

Hepatic Damaging Herbs

Name	Also Known As	Adverse Reaction
American Cranesbill	Alum Bloom, Alum Root, American Kino, Chocolate Flower, Crowfoot, Dove's-Foot, Geranium Robertianum, Herb Robert, Old Maid's Nightcap, Shameface, Spotted Cranesbill, Stinking Cranesbill, Storksbill, Wild Cranesbill, Wild Geranium	Hepatotoxicity with high tannin concentrations
Andrographis	Chuan Xin Lian, Creat, Green Chiretta, Indian Echinacea, Kalmegh, Kirata, Kiryat, Lanhelian, Vijianxi	Increased liver enzymes, decreased after discontinuation
Androstenedione	4-Androstene-3, 17-Dione	Elevated liver function test results with supplementation of some anabolic steroids
Arnica	Arnica Flowers, Arnica Root, Common Arnica, Leopard's Bane, Mexican Arnica, Mountain Arnica, Mountain Daisy, Mountain Tobacco, Sneezewort, Wolf's Bane	Hepatic Failure
Bayberry	Candleberry, Myrica, Southern Wax Myrtle, Spicebush, Sweet Oak, Tallow Schrub, Vegetable Tallow, Waxberry, Wax Myrtle Plant	Hepatic damage, may relate to tannin content
Betony	Bishopswort, Wood Betony	Hepatic Dysfunction
Bilberry	Bilberries, Bog Bilberries, European Blueberries, Huckleberry, Whortleberry	Hepatic Dysfunction caused by tannin content
Bistort	Adderwort, Common Bistort, Easter Ledges, Easter Mangiant, Knotweed, Oderwort, Osterick, Patience Dock, Snakeroot, Snakeweed, Twice Writhen	Hepatic Dysfunction
Blue Flag	Dagger Flower, Dragon Flower, Flag Lily, Fleur-De-Lis, Flower-De-Luce, Liver Lily, Poison Flag, Snake Lily, Water Flag, Wild Iris	Hepatotoxicity caused by tannin concentrations
Boneset	Agueweed, Crosswort, Eupatorium, Feverwort, Indian Sage, Sweating Plant, Thoroughwort, Vegetable Antimony	Hepatotoxicity
Borage	Beebread, Boraginis Flos, Boraginis Herba, Boretsch, Common Borage, Common Bugloss, Cool Tankard, Ox'Tongue, Starflower	Hepatic Dysfunction
Buchu	Agathosma, Barosma Betulina, Betuline, Bocco, Diosma Betulina	Hepatotoxicity from volatile oil constituent (pulegone)
Buckthorn	Common Buckthorn, European Buckthorn, Hartshorn, Purging Buckthorn, Waythorn	Hepatotoxicity caused by tannin concentrations
Butterbur	European Pestroot, Sweet Coltsfoot, Western Coltsfoot	Hepatotoxicity

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Capsicum	Bell Pepper, Capsaicin, Cayenne, Chili Pepper, Goat's Pepper, Hot Pepper, Paprika, Pimiento, Pod Pepper, Red Pepper, Tabasco Pepper, Zanzibar Pepper	Hepatic dysfunction, when used orally on a regular basis
Celandine	Celandine Poppy, Common Celandine, Felonwort, Garden Celandine, Greater Celandine, Rock Poppy, Swallow Wort, Tetterwort, Wart Wort	<i>Acute Cholestatic Hepatitis</i> , Elevated liver function test results
Chaparral	Creosote Bush, Greasewood, Hediondilla	<i>Hepatotoxicity (Cholestatic Hepatitis)</i>
Chromium	Chromium Picolinate, Chromium Tripicolinate, CR ³⁺	<i>Hepatic Failure</i> (1,000 mcg/day; Ceruli et al., 1998)
Cola Tree	Kola Nut, Kolanut	<i>Hepatotoxicity</i> caused by high tannin concentrations
Colostrum	Bovine Colostrum, Bovine Immunoglobulin Concentrate (BIC), Hyperimmune Bovine Concentrate (HBC), Immunized Bovine Colostrum (HBC)	Elevated liver enzyme levels
Colt's Foot	Ass's Foot, Bullsfoot, Coughwort, Farfara, Fieldhove, Filuis Ante Patrem, Foalswort, Hallfoot, Horsehoof, Kuandong Hua, Pas Diane	Potential <i>Hepatic Veno-Occlusive</i> disease caused by pyrrolizidine content
Comfrey	Ass Ear, Black Root, Blackwort, Boneset, Bruisewort, Consolida, Consoud Root, Gum Plant, Healing Herb, Knitback, Knitbone, Salsify, Slippery Root, Wallwort, Yalluc	<i>Hepatotoxicity</i> , specifically Veno-Occlusive disease from pyrrolizidine alkaloids
Condurango	Condor-Vine Bark, Condurango Bark, Condurango Blanco, Eagle Vine, Gonolobus Condurango Triana, Marsedenia Condurango	Hepatic Dysfunction
Corydalis	None Listed	Acute Hepatitis
Cowslip	American Cowslip, Artetyke, Arthritica, Buckles, Crewel, Drelip, Fairy Caps, Herb Peterpaigle, Keyflower, Key of Heaven, May Blob, Mayflower, Our Lady's Keys, Paigle, Palsywort, Password, Peagles, Petty Mulleins, Plumrocks	<i>Hepatotoxicity</i> possibly caused by tannin concentrations
Damiana	Damiana Herb, Damiana Leaf, Herba De La Pastora, Mexican Damiana, Miziboc, Old Woman's Broom, Rosemary	Hepatic dysfunction (large amounts) caused by tannin content
Fo-Ti	Chinese Cornbind, Elixir of Life, Fleeceflower, He Shou Wu, Kashuu (Japanese), Shou Wu Chih	<i>Acute Hepatitis (Cholestatic Hepatitis)</i>
Gossypol	American Upland Cotton, Common Cotton, Cotton, Upland Cotton, Wild Cotton	<i>Hepatotoxicity</i>
Gum Arabic	Acacia, Acacia Arabica Gum, Acacia Gum, Acacia Senegal, Acacia Ver, Egyptian Thorn, Gummae Mimosae, Senega	<i>Hepatotoxicity</i> with I.V. use

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Horse Chesnut	Aescin, Chesnut, Escine	<i>Hepatotoxicity</i>
Iceland Moss	Cetraria, Consumption Moss, Iceland Lichen, Lichen Islandicus	<i>Hepatotoxicity</i>
Kava	Ava, Awa, Kava-Kava, Kawa, Kew, Sakau, Tonga, Yagona	<i>Significane liver damage, including Hepatitis, Cirrhosis, and Liver Failure</i>
Khat	Cat, Chat, Gad, Kat, Miraa, Qat, Tschut	<i>Hepatotoxicity</i>
Lady's Mantle	Alchemilla, Bear's Foot, Dewcup, Leontopodium, Lion's Foot, Nine Hooks, Stellaria	Hepatic dysfunction, related to tannin component
Locust Bean	Carob, Carob Bean Gum, Carob Tree, St. John's Bread	Liver damage, associate with plants high in tannin content
Mayapple	Devil's-Apple, Hog Apple, Indian Apple, Mandrake, May Apple, Umbrella Plant, Wild Lemon	<i>Hepatotoxicity</i>
Mistletoe	All-Heal, Birdlime, Devil's Fuge, European Mistletoe, Golden Bough, Viscum	<i>Hepatitis</i>
Oaks	British Oak, Brown Oak, Common Oak, Cortex Quercus, Escorce De Chene, Eichenlothe, Eicherinde, Encina, English Oak, Gravelier, Nutgall, Oak Apples, Oak Bark, Oak Galls, Penunculate Oak, Stone Oak, Tanner's Bark	<i>Hepatic Necrosis</i> with more than 1 g of tannins. <i>Hepatotoxicity</i> with tannic acid enemas & prolonged skin application
Parsley	Common Parsley, Garden Parsley	<i>Hepatotoxicity</i> associated with apiole and myristicin components
Pennyroyal	American Pennyroyal, European Pennyroyal, Mosquito Plant, Squawmint	<i>Hepatic Failure</i>
Pomegranate	Granatum, Punica Granatum	<i>Hepatotoxicity</i> related to high tannin component
Poplar	American Aspen, Black Poplar, Quaking Aspen, White Poplar	<i>Hepatotoxicity</i> related to high tannin
Ragwort	Cankerwort, Cocashweed, Coughweed, Dog Standard, False Valerian, Golden Ragwort, Golden senecio, Lfroot, Ragweed, St. James Wort, Staggerwort, Stammerwort, Stinking nanny Squaw Weed, Squawroot	<i>Hepatotoxicity</i>
Rhatany	Krameria Root, Mapato, Peruvian Rhatany, Pumachchu, Raiz Para Los Dientes, Ratanshiaqutrezel, Red Rhatany, Rhatania	<i>Acute Hepatotoxicity</i> with tannic acid
Shark Cartilage	Squalus Acanthias, Sphyrna Lewini	<i>Hepatitis</i>
Scullcap	Helmet Flower, Hoodwort, Skullcap	<i>Hepatotoxicity</i>

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Soapwort	Bouncing Bet, Bruisewort, Crow Soap, Fuller's Herb, Latherwort, Soap Root, Sweet Betty, Wild Sweet William	<i>Hepatotoxicity</i>
Sorrel	Belgian-Red Sorrel, Cuckoo's Meate, Cuckoo Sorrow, Dock, Garden Sorrel, Greensauce, Green Sorrel, Sheep Sorrel, Sour Dock, Sourgrass, Sour Sauce, Soursuds	Hepatic Dysfunction caused by soluble oxalate salts
Spirulina	Blue-Green Algae, Dihe, Tecuitlatl	Increased serum Alkaline Phosphatase level
Squaw Vine	Checkerberry, Deerberry, Mitchella Repens, Mitchella Undulata, One-Berry, Partridge Berry, Running Box, Squawberry, Twin Berry, Two-Eyec Berry, Two-Eyed Checkerberry, Winter Clover	<i>Hepatotoxicity</i> (Rare)
Tonka Bean	Cumaku, Tonka Seed, Tonquin Bean, Torquin Bean	<i>Hepatic Necrosis</i>
Tormentil Root	Biscuits, Bloodroot, Earthbank, English Sarsaparilla, Ewe Daisy, Five-Fingers, Flesh and Blood, Septfoil, Seven Leaves, Shepherd's Knapperty, Shepherd's Knot, Thormantle	<i>Hepatic Necrosis</i>
Valerian	All-Heal, Amantilla, Baldrianwurzel, Great Wild Valerian, Herba Benedicta, Katzenwurzel, Phu Germanicum, Phu Parvum, Pinnis Dentatis, Setewale Capon's tail, Setwall, Theriacaria, Valeriana, Valeriana Folis Pinnatis, Valeriana Radix	<i>Hepatic Necrosis</i>
Walnut	English Walnut, European Walnut, Juglone, Jupiter's Nuts, Persian Walnut, Walnut Hull, Walnut Leaf	<i>Hepatotoxicity</i> caused by tannin component
Willow	Black Willow, White Willow	Hepatic Dysfunction

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