

Botanical Name	Common Names	Potential Efficacy and Level of Evidence	Potential Adverse Effects	Potential Therapeutic Interactions
<i>Allium sativum</i>	Ajo, garlic, poor man's treacle, stinking rose	Arteriosclerosis*; Bacterial infection; Diabetes; Hyper-lipidemia*** +/-; Hypertension +/-; Viral infection	Dyspepsia/nausea; Bleeding; Burns	Anti-thrombotic agents
<i>Arctostaphylos spp.</i>	Manzanita, urva ursi, bear berry, bear grape, kinikinik, madrone, "manzanilla"	Edema; Urinary tract inflammation (antiseptic)**	Dyspepsia/nausea; Toxic reaction (large doses); Green urine	Urine acidifying agents may decrease effectiveness
<i>Aloe spp.</i>	Sabilla, savilla, aloe, Barbados aloe, cape aloe	Burns; Constipation; Dermatitis; Diabetes**; Wound healing	Allergic reaction; Intestinal obstruction; Electrolyte depletion	None noted
<i>Bidens pilosa</i>	Aceitilla	Colitis; Diaphoresis; Gout	Allergic reaction	None noted
<i>Brickellia spp.</i>	Prodigiosa, hamula, brickelbush,	Bile stimulant; Diabetes; Stomach Tonic	Stomach acid secretion; Bile secretion	Histamine blockers and Proton pump inhibitors; Diabetic agents
<i>Capsicum spp</i>	Chili, pepper, chile pepper, cayenne, tobasco, paprika, red pepper	Arthritis; Muscle strain; Neuralgia*; Nausea; Pains; Post-herpetic neuralgia; Herpes zoster (Shingles)**	Allergic reactions; Burning, itching; Gastrointestinal discomfort; Sweating, flushing, lacrimation, rhinorrhea	None noted
<i>Cecropia obtusifolia</i>	Chancarro	Anti-inflammatory; Analgesic; Diabetes; Muscle relaxant; Sedative	Uterine contractions; Decrease blood pressure; Stimulate cardiac activity	Diabetic agents; Cardiovascular agents
<i>Cinnamomum aromaticum</i>	Cinnamon, camphor, cassia	Anorexia; Diarrhea; Diabetes; Dyspepsia*; Flatulence*; Gastrointestinal spasm; Gingivitis	Allergic reaction; Mucous membrane irritation; Toxic reaction from cinnamon oil	None noted
<i>Crataegus monogyna</i>	Hawthorn, English hawthorn, haw, hawthorn tops, may, maybush	Anti-arrhythmia; Congestive heart failure***	Agitation; Circulatory disturbances; Dizziness; Dyspepsia, nausea; Headache; Insomnia; Palpitations	Cardiovascular agents; Coronary vasodilators; Digoxin; CNS depressants
<i>Ellettaria cardamomum</i>	Cardamon, bai dou kou, malabar	Anorexia; Bronchitis, cough; Biliary disorders; Dyspepsia; Hepatic disorders; Infection prevention; Stomatitis, pharyngitis; Upper respiratory infection	Biliary colic; Dermatitis	None noted
<i>Equisetum spp.</i>	Cola de caballo, horsetail, bottle brush, scouring rush, shave grass	Diabetes**; Renal, bladder stones; Urinary tract edema; Wound healing	Dermatitis; Thiamine deficiency; Toxic reaction	Diabetic agents; Diuretics
<i>Eriobotrya japonica</i>	Mispero, nispero, loquat	Cough; Diabetes; Dermatitis; Hyperlipidemia; Nausea, vomiting; Pharyngitis	Toxic myopathy	None noted
<i>Eucalyptus spp.</i>	Eucalyptico, eucalyptus, fever tree, gum tree	Bronchitis, cough; Congestion +/-; Rheumatism	Dyspepsia, nausea; Toxic reaction	May interfere with absorption of oral agents.
<i>Eysenhardtia polystachya</i>	Palo azul, kidneywood	Anti-inflammation; Antitumor properties; Diabetes; Kidney disorders	None noted	None noted
<i>Hibiscus spp.</i>	Jamaica, hibiscus	Anorexia; Diabetes; Diuretic; Gastritis; Laxative; Respiratory infection	Dermatitis	Chloroquine; Diabetic agents
<i>Hintonia latiflora</i>	Copalquin, copalchi	Diabetes; Fever	None noted	Anti-thrombotic agents
<i>Ibervillea sonorae</i>	Wereque, coyote melon	Cancer; Cholesterol; Diabetes; Wounds	Cucurbitacin has toxic potential	None noted
<i>Larrea tridentata</i>	Gobernadora, hediondilla, chaparral, creosote bush, greasewood	Cancer +/-; Dermatitis; Diabetes; Rheumatic disorders; Upper respiratory infection	Contact dermatitis; Hepatic toxicity and liver failure (internal use)**	None noted
<i>Linum usitatissimum</i>	Linasa, flax, linseed, lint bells	Constipation; Dermatitis; Diabetes*; Hypercholesterolemia**	Allergic reaction; Dyspepsia, nausea; Intestinal obstruction (large doses)	Anticoagulants; Laxatives; May delay absorption of oral agents
<i>Mentha piperata</i>	Hierba buena, peppermint	Biliary disorders; Bronchitis, cough; Dyspepsia**; Intestinal spasm**; Irritable bowel syndrome**; Headache**	Bronchospasm; Dyspepsia, reflux	Histamine blockers and Proton pump inhibitors; Anti-acids
<i>Opuntia spp.</i>	Nopal, nopales, prickly pear, Indian fig, tuna	Burns; Dermatitis; Diabetes**; Infection	Diarrhea; Nausea; Headache	Diabetic agents
<i>Passiflora spp.</i>	Pasiflora, passionflower	Anxiety; Gastrointestinal disorders of nervous origin; Insomnia*; Pain	CNS depression; Vasculitis	Anti-anxiety agents; Anti-depressants
<i>Petroselinum crispum</i>	Perejil, parsley	Anorexia; Aphrodisiac; Diabetes; Diuretic; Gastrointestinal disorders; Menstrual disorders; Urinary disorders	Blood dyscrasias (large amounts); Dermatitis; Hepatic dysfunction (large amounts); Renal dysfunction (large amounts)	Anti-thrombotic agents; Diuretics.
<i>Phoradendron spp.</i>	Muerdago, mistletoe	Constipation; Diabetes; Gastritis; Menstrual disorders; Vasoconstrictor	Contains toxic amines; Hypertension; Hypotension; Gastroenteritis; Toxic reactions, death; Abortion	Cardiovascular agents; Hypertensive agents
<i>Psacalium decompositum</i>	Matarique, mature, desert Indianbrush	Diabetes; Purgative; Sprains, strains; Wounds	Toxic pyrrolizidine-like alkaloids.	None noted
<i>Rhamnus spp.</i>	Cascara sagrada, alder, arrow wood, black dogwood, buckthorn	Constipation	Abdominal pain, cramping; Diarrhea; Electrolyte loss (chronic use); Intestinal spasm; Intestinal pigmentation; Laxative dependence (chronic use); Nausea	Cardiac drugs (electrolyte loss); Corticosteroids (electrolyte loss); Diuretics (electrolyte loss); Laxatives; may delay absorption of oral agents
<i>Solanum verbascifolium</i>	Salvadora, potato tree	Diabetes; Fever; Infection; Inflammation	Toxic potential	None noted
<i>Tecoma stans</i>	Tronadora, palo de Arco	Diabetes**; Inflammation; Infection; Gastritis; Kidney disorders; Liver disorders	None noted	Diabetic agents
<i>Trigonella foenum-graecum</i>	Fenugreek	Anorexia; Dermatitis; Diabetes**; Hypercholesterolemia	Allergic reaction; Bleeding, bruising; Dermatitis; Hypoglycemia	Anti-thrombotic agents; Diabetic agents
<i>Turnera diffusa</i>	Damiana, pastorcita, hierba del venado, hierba de la pastora	Aphrodisiac; CNS stimulant; Diabetes; Infertility	Hallucinations; Urethral irritation; Hepatotoxicity in large doses	None noted

Key: [no stars] folk use, theoretical; [*] anecdotal, case reports; [**] animal studies, few human studies; [***] randomized human trials [+/-] conflicting studies
Further information can be found at the AZCERT Website: www.arizonacert.org. This table is provided for informational purposes only and should not be used for treatment of diseases or conditions.