|  |  |  |  |
| --- | --- | --- | --- |
| **Herbal and natural Products** | **Used during the last half of your pregnancy** | **Why you used it** | **How you heard about it** |
| ***Yes(✓)*** | ***No(✓)*** |
| ***Example: Ginger*** | ***✓*** |  | ***Feeling Sick***  | ***Midwife*** |
| **Aloe**  |  |  |  |  |
| **Echinacea** |  |  |  |  |
| **Ginseng** |  |  |  |  |
| **Barberry** |  |  |  |  |
| **St. John’s Wort** |  |  |  |  |
| **Black Cohosh** |  |  |  |  |
| **Kelp** |  |  |  |  |
| **Cat's Claw** |  |  |  |  |
| **Ephedra** |  |  |  |  |
| **Tansy** |  |  |  |  |
| **Rue** |  |  |  |  |
| **Yarrow** |  |  |  |  |
| **Nettle root** |  |  |  |  |
| **Baldo** |  |  |  |  |
| **Goldenseal** |  |  |  |  |
| **Comfrey** |  |  |  |  |
| **Blue Cohosh** |  |  |  |  |
| **Clove Oil** |  |  |  |  |
| **Dong Quai** |  |  |  |  |
| **Wormwood** |  |  |  |  |
| **Senna** |  |  |  |  |
| **Ginkgo Biloba** |  |  |  |  |
| **Ginseng** |  |  |  |  |
| **Tea-tree oil** |  |  |  |  |
| **Eucalyptus** |  |  |  |  |
| **Glucosamine** |  |  |  |  |
| **Aconite** |  |  |  |  |
| **Bee Pollen** |  |  |  |  |
| **Evening Primrose** |  |  |  |  |
| **Milk Thistle** |  |  |  |  |
| **Grapefruit** |  |  |  |  |
| **Chamomile** |  |  |  |  |
| **Garlic *(beyond cooking)*** |  |  |  |  |
| **Ginger *(beyond cooking)*** |  |  |  |  |
| **Fish Oil (omega 3)** |  |  |  |  |
| **Coenzyme Q10** |  |  |  |  |
| **Cranberry** |  |  |  |  |
| **Kava** |  |  |  |  |
| **Cod-liver Oil** |  |  |  |  |
| **Squill** |  |  |  |  |
| **Others**1. **\_\_\_\_\_\_\_\_\_\_\_\_**
2. **\_\_\_\_\_\_\_\_\_\_\_\_**
3. **\_\_\_\_\_\_\_\_\_\_\_\_**
 |  |  |  |  |