

Herbs	Uses	Information	Daily Dose	Cautions
<b>Indian Squill</b>	int: cardiac insufficiency, cardiogenic edema, cough	contains cardioactive glycosides; may function as expectorant	60 to 200 mg single dose or equivalent	limited therapeutic range; may cause GI complaints; contraindicated with 1st or 2nd degree AV block, hypercalcemia, hypokalemia, hypertrophic cardiomyopathy, carotid sinus syndrome, ventricular tachycardia, aortic aneurysm, WPW; caution with anti-arrhythmics
<b>Inositol</b>	part of vitamin B complex; found in beans, fruit, meat; used for neurologic disorders, depression, diabetic neuropathy, hyperlipidemia	component of lecithin- may be important in nerve conduction; little scientific info	no RDA: usually no more than 500 to 1000 mg	none known, no information about pregnancy/nursing; may have dairy base
<b>Iodine</b>	mineral used in treating thyroid disease, fibrocystic breast disease, breast cancer, vaginitis, wounds	iodine deficiency rare in U.S.	RDA: (adults): 150 mcg, 175 mcg if pregnant, 200 mcg if nursing	iodine toxicity may affect thyroid; may interact with lithium; some foods such as cabbage and soybeans may inhibit iodine uptake in GI tract
<b>Ipecac</b>	int: emetic, expectorant, amebic dysentery		tincture or extract as directed	frequent contact may cause allergic reaction of skin; acts as emetic at higher doses
<b>Iron</b>	mineral, used for Fe-deficiency anemia	will not cause guaiac + stools	RDA (men): 10 mg, (women): 18 mg; usually dose is 65 mg tid	vitamin C increases absorption, calcium decreases absorption; iron inhibits absorption of drugs such as L-dopa, penicillamine, quinolones, tetracycline; antacids may decrease oral Fe absorption; can cause constipation; caution in first trimester of pregnancy
<b>Ivy leaf</b>	int: chronic respiratory inflammation, cough, bronchitis	contains saponins; may act as expectorant or antispasmodic; may have antibacterial/ antiviral effects	0.3 g of drug or equivalent	none known
<b>Jambolan bark</b>	int: nonspecific diarrhea, pharyngitis; ext: mild inflammation of skin	contains tannins; may act as astringent	3 to 6 g of drug or equivalent	none known
<b>Java Tea</b>	int: irrigation therapy for inflammation of urinary tract	contains lipophilic flavones, large amounts of potassium salts; may act as diuretic	6 to 12 g herb or equivalent	avoid with edema from CHF or renal disease; give with copious amounts of water
<b>Jimsonweed leaf/seed</b>	int: cough, bronchitis, pertussis, nervous system disorders such as Parkinson's	contains variable amounts of alkaloids such as scopolamine with anti-ACh effects similar to belladonna	not recommended	contraindicated in glaucoma, tachyarrhythmias, BPH/urinary retention, acute pulmonary edema, GI obstruction, atherosclerosis, megacolon; overdose similar to atropine; use not recommended due to non-standardization
<b>Juniper berry</b>	int: dyspepsia, diuretic	may increase urine output and stimulate smooth muscle contraction	as directed	chronic use may be nephrotoxic; avoid in pregnancy or nephritis
<b>Kava Kava</b>	int: anxiety, restlessness	may act as anxiolytic, antispasmodic, anticonvulsant	60 to 120 mg kava pyrones or equivalent	avoid in pregnancy, lactation, depression; may cause yellow skin, hair, or nails; may affect oculomotor function; may potentiate effects of alcohol, barbiturates, psychoactive drugs; may affect ability to drive or operate machinery; avoid use longer than 3 months
<b>Kelp</b>	int: regulation of thyroid function	contains various amounts of iodine	no information	allergic reactions may occur; may worsen hyperthyroidism, depending on iodine content
<b>Knotweed</b>	int: cough, bronchitis	contains tannins, silicic acid; may inhibit acetyl cholinesterase	4 to 6 g of drug or equivalent	none known
<b>Lactobacillus acidophilus</b>	int/ext: yeast and other sexual/GI infections, lactose intolerance, irritable bowel syndrome; found in yogurt, milk, and as supplement	helpful bacteria which produce lactase and lactic acid	vaginitis: 1-2 billion live organisms; otherwise as directed	mild GI upset in large doses; penicillins may deplete L. acidophilus; may affect sulfasalazine metabolism
<b>Lady's Mantle</b>	int: nonspecific diarrhea, anorexia, menstrual dysfunction	may act as astringent	5 to 10 g of herb or equivalent	rare hepatotoxicity
<b>LaPacho</b>	int: fungal and other infections	has antifungal, antiviral, and antibacterial properties as uncoupler of ox-phos; may have some antineoplastic effects	as directed	caution in children; avoid in pregnancy or if nursing; unrefined bark may be safest preparation; overdose may cause bleeding or vomiting
<b>Larch Turpentine</b>	ext: rheumatism, neurologic complaints, inflammation of respiratory tract	member of the Balsam family	as directed	topical administration may cause allergic reaction
<b>Lavender flower</b>	int: mood disturbances, anxiety, insomnia, abdominal complaints	may act as sedative, antifatulent	as directed	may be used as bath therapy