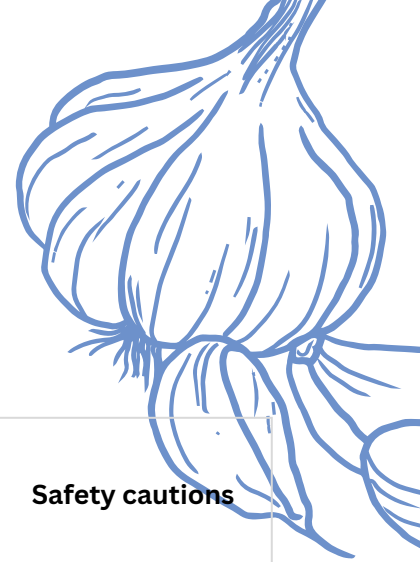
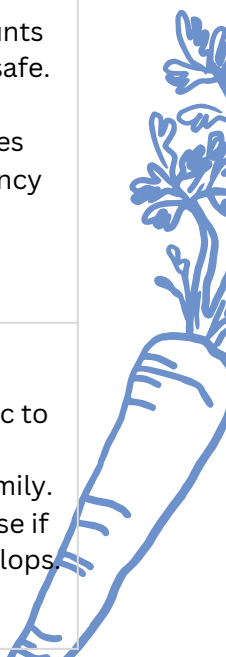
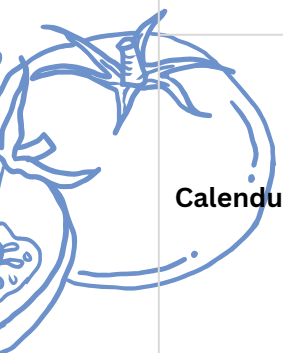
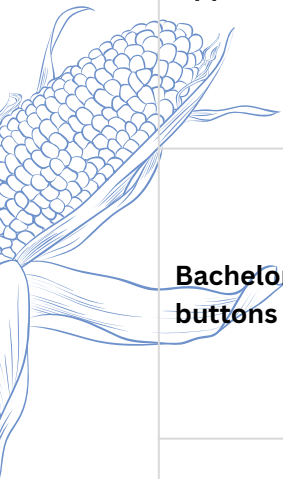
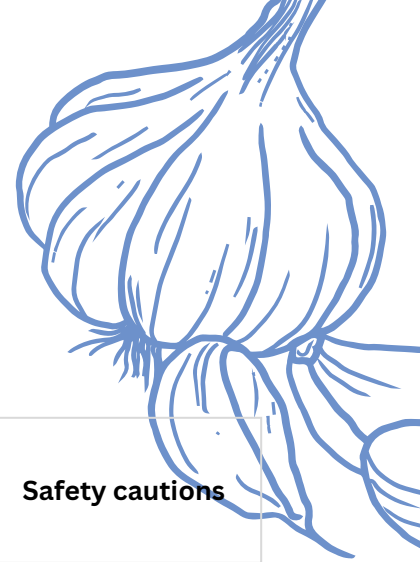


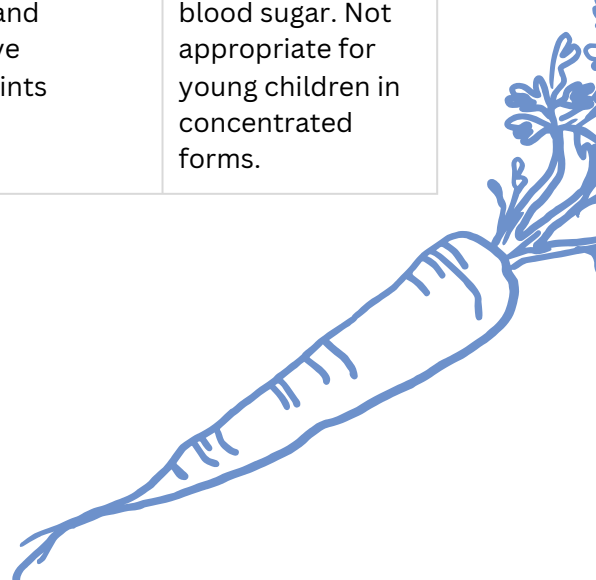
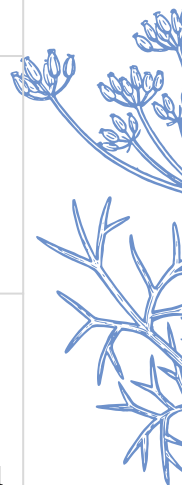
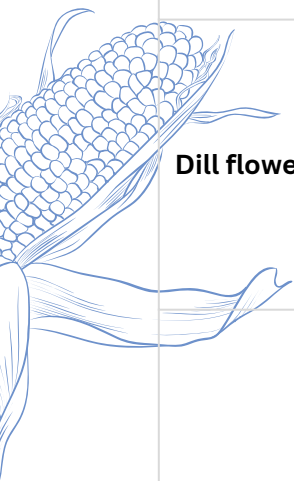


Herb	Plant part used	Common preparation	Traditional / potential benefits	Safety cautions
Anise hyssop	Leaves, flowers	Tea, fresh in salads, culinary garnish, infused honey	Traditionally used for digestion, coughs and respiratory comfort; aromatic antioxidant compounds	Generally used as a food/tea herb; concentrated preparations lack good safety data. Avoid medicinal doses during pregnancy unless advised by a clinician.
Apple mint	Leaves, flowers	Fresh in food/drinks, tea, infused water, dried herb	Traditionally soothing for digestion; refreshing aromatic tea	Food amounts are generally well tolerated. Concentrated mint preparations may cause digestive upset or reflux in some people.
Bachelor buttons	Flowers	Garnish, salads, tea	Traditionally used in folk herbalism for digestive and inflammatory complaints	Medicinal safety data are limited. Use primarily as a culinary flower; verify identification before consuming.
Basil	Leaves, flowers	Fresh/dried seasoning, pesto, tea, infused vinegar	Antioxidant compounds; traditionally used for digestion and general wellness	Culinary amounts are generally safe. Avoid large medicinal doses during pregnancy without professional guidance.
Calendula	Flowers	Tea, infused oil, salve, cream, culinary garnish	Traditionally used topically to soothe irritated skin and support minor wound healing; possible anti-inflammatory effects	Avoid if allergic to plants in the daisy/aster family. Stop topical use if irritation develops.



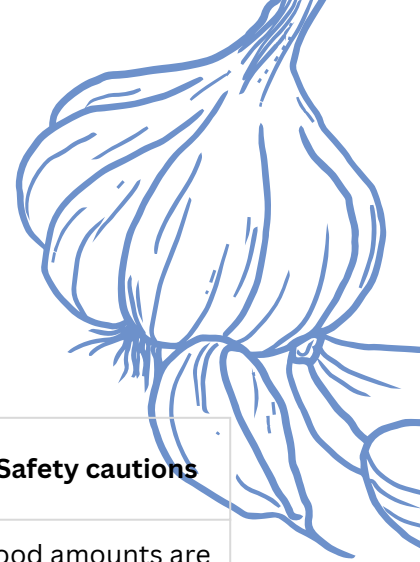


Herb	Plant part used	Common preparation	Traditional / potential benefits	Safety cautions
Cat mint	Leaves, flowers	Tea, dried herb, small culinary amounts	Traditionally calming and digestive; commonly used as a mild herbal tea	Human safety evidence is limited. Avoid concentrated medicinal use during pregnancy without professional advice.
Dill	Leaves, seeds	Fresh/dried seasoning, tea, pickling	Traditionally used for digestion and gas; provides antioxidant plant compounds	Food amounts are generally safe. Concentrated preparations have limited safety data.
Dill flowers	Flower heads, seeds	Pickling, garnish, infused vinegar, tea	Culinary and digestive uses similar to dill; aromatic and antioxidant compounds	Generally food-safe. Use caution with concentrated preparations because medicinal safety data are limited.
Horehound	Leaves, flowering tops	Tea, syrup, traditional candy	Traditionally used for coughs, sore throat and digestive complaints	Avoid medicinal amounts during pregnancy. Very bitter; may affect blood sugar. Not appropriate for young children in concentrated forms.

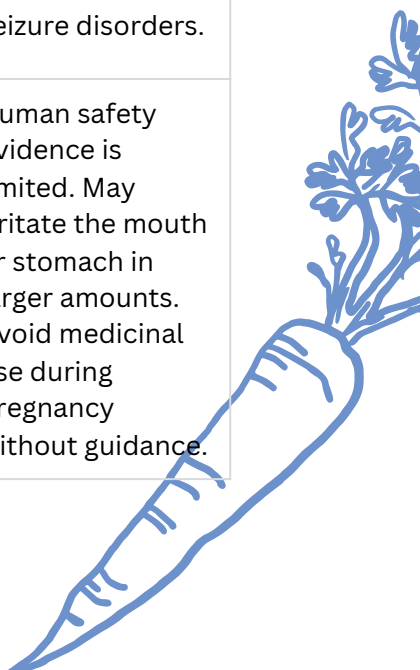
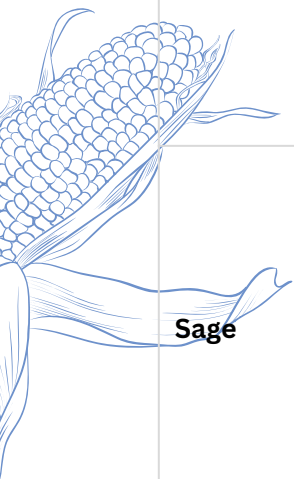


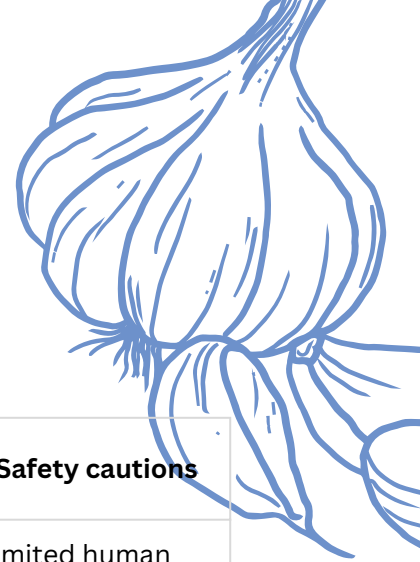


Herb	Plant part used	Common preparation	Traditional / potential benefits	Safety cautions
Lavender	Flowers	Tea, culinary use, infused honey/sugar, aromatherapy	Traditionally calming; some oral lavender preparations have evidence for reducing anxiety	Oral concentrated products can cause nausea/headache and may interact with sedatives. Essential oil should not be swallowed unless specifically formulated for oral use.
Marjoram	Leaves, flowering tops	Culinary seasoning, tea, infused oil	Traditionally digestive and respiratory; antioxidant compounds	Culinary amounts are generally safe. Medicinal doses should be avoided during pregnancy unless professionally supervised.
Marshmallow	Root, leaves	Cold infusion, decoction, tea, syrup, lozenge	Mucilage may soothe irritated throat and digestive tissues; traditionally used for cough and irritation	May slow absorption of oral medications; separate from medicines by several hours. Use caution with diabetes medications.
Nettle	Young leaves, roots	Cooked greens, soup, tea, dried powder	Nutrient-rich food; traditionally used for urinary and joint complaints	Never consume raw fresh nettle because of stinging hairs. Cooking/drying neutralizes the sting. May interact with diuretics, blood-pressure or blood-sugar medicines.



Herb	Plant part used	Common preparation	Traditional / potential benefits	Safety cautions
Oregano	Leaves, flowering tops	Fresh/dried seasoning, tea, culinary oil	Rich in antioxidant compounds; traditionally used for digestion and respiratory complaints	Food amounts are generally safe. Concentrated oregano oil can irritate skin and the digestive tract; don't substitute it for antibiotics or infection treatment.
Safflower	Flowers, seeds, seed oil	Petals as coloring/garnish or tea; seeds/oil as food	Seed oil provides unsaturated fats; flowers have traditional medicinal uses	Medicinal use has limited evidence. Avoid high-dose preparations during pregnancy; may affect bleeding or blood pressure.
Sage	Leaves, flowering tops	Culinary herb, tea, gargle	Traditionally used for digestion, sore throat and menopausal symptoms; some evidence for cognitive and menopausal effects	High doses/long-term use can be unsafe because of thujone. Avoid medicinal doses during pregnancy. Use caution with seizure disorders.
Spilanthes	Leaves, flowers	Tea, small culinary amounts, traditional tincture	Tingling/numbing sensation; traditionally used for mouth and tooth discomfort; preliminary antimicrobial research	Human safety evidence is limited. May irritate the mouth or stomach in larger amounts. Avoid medicinal use during pregnancy without guidance.





Herb	Plant part used	Common preparation	Traditional / potential benefits	Safety cautions
Spotted bee balm	Leaves, flowers	Tea, culinary herb, infused honey/vinegar	Traditionally used for digestive and respiratory complaints; aromatic compounds show antimicrobial activity in laboratory research	Limited human safety data. Confirm plant identification before internal use; avoid concentrated preparations during pregnancy without professional advice.
Tulsi (holy basil)	Leaves, flowers	Tea, fresh/dried herb, infused honey, culinary use	Traditionally used for stress and general wellness; preliminary research on blood sugar, blood pressure and stress	May lower blood sugar or affect blood clotting. Use caution with diabetes/blood-thinning medicines; pregnancy safety data are limited.
Yarrow	Leaves, flowers, flowering tops	Tea, infused oil, traditional topical preparations	Traditionally used for digestive complaints, colds/fever and minor skin wounds	Avoid if allergic to ragweed/daisy-family plants. May increase bleeding risk with anticoagulants. Avoid medicinal amounts during pregnancy.

