



Herbal Supplements to Discontinue Ten Days Prior to Surgery

BILLBERRY (*Vaccinium myrtillus*)
CAYENNE (*capsicum annum*)
DONG QUAI (*angelica sinensis*)
ECHINACEA (*echinacea angustifolia*)
EPHEDRA (*ma huang*)
FEVERFEW (*tanacetum parthenium*)
FISH OIL (and omega 3)
GARLIC (*allium sativum*)
GINGER (*zingiber officinale*)
GINKGO (*ginkgo biloba*)
GINSENG (*panax gingseng*, *P. quinquefolium*)
GOLDENSEAL (*hydrastis canadensis*)
HAWTHORNE (*crataegus laevigata*)
KAVA KAVA (*piper methysticum*)
LICORICE (*glycyrrhiza glabra*)
MELATONIN
RED CLOVER (*trilium pretense*)
ST. JOHN'S WORT (*hypericum perforatum*)
VALERIAN (*valeriana officinalis*)
VITAMIN E
YOHIMBE (*corynanthe yohimbe*)