

People with bleeding disorders should avoid the following herbs, which tend to make bleeding more severe:

Herb	Potential Uses
Aloe Vera	Constipation, arthritis, boost immune system
Arnica	Rheumatism, common cold, bruises, sprains
Bilberry Fruit	Diarrhea, cancer prevention, Glaucoma
Bromelain/Papain	Digestive aid, reduce inflammation
Cat's Claw	Pain and inflammation of arthritis, boost immune system
Chamomile	Colic, GI Disorders
Dong Quai/Angelica	Menopausal symptoms, irregular menstrual cycles
Feverfew	Migraine, arthritis
Flaxseed	Lower cholesterol, constipation
Garlic	High cholesterol, hypertension, digestive complaints
Ginger	Nausea, morning sickness, stimulate appetite
Ginkgo	Dizziness, improve circulation, prevent memory loss
Ginseng	Increase energy and reduce stress, stimulate appetite, rheumatism
Horse Chestnut	Lumbar pain, leg cramps and swelling

People with bleeding disorders should avoid the following herbs (cont.)



Herb	Potential Uses
Licorice	Bronchitis, GI disorders
Meadowsweet	Respiratory problems
Poplar	Hemorrhoids, wounds and burns
Sassafras	Should not be used as a “spring tonic” (has carcinogenic effect)
Saw Palmetto	Prostate, bladder problems
Sweet Clover	Hemorrhoids, diuretic
Sweet Woodruff	Inflammation, constipation, nervous agitation
Turmeric	Loss of appetite, stomach and intestinal ailment, arthritis pain
White Willow Bark	Rheumatism, pain

Supplements	Potential Uses
Fish Oil/Omega-3	Morning stiffness, lower cholesterol, reduce risk of heart attack
Nattokinase	Blood clots, lower blood pressure
Vitamin E	Wound healing, Alzheimer’s Disease, menopausal symptoms

***There may be other supplements which might increase your risk for bleeding.
Contact your physician, pharmacist, or a registered dietitian nutritionist before taking any supplement.***