

MATERIA MEDICA Factsheet: BAD FORMULA COMBINATIONS

This is a list of plants that, in tincture form, should not be mixed. Tannins generally bind with alkaloids to form insoluble compounds, rendering your Golden Seal / Oak Bark mouthwash rather inert.

PLANTS HIGH IN TANNINS

Abies (Spruce)
Agrimonia (Agrimony)
Alnus (Alder)
Arbutus (Madrone)
Arctostaphylos (Manzanita, Uva-Ursi)
Betula (Birch)
Ceanothus Red Root)
Cinnamomum (Cinnamon)
Cola nitida (Cola Nuts)
Ephedra (Ma Huang or Mormon Tea)
Fraxinus (Ash)
Geranium (Cranesbill, Alum Root)
Granatum (Punica, Pomegranate)
Guaiacum (Lignum Vit)
Hamamelis (Witch Hazel)
Heuchera (American Alum Root)
Jatropha cineria (Sangre de Drago)
Juglans (Walnut, Butternut)
Krameria (Rhatany)
Ligustrum (Privet)
Myrica (Bayberry)
Orobanche (Broomrape)
Paullinia (Guarana)
Polygonum bistorta (Bistort Root)
Potentilla (all)
Prunus (Wild or Choke Cherry)
Quercus (Oak)
Rheum (Rhubarb)
Rhus (all) (Sumach)
Rosa (Rose)
Rubus (Blackberry, Raspberry)
Rumex hymenosepalus (Canaigre)
Trillium (dry)
Vaccinium (Blue-/Huckle-/Bilberry)
Xanthium (Cocklebur)

PLANTS HIGH IN ALKALOIDS

Aconitum (Aconite)
Argemone (Prickly Poppy)
Berberis vulgaris (Barberry)
Cineraria (Dusty Miller)
Coptis (Goldthread)
Corydalis
Datura (Jimson Weed)
Dicentra (Turkey Corn, Bleeding Heart)
Ephedra vulgaris (Ma Huang)
Eschscholtzia (California Poppy)
Garrya (Silk Tassel)
Gelsemium (Yellow Jasmine)
Hydrastis (Golden Seal)
Hyocyamus niger (Henbane)
Jeffersonia (Twin Leaf)
Lobelia (all)
Lophophora (Peyote)
Lycium (Wolf Berry)
Mahonia (Oregon Grape)
Nicotiana (Tobacco)
Nuphar (Yellow Pond Lily)
Passiflora (Passion Flower)
Peganum harmala (Syrian Rue)
Petasites (Western Coltsfoot)
Pilocarpus (Jaborandi)
Ptelea (Wafer Ash, Hop Tree)
Sanguinaria (Blood Root)
Scoparius (Cytisus, Broom Tops)
Senecio aureus (Life Root)
Solanum carolinense (Horse Nettle)
Solanum dulcamara (Bittersweet)
Tribulus (Puncture Vine)
Tussilago (Coltsfoot)
Ustilago (Corn Smut)
Vinca Major (Periwinkle)