<table>
<thead>
<tr>
<th>Herb/Plant</th>
<th>Indications for use</th>
<th>Safety</th>
<th>Dosage</th>
<th>Misc.</th>
</tr>
</thead>
</table>
| Oregano/Oregano Oil  | • respiratory tract disorders (eg- coughs, asthma, croup, bronchitis)  
                        • GI disorders  
                        • Cold/flu, sinusitis, fatigue                                               | • Likely safe when used orally – as in commonly used amounts in food  
                        • Possibly safe when used in medicinal amounts  
                        • Possibly unsafe during pregnancy (abortifacient/emmenagogue affects)  
                        • Can cause allergic reactions (especially if allergic to basil, lavender, hyssop, mint, sage, marjoram)  
                        • Large amounts can cause GI upset                                         | 200mg PO 3/wk for 6 wks *dose based on tx of intestinal parasites         | • Insufficient evidence for effectiveness  
                        • Be cautious with lithium                                                   |
| Garlic               | • HTN, CHD, cancer (possibly effective)  
                        • Diabetes, colds/flu, whooping cough, gout, asthma, liver function, bronchitis, coughs, fever, sinus congestion (possibly insufficient or not enough data) | • Likely safe when used orally and appropriately  
                        • Possibly unsafe when used topically (irritation)  

*For children:*  
• Likely safe when used orally and appropriately short term  
• Possibly unsafe in large amounts  
• Possibly unsafe during pregnancy (abortifacient effects) and lactation (altered flavor)  
• May increase bleeding, GI upset                                                                 | 600-1200 mg/d; given PO tid  
                        Or 4g/1clove daily *dose based on tx for HTN | • Possibly effective in HTN, CHD, and some cancers  
                        • Possibly ineffective or insufficient data for other indications  
                        • Do not take with Isoniazid, Saquinavir  
                        • Be cautious with medications changed by liver (Cytochrome P450 3A4 substrates, Warfarin, anticoagulants, Cyclosporine  
                        • Do not take with fish oil b/c that slows clotting too  
                        • Do not use with Vit E |
| Astragalus           | • Common cold, upper respiratory infections, immune function, diabetes, liver function, diuretic, HTN  
                        • Possibly safe when used orally and appropriately; specific evaluations have not been performed  
                        • Used to stimulate immune function, therefore might exacerbate autoimmune dzs  
                        • >28g might cause immunosuppression                                               | 4-7g/d for colds  
                        Traditionally 1-30g powder used/d                                                | • Insufficient data on effectiveness  
                        • Be cautious with lithium, Cyclophosphamide, immunosuppressants, |
<table>
<thead>
<tr>
<th>Alfalfa</th>
<th>Glutathione</th>
</tr>
</thead>
</table>
| • Lowering cholesterol in pt with high cholesterol  
• Diuretic for kidney conditions, diabetes, indigestion, asthma, arthritis  
• Source of Vit A, C, E, K  |
| • Possibly safe when used orally and appropriately  
• Likely unsafe when used excessively and long term  
• Associated with drug-induced lupus and pancytopenia  
• Large amounts may be possibly unsafe during pregnancy/breastfeeding – may act like estrogen  |
| 5-10g tid for high  
Or 5-10ml of liquid extract tid  
*dose based on tx of cholesterol*  |
| • Possibly effective for lowering cholesterol  
• Insufficient evidence for other indications  
• Be cautious with estrogens, Immunosuppressants, photosensitizing drugs  
• Do not use with Warfarin  
• Might interfere with absorption and metabolism of Vit E  |

**Alfalfa**
- Lowering cholesterol in patients with high cholesterol
- Diuretic for kidney conditions, diabetes, indigestion, asthma, arthritis
- Source of Vit A, C, E, K

**Glutathione**
- (PO) asthma, heart dz, liver dz
- (Inhaled) lung dz –CF, (IM)male infertility, chemotherapy side effects
- (IV) treating dm, improve blood flow/dec clotting (insufficient evidence besides chemotherapy – possibly effective)
- Possibly safe for most adults – side effects not known
- Pregnancy/BF – avoid, not known
- Asthma- do not inhale - Can cause bronchospasms
- *Question of* 50-600 mg/d PO
- Most common 250 mg daily
- Inhaled: 600 gm bid

**Glutathione**
- Possibly effective for lowering cholesterol
- Insufficient evidence for other indications
- Be cautious with estrogens, Immunosuppressants, photosensitizing drugs
- Do not use with Warfarin
- Might interfere with absorption and metabolism of Vit E

**Reference:** Naturaldatabase.com