effects) and lactation (altered flavor)</li> <li>• May increase bleeding, GI upset</li> </ul>	600-1200 mg/d; given PO tid Or 4g/1clove daily *dose based on tx for HTN	<ul style="list-style-type: none"> <li>• Possibly effective in HTN, CHD, and some cancers</li> <li>• Possibly ineffective or insufficient data for other indications</li> <li>• Do not take with Isoniazid, Saquinavir</li> <li>• Be cautious with medications changed by liver (Cytochrome P450 3A4 substrates, Warfarin, anticoagulants, Cyclosporine)</li> <li>• Do not take with fish oil b/c that slows clotting too</li> <li>• Do not use with Vit E</li> </ul>
Astragalus	<ul style="list-style-type: none"> <li>• Common cold, upper respiratory infections, immune function, diabetes, liver function, diuretic, HTN</li> </ul>	<ul style="list-style-type: none"> <li>• Possibly safe when used orally and appropriately; specific evaluations have not been performed</li> <li>• Used to stimulate immune function, therefore might exacerbate autoimmune dzs</li> <li>• &gt;28g might cause immunosuppression</li> </ul>	4-7g/d for colds Traditionally 1-30g powder used/d	<ul style="list-style-type: none"> <li>• Insufficient data on effectiveness</li> <li>• Be cautious with lithium, Cyclophosphamide, immunosuppressants,</li> </ul>

Alfalfa	<ul style="list-style-type: none"> <li>• Lowering cholesterol in pt with high cholesterol</li> <li>• Diuretic for kidney conditions, diabetes, indigestion, asthma, arthritis</li> <li>• Source of Vit A, C, E, K</li> </ul>	<ul style="list-style-type: none"> <li>• Possibly safe when used orally and appropriately</li> <li>• Likely unsafe when used excessively and long term</li> <li>• Associated with drug-induced lupus and pancytopenia</li> <li>• Large amounts may be possibly unsafe during pregnancy/breastfeeding – may act like estrogen</li> </ul>	<p>5-10g tid for high Or 5-10ml of liquid extract tid *dose based on tx of cholesterol</p>	<ul style="list-style-type: none"> <li>• Possibly effective for lowering cholesterol</li> <li>• Insufficient evidence for other indications</li> <li>• Be cautious with estrogens, Immunosuppressants, photosensitizing drugs</li> <li>• Do not use with Warfarin</li> <li>• Might interfere with absorption and metabolism of Vit E</li> </ul>
Glutathione	<ul style="list-style-type: none"> <li>• (PO) asthma, heart dz, liver dz</li> <li>• (Inhaled) lung dz –CF, (IM)male infertility, chemotherapy side effects</li> <li>• (IV) treating dm, improve blood flow/dec clotting (insufficient evidence besides chemotherapy – possibly effective)</li> </ul>	<ul style="list-style-type: none"> <li>• Possibly safe for most adults – side effects not known</li> <li>• Pregnancy/BF – avoid, not known</li> <li>• Asthma- do not inhale - Can cause bronchospasms</li> </ul> <p>*Question of</p>	<p>50-600 mg/d PO Most common 250 mg daily Inhaled: 600 gm bid</p>	<ul style="list-style-type: none"> <li>• Possibly effective in chemotherapy</li> <li>• Insufficient data for all other indications</li> <li>• Naturally produced by the liver</li> <li>• Found in fruits, veggies, meats</li> <li>• Tissue building and repair, make proteins and chemicals needed in the body, immune function</li> <li>• Acetaminophen deplete glutathione</li> </ul>

Reference: Naturaldatabase.com