



# Herbs and Supplements that may affect blood loss

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

Alfalfa	Capsicum	Ginger	Onion	Sweet clover
American Ginseng	Cat's claw	Grapefruit juice	Papain	Turmeric
Angelica	Celery	Grapeseed	Panax ginseng	Vitamin E
Anise	Chamomile	Green tea	Parsley	White willow
Arnica Montana	Chaparral	Guggul	Passionflower	Wild carrot
Asafetida	Clove	Gymnestra	Poplar	Wild lettuce
Aspen bark	Coleus	Horse chestnut	Prickly ash	Willow
	Cordyceps	Horseradish	Propolis	Wintergreen
Bilberry	Danshen	Licorice root	Quassi	Yucca
Birch	Devil's claw	Lovage root	Red clover	
Black cohosh	Dong quai	Male fern	Reishi	
Bladderwrack	Evening Primrose	Meadowsweet	Rue	
Bogbean	Fenugreek	Nordihydroguairetic acid (NDGA)	Siberian ginseng	
Boldo	Feverfew		Sweet birch	
Borage seed oil	Flaxseed/flax powder (not the oil)			
Bromelain				

*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.*



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