

❖ **SAFETY OF MEDICATIONS WHILST PREGNANT AND BREASTFEEDING**

I am often asked whether or not it is safe to use medications whilst pregnant or breast-feeding. So I thought there may be times when people don't know if it is safe and 'guess' whether or not they should take it...which is like playing roulette!

Although the categories that are assigned to medications do not replace the advice from your doctor, they are used as a guide and for general information only.

What do the Pregnancy categories mean?

Medicines are classified by the ADEC (Australian Drug Evaluation Committee)Prescribing Medicines in Pregnancy, TGA. It is based on the available evidence of its use in pregnancy. Some medicines don't have enough evidence in humans and the information is gathered from animal data.

The decision to take the medication should be in collaboration between you the mother and your doctor where you both feel comfortable and happy. This information that is being released below is simply to use as a guide to perhaps increase your awareness and enable discussion with your doctor. It is not a definitive tool telling you what to do.

The other issue is that there are quite a number of products that are 'exempt' from classification; a lot of the natural products for example. This can make it difficult to give advice, whether you came into the pharmacy or not. I have tried to gather as much information as I could, but where this is insufficient information it will say that.

So I have tried to list as best as possible the pregnancy category that the medication is and whether or not it is safe to use whilst breastfeeding. I have done it for over-the-counter, prescription and natural health products. They are listed by the active ingredient in alphabetical order and they have the common brand names listed next to it.

ADEC PREGNANCY CATEGORIES:

Category A: These are medications that have been taken by a large number of women (pregnant and women of child-bearing age) without any proven increase in frequency of malformations or other direct or indirect harmful effects on the foetus

Category B1: Medications that have been taken by a limited number of pregnant or women of child bearing age, without an increase in the frequency of malformation or direct or indirect harmful effects on the foetus. Studies in animals have not shown evidence of an increase occurrence of foetal damage.

Category B2: Medications that have only been taken by a limited number of pregnant or child bearing age women, without an increase in the frequency of malformation or direct or indirect harmful effects on the human foetus. Studies in animals are inadequate or lacking, but available data shows no evidence of an increased occurrence of foetal damage.

Category B3: Medications that have been taken only by a limited number of pregnant women and child bearing age without an increase in the frequency of malformation or direct or indirect harmful effects on the human foetus. Studies in animals have shown evidence of an increased occurrence of foetal damage

Category C: drugs which have caused or may be suspected of causing harmful effects on the human foetus or neonate without causing malformations. The effects may be reversible.

Category D: Drugs that have caused or are suspected to have or may cause an increased incidence of human malformations or irreversible damage.

Category X: these are drugs that have such a high risk of causing permanent damage to the foetus that should not be used in pregnancy.

*ST = Short term

*LT = Long term

*ADR = Adverse drug reaction/ side effects

❖ **OTC DRUGS**

DRUG	PREGNANCY SAFETY	BREASTFEEDING SAFETY	BRAND NAMES
ALUMINIUM HYDROXIDE	A (Andrew Tums is preferred though)	Unknown	Alu-tab, Gelusil, Mylanta, Gastrogel, Gaviskon
AMOROLFINE	B3 (not recommended)	Unknown	Loceryl
ASPIRIN	C	No	Aspro clear, Disprin, Solprin, Codis,, Aspalgin, Cartia, Astrix, Mayne Aspirin
AZELASTINE	B3	Unknown	Azep nasal spray, Eyezep eye drops
BECLOMETHASONE	B3	ST after feed is ok	Beconase Allergy and hayfever control
BENZOYL PEROXIDE	No category	Safe	Brevoxyl, Clean and Clear, Clearasil, Benzac, Panoxyl, Oxy vanishing cream
BIFONAZOLE	B3 (use Clotrimazole or Miconazole)	Limited data	Canesten Once Daily cream
BISACODYL	A (fibre and softners preferred)	ST after feed ok	Bisalax, Dulcolax.
BROMHEXINE	A	Safe	Bisolvon Chesty, Benadryl Chesty Forte, Duro-tuss Chesty, Robutussin Chesty
BUDESONIDE	A	Safe after feed	Rhinocort hayfever
CALCIUM	A	Safe	Andrew Tum's, Caltrate, Gavison, Mylanta, Citracal, Cal-Sup.
CETIRAZINE	B2	Limited data;	Zyrtec, Alzene
CHLORAMPHENICOL	A	St safe after feed and holding tear ducts	Chlorsig
CLOBETASONE	A	Safe after feed ST	Becoderm-C- Flare up, Eumovate
CLOTRIMAZOLE	A	Safe	Canesten, Clonea, Hydrozole
CODEINE	A; but on ST and use Paracetamol as much as possible	It can pass through milk; only ST after a feed if Dr recommends it	Nurofen Plus, Panafen Plus, Panadeine, Panadeine Extra, Mersyndol, Aspalgin, Codis, Disprin Forte, Mydol, Mydol 15, Codapane, Dolased
CROTAMITON	B2	ST use after feed	Eurax
CYPROHEPTADINE	A; but only ST and after a feed	Best avoided	Periactin
DESLORATIDINE	B1; other options are preferred	Limited data	Aerius
DEXCHLORPHENIRAMINE	A; but only ST at lowest possible dose and not in third trimester	After the last feed; any ADR in baby stop immediately	Polaramine
DEXTROMETHORPHAN	A	ST after a feed	Bisolvon Dry, Benadryl Dry forte, Robutussin DX, Tussinol for dry coughs, Codral cold flu and coughs.
DICLOFENAC	C	After the last feed for the shortest possible time	Voltaren rapid, Voltaren emulgel
DIHYDROCODEINE	A	ST after the last feed	Rikodeine
DIPHENHYDRAMINE	A; but only ST at lowest possible dose and not in third trimester	ST after a feed	Unisom sleep gels, Snuzaid
DIPHENOXYLATE	C	No	Lomotil
DOCUSATE	A	Safe	Coloxyl
DOXYLAMINE	A; ST at the lowest dose	ST after last feed	Restavit, Mersyndol Night, Dozile, Dolased, Mydol
ECONAZOLE	A	Safe	Pevaryl
FAMCICLOVIR	B1	Use only if benefits outweigh risks	Famvir
FEXOFENADINE	B2; Loratidine is the one of choice	Limited data; steroid nasal sprays preferred	Telfast, Fexotabs, Xergic
FLUCONAZOLE	D	No	Diflucan one, Canesoral, Trust Femzole
FLUTICASONE	B3	Safe after a feed	Beconase, Flixonase
FOLIC ACID	A	Safe	Megafof, Blackmore's Folate, Nature's Own Folate, Swisse Folate
GLUCAGON	A	Safe	Glucagon Hypokit
GLYCEROL	A	Safe	Glycerol suppositories
GLYCERYL TRINITRATE	B2	See Dr	Anginine, Lycinate, Nitrolingual Spray
GUAIPHENASIN	A	Limited data	Benadryl chesty Forte
HEXAMINE HIPPURATE	A	Safe	Hiprex
HYDROCORTISONE	A	St after feed	Dermaid, Sigmacort, Hysone, Cortef
HYOSCINE BUTYLBROMIDE	B2	Appears safe	Buscopan, Buscopan Forte

IBUPROFEN	C	ST after a feed	Nurofen, Rafen, Advil, Herron Blue, Dimetapp pain and fever relief.
IPRATROPIUM	B1	ST after a feed	Atrovent nasal spray
IRON	A	Safe	Ferrogradument, FGF, Ferro-F, Fefol, Ferrograd C, Swisse Iron Plus,
KETOCONAZOLE	B3	ST after a feed	DakaGOLD, Nizoral
KETOTIFEN	B1	Limited data; shorter acting drop is preferred	Zaditen
LACTULOSE	No category but appears safe	Appears safe	Actilax, Duphulac, Genlac, GenRx lactulose
LEVOCETIRAZINE	B2	Limited data; should not be used	Xyzal
LEVONORGESTREL	No	<i>Not be used</i>	Postinor-1, Norlevo-1, Levonelle-1
LIQUID PARAFFIN	No category	Uncertain	Parachoc, Agarol
LOPERAMIDE	B3 and not to be used in first trimester	1 dose only	Imodium, Gastro Stop
LORATIDINE	B1	Drug of choice but monitor baby	Claratyne
MAGNESIUM HYDROXIDE	A	ST after feed	Mylanta, Gastrogel, Gelusil, Gaviscon, Rennie
MEBENDAZOLE	B3	Can pass through milk so best not to use	
MEFANAMIC ACID	C	ST after a feed	Ponstan
METOCLOPRAMIDE	A	ST after feed; monitor baby	Anagrain, Metomax, Maxolon, Pramin
MICONAZOLE	A	ST after feed	Daktarin, Resolve, Resolve Plus
NAPHAZOLINE	No category	Unknown	Murine, Albalon, Naphcon-A, Visine Allergy
NAPROXEN	C	ST after feed	Naprogenic, Naprosyn, Proxen
NICOTINE	D; safer than cigarettes and short acting products are best	Better than smoking; use short acting products	Nicorette, Nicabate, Nicotinell, QuitX
NYSTATIN	A (use without applicator if using for thrush)	Safe	Nilstat
OMEPRAZOLE	B3	Only on advice from Dr; can pass through milk	Losec, Acimax, Probitor
ORLISTAT	B1; should not be used	Do not use	Xenical
OXYMETAZOLINE	No category; Fess preferred	Fess is preferred	Drixine, Logicin, Vicks Sinex, Dimetapp
PANTOPRAZOLE	B3	Only on advice from Dr; can pass through milk	Somac
PARACETAMOL	A	Safe	Panadol, Panamax, Febridol, Herron Paracetamol, Panadol Osteo, Panadeine, Panadeine Extra, Panamax Co, Codalgin, Codapane, Mydol, Mydol 15, Mersyndol, Dolased, Anagrain, Metomax, Codral, Sudafed, Dimetapp cold and flu, Demazin cold and flu, Lemsip
PHENIRAMINE	A; only ST at the lowest dose and not in third trimester	ST after feed	Avil
PHENYEPHRINE	B2	Best avoided can pass through milk; Fess is best	Sudafed PE
PHOLCODINE	A; ST use only	ST; after last feed	Duro-tuss Dry cough, Benadryl Tickly cough
POLYETHYLENE GLYCOL LAXATIVES	No category; appears safe ST	Safe	Movicol, Glycoprep-C, ColonLTELTY
PROCHLORPERAZINE	C	Can pass through milk; monitor baby for ADR and drowsiness. Best not to	Nausestil, Stemetil, Stemizine
PROMETHAZINE	C	Best avoided; unknown how much passes through milk	Phenergan
PROPAMIDINE	No category; Chlorsig (Chloramphenicol) is Category A	Limited data; Chlorsig (Chloramphenicol) preferred	Brolene
PSEUDOEPHEDRINE	B2	Best avoided can pass through milk; Fess is best	Sudafed, Telfast Gold, Claratyne-D
PYRANTEL	B2	After last feed; confirm with Dr first not to be used if routine or	Combantrin, Anthel

		'preventative'	
RAPEPRAZOLE	B3	Can pass through milk; used with caution	Pariet
RANITIDINE	B1; Calcium carbonate is category A	Safe ST and after the feed	Zantac
SALBUTAMOL	A	Safe	Ventolin, Asmol
SENNA	A; but can be violent so should only be used ST at the lowest dose. Extreme care in first and third trimesters; Fibre is preferred	Safe; after feed ST at lowest dose and monitor baby	Sennokot, Laxettes, Sennetabs
SORBITOL	No category; appears safe ST	Safe	Sorbilax
TERBINAFINE	B1; Clotrimazole is preferred	Data lacking; but appears safe. Clotrimazole is preferred option	Lamisil
TERBUTALINE	A	Safe	Bricanyl
TETRAHYDRAZOLINE	No category; ST use only or not at all	Unknown data	Murine sore eyes, Visine Advanced and Original
TOLFANATE	No category; Clotrimazole preferred	Appears safe; Clotrimazole is preferred choice	Tinaderm, Mycil
TRAMAZOLINE	No category; Fess preferred	Fess is preferred	Spray-Tish
TRILOPIDINE	A; only ST at lowest dose and not in third trimester	ST after feed if necessary	Codral Nighttime
TRIMEPRAZINE	C	Unknown	Vallergan
VITAMIN B12	A	Safe	Blackmore's Vitamin B12, Nature's Own B12
XYLOMETAZOLINE	No category; Fess is preferred	Unknown; Fess if preferred	Otrivin

❖ PRESCRIPTION DRUGS

<u>DRUG</u>	<u>PREGNANCY SAFETY</u>	<u>BREASTFEEDING SAFETY</u>	<u>BRAND</u>
ACAMPROSATE	B2; not recommended	Not recommended	Campral
ACICLOVIR	B3 (topical use has negligible)	Topical application is safe; oral when benefit outweighs risk	Zovirax
ALENDRONATE	B3; not recommended	Care is needed	Fosamax, Alendro
ALLOPURINOL	B2; best to stop and treat symptoms when they arise	Care is needed; may use after feed and monitor child for ADR	Progot, Zyloprim
ALPRAZOLAM	C; discuss with Dr	Care is needed; avoid LT, large doses	Xanax, Alprax, Kalma
AMITRIPTYLINE	C; discuss with Dr	Care is needed; best taken as a single dose at bedtime after feeding	Endep
AMOXYCILLIN	A	Safe after feed	Amoxil, Alphamox
AMPHOTERICIN	B3	Care is needed	Fungilin
AUGMENTIN DUO FORTE	A	Safe after feed	
ATENOLOL	C	Used with caution; are alternatives	Noten, Tenormin
ATORVASTATIN	D	Not recommended	Lipitor, Trovas, Lorstat
AZITHROMYCIN	B1	Use with care and baby needs to be monitored	Zedd, Zithromax
BACLOFEN	B3; not recommended	Caution is needed; may reduce milk supply	Clofen
BRENDA	NO	NO	Brenda
CADUET	C	Not recommended	Caduet
CASTOR OIL	Not category; topical is ok, orally can cause intrauterine contraction in pregnancy	Small doses for ST may be ok; but may cause diarrhoea in baby	
CEFACLOR	B1	Can be used after a feed and watch baby for ADR	Keflor, Ceclor, Karlor
CELECOXIB	B3; use Paracetamol wherever possible	Occasional use may be ok; shorter acting anti-inflammatories are preferred	Celebrex
CEPHALEXIN	A	May be used for a short course;	Keflex, Ialex, Ibilex

		monitor baby for ADR	
CHARCOAL	A	Safe after feed	Charcotabs
CIPROFLOXACIN	B3; benefits should outweigh risks	Orally not recommended, topically may be ok ST	Ciproxin, Ciprol
CITALOPRAM	C; discuss with Dr	Care is needed; may pass through milk	Cipramil, Celapram
CLARITHROMYCIN	B3	Care is needed; may pass through milk and monitored for ADR	Klacid
CLINDAMYCIN	A	Care is needed; may pass through milk and monitored for ADR	Cleocin, Dalacin
CLOMIPRAMINE	C; discuss with Dr	Care is needed; may be best taken at bedtime after a feed	Tofranil, Tolerade
CLONIDINE	B3; use with caution	Not recommended	Catapress
CLOPIDOGREL	B1; not recommended	Not recommended	Plavix
COLCHICINE	B2; benefits need to outweigh risks	Care is needed; if needed use at bedtime and don't feed baby through the night	Colgout, Lengout
DIANE	NO	NO	Diane
DIAZEPAM	C; discuss with Dr	Care is needed; avoid LT and large doses. Discuss with Dr	Valium, Antenex
DICLOXACILLIN	B2	May be used; monitor for ADR	Distaph, Diclozil
DOTHIEPIN	C; discuss with Dr	Care is needed; discuss with Dr	Dothep, Prothiaden
DOXYCYCLINE	D; not to be used from 8 th week at all	Best avoided wherever possible	Doryx
DULOXETINE	B3; limited data discuss with Dr	Care is needed	Cymbalta
ERYTHROMCIN	A	May be used; monitor baby for ADR	Eryc, EES, E-mycin
ESCITALOPRAM	C; discuss with Dr	Care is needed; discuss with Dr	Lexapro
ESOMEPRAZOLE	B3	Care is needed; limited data	Nexium
ESTELLE	NO	NO	Estelle
FLUCLOXACILLIN	B1; may be used	May be used; monitor baby for ADR	Staphylex, Flopen
FLUOXETINE	C; discuss with Dr	Not recommended; discuss with Dr	Prozac, Lovan
FLUVOXAMINE	C; discuss with Dr	Care is needed; discuss with Dr	Luvox, Movox
FRUSEMIDE	C	Not recommended	Lasix, Uremide, Urex
ISOTRETINOIN	X	Do not use	Roaccutane, Oratane
LAILA	NO	NO	Laila
LEVLEN	NO	NO	Levlen
LOETTE	NO	NO	Loette
LOGYNON	NO	NO	Logynon
MELOXICAM	C	Not recommended	Mobic, Moxicam
METFORMIN	C; discuss with Dr	Care is needed; monitor for ADR	Diabex, Formet, Diaformin
METHYLPHENIDATE	B2	Not recommended	Ritalin
METRONIDAZOLE	B2; short term use	Can cause ADR to baby and may affect taste of milk. Discuss with Dr	Flagyl, Metronide, Metrogyl
MICROGYNON	NO	NO	Microgynon
MINOCYCLINE	D; not to be used after 8 th week	ST courses used only but best avoided	Akamin, Minomycin
MIRTAZAPINE	B3; discuss with Dr	Care is needed; discuss with Dr	Avanza, Mirtazon, Axit
NITRAZEPAM	C	Not recommended	Alodorm, Mogadon
OESTROGEN	NO	NO	
OXAZEPAM	C	Care is needed; discuss with Dr	Alepam, Serepax
OXYCODONE	C	Occasional or ST use only not LT	Endone, Oxycontin
PAROXETINE	D; discuss with Dr	Care is needed; discuss with Dr	Aropax, Paxtine
PENICILLIN V	A	Monitor baby for ADR	Cilicaine, Abboicillin VK
PHENTERMINE	B3; should not be used during pregnancy	Not recommended	Duromine, Metermine
PRAVASTATIN	D	Not recommended	Pravachol, Cholstat
PREDNISON/ PREDNISOLONE	A	May be used ST after feed	Panafcort, Sone/ Panafcortelone, Solone
PROGESTERONE	D	Not recommended	

ROSUVASTATIN	D	Not recommended	Crestor
SERTRALINE	C; discuss with Dr	Care is needed; discuss with Dr	Zoloft, Sertra, Eleva
SIMVASTATIN	D	Not recommended	Zocor, Lipex, Simvar, Zimstat
TEMAZEPAM	C; discuss with Dr	Care is needed; discuss with Dr	Temaze, Normison, Temtabs
THYROXINE	A	Get regular blood tests	Oroxine, Eutroxig
TIBOLONE	D	Avoid use	Livial, Xyvion
TINIDAZOLE	B3	Best to avoid breastfeeding for at least 24 hours after taking dose	Simplotan, Fasigyn
TRAMADOL	C	Care is needed; discuss with Dr	Tramal, Zydol, Tramedo
TRANEXAMIC ACID	B1; discuss with Dr	Care is needed; discuss with Dr	Cyklokapron
TRIFEME	NO	NO	Trifeme
TRIMETHOPRIM	B3	May be used; monitor baby for ADR	Alprim, Triprim
VENLAFAXINE	B2; discuss with Dr	Care is needed; discuss with Dr	Efexor, Venlafax
YASMIN	NO	NO	Yasmin
YAZ	NO	NO	Yaz
ZOLPIDEM	B3	Care is needed; discuss with Dr	Stilnox, Stildem

❖ **NATURAL HEALTH PRODUCTS:**

Wherever it says 'Limited data' or 'Unknown' then it is best not to take the ingredient unless on specific advice from your doctor. You will see that A LOT of them are unknown, because most of these appear to be 'exempt' from classification so it makes it very hard! In this instance you can contact the manufacturer directly who usually have naturopaths on duty to help with your decision making process!

<u>VITAMIN/SUPPLEMENT</u>	<u>PREGNANCY SAFETY</u>	<u>BREASTFEEDING SAFETY</u>
ALOE VERA	Oral use is not recommended. Topical is ok	Topical is ok. Can pass through milk; use with care
ASTRAGALUS	Not recommended	Not recommended
BEE PROPOLIS	Limited data	Limited data
BILBERRY	Limited data	Limited data
BLACK COHOSH	Not recommended	Not recommended
CALENDULA	Limited data	Limited data
CHASTE TREE	Not recommended	Not recommended
COQ10	Limited data	Limited data
CELERY	Not recommended; Limited data	Limited data
CLOVE OIL	Unknown about medicinal amounts, best avoided	Unknown about medicinal amounts, best avoided
CRANBERRY	Limited data; use with caution	Safe after a feed at the lowest dose
CHONDROITIN	Limited data	Limited data
CREATINE	Limited data	Limited data
DONG QUAI	Not recommended	Not recommended
ECHINACEA	Limited data	Limited data
ELDERBERRY	Limited data	Limited data
EVENING PRIMROSE OIL	Not recommended	Not recommended
FISH OIL	Safe is low doses less than 3 grams/day	Safe is low doses less than 3 grams/day
FEVERFEW	Not recommended	Not recommended
FLAXSEED OIL	Not recommended	Not recommended
PRIMROSE OIL	Not recommended	Limited data
HORSERADISH	Not recommended in large amounts	Not recommended in large amounts
TUMERIC (CURCUMIN)	Not recommended in medicinal amounts	Not recommended in medicinal amounts
GARLIC	Do not consume high amounts; dietary amounts are considered safe	May affect the smell of the milk and reduce drinking
GINGKO	Limited data	Limited data
GINSENG	Limited data	Limited data
GLUCOSAMINE	Limited data	Limited data
GRAPSEED EXTRACT	Limited data	Limited data
GREEN TEA	Don't drink more than 2 cups per day and don't take extra supplements	Don't drink more than 2 cups per day and don't take extra supplements
GUARANA	Not recommended	Not recommended
HOPS	Limited data	Limited data
IRON	Safe to use on Dr's advice	Safe to use on Dr's advice
JUNIPER	Not recommended	Not recommended
KRILL OIL	Limited data	Limited data
LECITHIN	Limited data	Limited data
LIQUORICE	Small amounts only	Limited data

LYCOPENE	Safe in food but limited data in medicinal use	Safe in food but limited data in medicinal use
MAGNESIUM	Appears safe in doses of 350-400mg depending on age	Appears safe in doses of 320-360mg depending on age
MANGANESE	Safe in food sources less than 11 mg per day	Safe in food sources less than 11 mg per day
OXERUTINS	Limited data	Limited data
POTASSIUM	Recommended less than 4700mg per day	Recommended less than 5100mg per day
PROBIOTICS	Safe to use	Safe to use
RASBERRY LEAF	<i>Not to be used in first and second trimester. Use with care/Dr's advice during third trimester</i>	<i>Small amounts are safe</i>
RED CLOVER	Not recommended	Not recommended
RESVERATROL	Food sources ok, but limited data for medicinal use	Food sources ok, but limited data for medicinal use
SAGE	Food sources ok, but limited data for medicinal use	Food sources ok, but limited data for medicinal use
SAW PALMETTO	Not recommended	Not recommended
ST JOHN'S WORT	Not recommended	Limited data; can pass through milk
SKULL CAP	Limited data	Limited data
SLIPPERY ELM	Limited data	Limited data
TRIBULUS	Not recommended	Not recommended
VALERIAN	Limited data	Limited data
SILICON	Unknown in medicinal amounts	Unknown in medicinal amounts
GINKGO BILOBA	Not recommended	Not recommended
GINSENG	Not recommended	Not recommended
GLUCOSAMINE	Not recommended	May be used in small amounts
GREEN TEA	Contains caffeine; need to limit amount	Contains caffeine; need to limit amount
LYSINE	Not recommended; limited data	Recommended dose is safe
MELATONIN	Possibly unsafe; not recommended	Limited data
MSM	Limited data	Limited data
OLIVE LEAF EXTRACT	Safe in food amounts; limited data	Safe in food amounts; limited data
SELENIUM	Possibly safe in less than 400mcg per day	Possibly safe in less than 400mcg per day
GREEN LIPPED MUSSEL	Limited data	Limited data
CHROMIUM PICOLATE	Safe in low amounts	Safe in low amounts
MILK THISTLE	Not recommended	Limited data of safety/efficacy
VITAMIN A	<i>Small amounts only; over 1000 IU can cause birth defects</i>	<i>Small amounts only</i>
VITAMIN B	Safe	Safe
VITAMIN C	Normal RDI are safe	Normal RDI are safe
VITAMIN E	Normal RDI are safe	Normal RDI are safe
VITAMIN K	Normal RDI are safe	Normal RDI are safe
ZINC	Normal RDI are safe less than 40mg per day	Normal RDI are safe less than 40mg per day
VITAMIN D	Safe to use on Dr's advice less than 600 IU per day	Safe to use on Dr's advice less than 600 IU per day
IODINE	Safe to use on Dr's advice	Safe to use on Dr's advice
SCHIZANDRA	Possibly unsafe; not recommended	Limited data
BIOFLAVINOIDS	Limited data	Limited data
BORON	Safe in less than 20mg per day	Safe in less than 20mg per day
WILD YAM	Not recommended	Not recommended