

# Safety/Toxicity Levels of Botanicals

This is the first draft of an attempt to indicate safety/toxicity level of botanicals sold by Friends of the Trees Wildcrafted Botanicals. This is for our own education as well as that of buyers and consumers. These are for the the modes in which the herbs are normally taken; e.g. infusions, decoctions, tinctures, capsules. These levels are for ingestion, and do not apply to normal topical use, e.g. arnica.

1 = Nutritive plant. Can be taken for long periods.  
 2 = Tonic plant. Should only be taken for intervals of two weeks or so and then discontinue use for a while.  
 3 = Toxic plant. Harmful if taken over a period of time. Builds up in tissues and harms them. Should only be taken under the supervision of a qualified herbal practitioner.

4 = Poisonous plant. Internal overdoses can kill or severely injure people. May have topical uses or may have application in some crisis situations. Only for the most highly qualified practitioners.

Please send us comments and clarifications as to any changes you suggest be made to this version.

Michael Pilarski, Friends of the Trees

**Caution !**  
**Please note:**

**This is a first draft only!**

This list needs to be subjected to rigorous peer review and revised accordingly.

Common Name	Botanical Name	Form
1-2 Alfalfa	<i>Medicago sativa</i>	Herb
2 Angelica	<i>Angelica arguta</i>	Roots
4 Arnica	<i>Arnica cordifolia</i>	Flowers
4 Arnica	<i>Arnica cordifolia</i>	Aerial plant in bloom
2 Balsamroot	<i>Balsamorhiza sagitata</i>	Roots
2 Balsamroot	<i>Balsamorhiza sagitata</i>	Leaves
3 Black Walnut	<i>Juglans nigra</i>	Hulls
1 Burdock	<i>Arctium lappa</i>	Roots
2 Butterbur	<i>Petasites palmatus</i>	Roots
1-2 Calendula	<i>Calendula officinalis</i>	Flowers
2 Canby's Lovage	<i>Ligusticum canbyii</i>	Roots
2 Catnip	<i>Nepeta cataria</i>	Tops
2-3 Cedar	<i>Thuja plicata</i>	Leaf
1-2 Cleavers	<i>Galium aparine</i>	Aerial plant
2 Comfrey	<i>Symphytum officinale</i>	Roots
2 Cottonwood	<i>Populus trichocarpa</i>	Buds
1-2 Coyote Mint	<i>Monardella odoratissima</i>	Flowering tops
1 Dandelion	<i>Taraxacum officinale</i>	Roots
1 Dandelion	<i>Taraxacum officinale</i>	Tops
2 Devil's Club	<i>Oplopanax horridum</i>	Rootbark
2 Echinacea	<i>Echinacea angustifolia</i>	Root
2 Echinacea	<i>Echinacea angustifolia</i>	Flower/stem
2 Echinacea	<i>Echinacea angustifolia</i>	Ripe seed
2 Echinacea	<i>Echinacea purpurea</i>	Root
2 Echinacea	<i>Echinacea purpurea</i>	Flower stem
1 Elderberry	<i>Sambucus cerulea</i>	Berries



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Common Name	Botanical Name	Form
1 Elderflower	<i>Sambucus cerulea</i>	Flowers
2 Elecampane	<i>Inula helenium</i>	Root
2 False Solomon's Seal	<i>Smilacina racemosa</i>	Roots
2-3 Feverfew	<i>Tanacetum parthenium</i>	Flowering tops
1 Garlic	<i>Allium sativum</i>	Bulbs
1-2 Goldenrod	<i>Solidago canadensis</i>	Flowerheads
2 Gumweed	<i>Grindelia integrifolia</i>	Buds/Flowering tops
1 Hawthorn	<i>Crataegus monogyna</i>	Flowers
1 Hawthorn	<i>Crataegus monogyna</i>	Fruit
2 Hedge-Nettle	<i>Stachys cooleyae</i>	Aerial Plant
2 Hops	<i>Humulus lupulus</i>	Strobiles
2-3 Horsechestnut	<i>Aesculus hippocastanum</i>	Nuts
2 Horsetail	<i>Equisetum arvense</i>	Whole top
1 Huckleberry	<i>Vaccinium myrtillus</i>	Leaves/twig ends
2 Hyssop	<i>Hyssopus officinalis</i>	Flowering tops
2-3 Kinnikinnik	<i>Arctostaphylos uva-ursi</i>	Leaves/tips
1-2 Ladies Mantle	<i>Alchemilla mollis</i>	Flowering tops
2-3 Lavender	<i>Lavandula angustifolia</i>	Flowering tops
1-2 Lemon Balm	<i>Melissa officinalis</i>	Herb
1-2 Licorice Fern	<i>Polypodium glycyrrhiza</i>	Rhizomes
1-2 Lovage	<i>Levisticum officinale</i>	Roots
2 Lomatium	<i>Lomatium dissectum</i>	Roots
1 Marshmallow	<i>Althaea officinalis</i>	Roots
2 Mugwort	<i>Artemisia suksdorfii</i>	Top 8 inches
1-2 Mullein	<i>Verbascum thapsus</i>	Leaves
1 Nettles	<i>Urtica dioica</i>	Tops
1-2 Nettles	<i>Urtica dioica</i>	Roots
1-2 Oats (in the milk stage)	<i>Avena sativa</i>	Stripped tops
1-2 Oat Straw	<i>Avena sativa</i>	Stems
2 Oregon Grape	<i>Mahonia aquifolium</i>	Roots
2 Oregon Grape	<i>Mahonia nervosa</i>	Roots
1-2 Parsley	<i>Petroselinum crispum</i>	Roots
1 Plantain	<i>Plantago</i> spp.	Leaf
2 Pipsissewa	<i>Chimaphila umbellata</i>	Leaf
2 Poplar Buds	<i>Populus trichocarpa</i>	Buds
1-2 Potentilla	<i>Potentilla</i> spp.	Flowering tops
1 Raspberry	<i>Rubus idaeus</i>	Leaves
1 Red Clover	<i>Trifolium pratense</i>	Flowers
1 Rose Hips	<i>Rosa</i> spp.	Rosehips
2 Sarsparilla	<i>Aralia nudicaulis</i>	Rhizomes/roots
2 Sheep Sorrel	<i>Rumex acetosella</i>	Whole plant
2 Shepherd's Purse	<i>Capsella bursa-pastoris</i>	Herb
2 Skullcap	<i>Scutellaria lateriflora</i>	Flowering tops
1-2 St. John's Wort	<i>Hypericum perforatum</i>	Flowering tops
1-2 Sweetroot	<i>Osmorhiza occidentalis</i>	Roots
2 Turkey Rhubarb	<i>Rheum tanguticum</i>	Roots
2 Usnea	<i>Usnea longissima</i>	Whole lichen
2 Valerian	<i>Valeriana officinalis</i>	Roots
2 Valerian, Sitka	<i>Valeriana sitchensis</i>	Roots
1-2 Yarrow	<i>Achillea millefolium</i>	Flowerheads
2-3 Wormwood	<i>Artemisia absinthium</i>	Top 8 inches
2 Yellow Dock	<i>Rumex crispus</i>	Roots



**Nettles**  
*Urtica dioica* ssp. *diocia*