



McLAREN Blood Conservation PROGRAM

Herbs and Supplements that May Affect Blood Loss

Herbs that may increase risk of bleeding or interfere with clotting of the blood.

A

Alfalfa
American Ginseng
Angelica
Anise
Arnica Montana
Asafetida
Aspen bark

B

Bilberry
Birch
Black cohosh
Bladderwrack
Bogbean
Boldo
Borage seed oil
Bromelain

C

Capsicum
Cat's claw
Celery
Chamomile
Chaparral
Clove
Coleus
Cordyceps

D

Danshen
Devil's claw
Dong quai

E

Evening Primrose

F

Fenugreek
Feverfew
Flaxseed/flax powder (not the oil)

G

Ginger
Grapefruit juice
Grapeseed
Green tea
Guggul
Gymnestr

H

Horse chestnut
Horseradish

L

Licorice root
Lovage root

M

Male fern
Meadowsweet

N

Nordihydroguaiaretic acid
(NDGA)

O

Onion

P

Papain
Panax ginseng
Parsley
Passionflower
Poplar
Prickly ash
Propolis

Q

Quassi

R

Red clover
Reishi
Rue

S

Siberian ginseng
Sweet birch
Sweet clover

T

Turmeric

V

Vitamin E

W

White willow
Wild carrot
Wild lettuce
Willow
Wintergreen

Y

Yucca

US National Library of Medicine. National Institutes of Health. Med Line Plus Herbs and Supplements, 2006.

**Since, it is difficult to list all the herbs or elements that may affect bleeding, it is important to discuss all over-the-counter supplements that you are taking with your doctor or healthcare provider.*

