

1.

AN IMPORTANT INTRODUCTION

For Breastfeeding Families

When a breastfeeding mother uses any form of medication, there is a good chance that the ingredients will pass to her infant through her breastmilk. Even if the medication is entirely safe for an adult, there may be harmful consequences for an infant. In fact, there are some very well-known, trusted products that parents should never take while breastfeeding due to the ingredients being unsafe for their breastfed baby. There are also medications that can interfere with breastfeeding by inhibiting breastmilk production.

These problems are easy to avoid when taking a *prescription* medication because doctors will generally understand the circumstances and be able to prescribe something safe. However, the use of a *nonprescription* or *over-the-counter (OTC)* medication does not require professional approval.

Individual consumers usually make their own decisions about using non-prescription medications or other commonly available health and recreation products (such as caffeinated drinks, CBD oil, or melatonin supplements). Most consumers assume that a product for sale in a drugstore or grocery store must be safe to use, but that isn't always the case. Choosing a medication or other product for yourself, especially while breastfeeding, is not as simple as it seems. The labels for OTC products, though vitally important, do not tell you if a medication is safe for breastfeeding. It can be all too easy to unintentionally use something harmful.

Even so, the use of nonprescription or over-the-counter medications by breastfeeding mothers is more common than the use of prescription drugs. The sale and use of these products is a \$37 billion industry. Nearly nine out of every ten Americans use OTC medications regularly, which equals over 260 million users. Every year, Americans make approximately three billion trips to purchase OTCs. Because OTCs are available for common and not-so-common maladies, there is an overwhelming and bewildering variety of nonprescription products available to consumers.

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To make matters more confusing, nonprescription drugs often consist of multiple ingredients for various symptoms. Many have both regular-strength and extra-strength formulations of the same product. The medication may be short-acting or long-acting. In addition, package directions may be complex or unclear.

For all products, it is best to reference the safety information provided in this book, and consult a pharmacist if there is any doubt. The following basic guidelines can help breastfeeding parents determine which nonprescription medications are safe to use:

- Even when using this book, it is important that your healthcare practitioner assists in evaluating all the possible risks to the breastfeeding parent and infant, particularly when the infant is younger than one month.
- If possible, it is always best to use a non-drug approach to treating your symptoms.
- Avoid taking nonprescription medications for which little breastfeeding information is available. Your pharmacist should be able to assist you in finding this information.
- Always choose the safest products to use while breastfeeding. Once again, your pharmacist can help you determine this.
- Take products with single active ingredients, rather than multiple active ingredients. It is best to take a preparation that has one or two ingredients that will treat a specific condition, rather than exposing the breastfeeding infant to unnecessary ingredients.
- Avoid taking two different products with the same or overlapping active ingredients.
- Take short-acting products rather than long-acting products. This protects the infant from being exposed to a drug for a longer period of time, especially if an adverse reaction is possible.
- Use regular-strength products rather than extra-strength. There is no need for the infant to be exposed to extra amounts of a drug.
- Know the possible side effects that you or your infant might experience. Your pharmacist can help you with this.

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- Do not take more than the recommended dose.
- Topical skin preparations applied to sore or cracked nipples should be specifically indicated for this purpose. Even small amounts of medications applied to the nipple can transfer to the infant, so caution is recommended. Generally, if you can see the medication on the nipple, too much has been used.
- Parents of premature infants in particular should always consult with a knowledgeable pharmacist, healthcare provider, or lactation consultant before taking any over-the-counter products.

While this advice may help with decision-making, it's not always clear whether it is safe to use a specific nonprescription medication or product. However, **discontinuing breastfeeding for the purpose of taking a certain medication is not necessary in most instances.** There are very few dangerous medications that do not have a suitable alternative.

The information in this book provides simple, clear answers to help your breastfeeding family choose a safe and effective product for every health need.

For Pharmacists, Lactation Consultants, and Other Healthcare Professionals

Pharmacists play a larger role than any other healthcare professionals in recommending and influencing nonprescription drugs that consumers purchase and use. In most instances, however, whether a consumer is breastfeeding or not is not taken into consideration.

Every year for the past 25 years, *Pharmacy Times* has surveyed pharmacists to see which OTC products are recommended most often. On that list compiled by the journal, there are approximately three dozen OTC products that are unsafe for babies to receive through breastmilk (see page 57 for more information). Included on this unsafe list were products from very well known brands, including Pepto-Bismol, Excedrin, Zicam, and Alka-Seltzer, among others.

There are two critical points to be taken from this observation. Pharmacists, when recommending an OTC product, may not realize that it is going to be used by someone who is breastfeeding. They also may not know if the product is unsafe to use during breastfeeding, particularly when the product or brand is widely recommended or has many variations. Using Zicam as an example, there are some Zicam products that are compatible with breastfeeding, while others are unsafe. This is also true for other OTCs.

As a pharmacist myself, I wrote this book to help healthcare professionals make correct recommendations, and to help consumers ensure that the products they use for themselves are also safe for their infants.

2. UNDERSTANDING NONPRESCRIPTION DRUGS

How and Why You Should Always Read the Label

It is very important to read the label when using nonprescription drugs, as labeling helps ensure that drugs are used correctly and safely. The Food and Drug Administration (FDA) has issued regulations regarding over-the-counter drug labeling. The regulations enable consumers to choose the best and safest way to use OTC drugs. Using the labeling information in addition to the information provided in this book will maximize the safety and compatibility of selected nonprescription products during breastfeeding.

How is OTC drug labeling different from prescription drugs?

- The label uses common words that are easy to understand.
- The print is larger, making it easier to read.
- The label looks the same for all products and is in the same place on every product.

How does the label help the consumer?

- The label clearly identifies the active ingredient or ingredients.
- The label helps you compare products and choose the best one for your specific illness or condition.
- The labeling information helps you use the product correctly in order to get the maximum effect.
- Carefully reading the label will give you most of the information needed to avoid potential problems.

What is on the label?

ACTIVE INGREDIENTS

The active ingredient is the chemical compound in the medicine that works to relieve your symptoms. It is always the first item on the label. There may be more than one active ingredient in a product. The label will clearly show this, and it will also show the purpose of each active ingredient. It is usually best for breastfeeding individuals to take products with single active ingredients. Many different products can contain the same active ingredients. To reduce your risk and your baby’s risk of overdose, check that you’re not taking two medicines containing the same ingredients or intended for the same purpose.

Note: In the tables in this book, active ingredients will be listed for each product.

USES

This section lists the symptoms that the medicine is meant to treat. Uses are sometimes called “indications.”

WARNINGS

This safety information will tell you which other medicines, foods, or activities (such as driving) to avoid while taking this medicine, as well as possible side effects of taking the medicine. The warnings will also tell you if the medicine is not recommended for a particular group of people, such as pregnant women.

DIRECTIONS

This section tells you how much medicine you should take, how often you should take it, and for how long you can take it. The directions may be different for children and adults.

OTHER INFORMATION

Any other important information, such as the appropriate way to store the medicine, will be listed here.

INACTIVE INGREDIENTS

An inactive ingredient is a chemical compound in the medicine that isn’t meant to treat a symptom. This can include preservatives, binding agents,

and food coloring. This section is especially important for people who know they and/or their babies have allergies to food coloring or other chemicals.

Note: Most inactive ingredients are NOT listed in this book. When taking a non-prescription drug, carefully read all ingredients on the label.

QUESTIONS OR COMMENTS

A toll-free number for the manufacturer is provided in case you have any questions or want to share your comments about the medicine.

The following label example is for an allergy relief product:

Drug Facts	
Active ingredient Chlorpheniramine maleate 2 mg.....	Purpose Antihistamine
Uses temporarily relieves these symptoms due to hay fever or other upper respiratory allergies: <ul style="list-style-type: none"> ■ sneezing ■ runny nose ■ itchy, watery eyes ■ itchy throat 	
Warnings Ask a doctor before use if you have ■ glaucoma <ul style="list-style-type: none"> ■ a breathing problem such as emphysema or chronic bronchitis ■ trouble urinating due to an enlarged prostate gland 	
When using this product <ul style="list-style-type: none"> ■ drowsiness may occur ■ avoid alcoholic drinks ■ alcohol, sedatives, and tranquilizers may increase drowsiness ■ be careful when driving a motor vehicle or operating machinery ■ excitability may occur, especially in children 	
If pregnant or breastfeeding , ask a health professional before use. Keep out of reach of children. In case of overdose, get medical help or contact a Poison Control Center right away.	
Directions	
adults and children 12 years and over	take 2 tablets every 4 to 6 hours; not more than 12 tablets in 24 hours
children 6 years to under 12 years	take 1 tablet every 4 to 6 hours; not more than 6 tablets in 24 hours

Drug facts (continued)	
Other Information ■ store at 20-25° C (68-77° F) ■ protect from moisture	
Inactive ingredients D&C yellow no. 10, lactose, magnesium stearate, microcrystalline cellulose, pregelatinized starch	
Questions or comments? 1-800-xxx-xxxx	

How to Read the Tables in This Book

This book contains a series of tables that list commonly used nonprescription medications and their active ingredients; hygiene and skincare products; galactagogues and other herbals; dietary products; and social drugs including alcohol, caffeine, tobacco, marijuana, and CBD.

From these lists, you will be able to select a suitable product to treat your symptoms that will allow you to continue to breastfeed safely.

The tables and lists throughout this book provide qualified yes-or-no answers to whether or not a specific nonprescription preparation or active ingredient is safe for a breastfeeding parent to use.

The following codes apply to all tables:

OK

Usually safe to take when breastfeeding

UNSAFE

Avoid if at all possible when breastfeeding



Additional note applies

If there are any additional notes about how to use a specific product safely, the note will be included in the table. All tables, products, and ingredients are organized in alphabetical order for easy reference.

Any nonprescription medications presented in the tables are designated as nonprescription or OTC in the United States. In other countries, some of these products may remain prescription drugs. Similarly, some drugs that must be prescribed in the U.S. can be purchased without a prescription in other countries. This book only addresses medications available without a prescription in the United States. Product names, dosage strengths, and forms may vary from country to country. The tables are not meant to be all-inclusive or comprehensive for all countries.

The tables also do not include information about whether the product or active ingredient is safe for use while breastfeeding premature or newborn (younger than one month) infants. In the very rare case where a product that is safe for older children is not safe for premature or newborn infants, a lactation consultant, healthcare provider, or knowledgeable pharmacist can let you know and help you find a suitable alternative.

Dr. Hale's Lactation Risk Categories

You will notice that each table entry throughout the book also has a safety rating of L1–L5. These ratings are referencing the Lactation Risk Categories created by Thomas W. Hale, R.Ph., Ph.D. They are also available at HaleMeds.com and have been used with permission.

L1 SAFEST:

The drug has been taken by a large number of breastfeeding mothers without any negative effects observed in the infants. Controlled studies show no risk or insignificant risk of harm.

L2 SAFER:

The drug has been taken by a limited number of breastfeeding mothers without any negative effects observed in the infants, and/or controlled studies show insignificant risk of harm.

L3 MODERATELY SAFE:

There are no controlled studies available, or controlled studies show minimal, non-threatening adverse effects. The drug should be used only if the potential benefit for the breastfeeding parent justifies the potential risk to the infant.

New medications that have no published data are automatically listed in this category, regardless of how safe or how dangerous they may be.

L4 POSSIBLY HAZARDOUS:

Studies show increased risk of harm to breastfed infants, or a negative effect on breastmilk production. The benefit of the drug for the parent may justify the risk to the infant if the drug is needed in a life-threatening situation or to treat a serious disease for which safer drugs cannot be used or are ineffective.




L5 CONTRAINDICATED:

Studies among breastfeeding mothers have documented significant risk of harm to breastfed infants. The risk of using the drug clearly outweighs any benefit gained from breastfeeding. The drug is absolutely never recommended for anyone currently breastfeeding an infant.

For Localized Pain, Itching, or Inflammation:

Analgesics, Anesthetics, and Anti-Inflammatories (Topical)

Information Capsules:

-  **ANALGESICS** (pain relievers) are probably the most common class of OTCs used by breastfeeding mothers.
-  Products used for sore throats may contain a variety of soothing agents (**CAMPHOR**, **MENTHOL**) and local anesthetics (**DYCLONINE**, **BENZOCAINE**). The majority of these products are safe for use, since they are found minimally in breastmilk.
-  **PHENOL** should be avoided, since safer alternatives are available.




		SAFETY LEVEL (PAGE 19)	DO NOT APPLY TO BREASTS
Aloe / Aloe vera	OK	L3	*
Apple cider vinegar	OK	L1	*
Arnica montana	OK	L3	*
Benzethonium chloride	OK	L1	*
Benzocaine	OK	L2	*
Bifidobacterium infantis	OK	L1	*
Bifidobacterium lactis	OK	L1	*
Budesonide	OK	L1	*
Cajuput oil	OK	L2	*
Calamine	OK	L3	*
Calendula / Pot marigold	OK	L1	*
Camphor	OK	L2	*
Camphorated phenol	UNSAFE	L4	*
Candida albicans	OK	L3	*
Capsaicin	OK	L2	*

		SAFETY LEVEL (PAGE 19)	DO NOT APPLY TO BREASTS
Capsicum oleoresin	OK	L2	*
Chamomile	OK	L2	*
Chloroxylenol	OK	L2	*
Clove oil	OK	L2	*
Coriander seed	OK	L1	*
Dibucaine	OK	L3	*
Diclofenac sodium	OK	L2	*
Diphenhydramine	OK	L2	*
Dyclonine	OK	L3	*
Elderberry	OK	L1	*
Emu oil	OK	L3	*
Eucalyptol	OK	L2	*
Eucalyptus	OK	L2	*
Eucalyptus leaf oil	OK	L1	*
Ferrum phosphoricum	OK	L1	*
Fluticasone	OK	L3	*
Ginger	OK	L1	*
Glucosamine	OK	L1	*
Honey	OK	L1	*
Hydrocortisone	OK	L2	*
Ibuprofen	OK	L1	*
Kreosotum	OK	L3	*
Lactobacillus acidophilus	OK	L1	*
Lidocaine	OK	L2	*
Magnesium sulfate	OK	L1	*
Menthol	OK	L1	*
Methylsalicylate	OK	L3	*
Methylsulfonylmethane	OK	L1	*
Mometasone	OK	L3	*

		SAFETY LEVEL (PAGE 19)	DO NOT APPLY TO BREASTS
Natrum muriaticum	OK	L3	*
Nonoxynol-9	OK	L3	*
Pelargonium sidoides	OK	L3	*
Peppermint oil	OK	L1	*
Phenazone	OK	L2	*
Phenol	UNSAFE	L4	
Polyethylene granules	OK	L3	*
Potassium nitrate	OK	L1	*
Pramoxine	OK	L1	*
Silicon dioxide	OK	L3	*
Sodium lauroyl sarcosinate	OK	L3	*
Solanum dulcamara	OK	L3	*
Spearmint oil	OK	L2	*
Sulfur	OK	L3	*
Thymol	OK	L2	*
Triamcinolone	OK	L3	*
Trolamine salicylate	OK	L3	*
Turmeric	OK	L1	*
Vitamin C	OK	L1	*
Wintergreen oil	OK	L2	*
Zinc acetate	OK	L1	*

For General Pain, Swelling, and Fever: Analgesics, Anti-Inflammatories, and Antipyretics (Oral)

Information Capsules:

-  **ASPIRIN** can have a tendency to cause adverse effects in infants, especially if used at higher doses. Also, due to a possible link with Reye’s syndrome, the use of aspirin and other salicylates in high doses is not recommended. However, aspirin at a low dose of 81 mg or 162 mg is often recommended for myocardial infarction (heart attack) and stroke risk prevention. Due to the chemical properties of aspirin at these low doses, the potential risk for Reye’s syndrome developing in a breastfed infant should be nonexistent. As such, **LOW-DOSE ASPIRIN** is usually compatible with breastfeeding.
-  **IBUPROFEN** is the Non-Steroidal Anti-Inflammatory Drug (NSAID) of choice and has the best breastfeeding safety profile among the NSAIDs. Possessing similar safety profiles, **KETOPROFEN** and **NAPROXEN** are considered usually safe NSAID alternatives during breastfeeding. Do not exceed recommended NSAID doses.
-  **ACETAMINOPHEN** (also called paracetamol) is an analgesic or pain reliever of choice for breastfeeding parents, since the amount of the drug that transfers to breastmilk is relatively small. Do not exceed recommended doses.

		SAFETY LEVEL (PAGE 19)
Acetaminophen	OK	L1
African geranium root	OK	L3
Agave	OK	L3
Allium cepa	OK	L3
Apis mellifica	OK	L3
Aspirin	UNSAFE	L4

		SAFETY LEVEL (PAGE 19)
Aspirin (low-dose)	OK	L3
Belladonna	UNSAFE	L4
Black carrot extract	OK	L3
Bryonia	OK	L3
Caffeine	OK	L1
Choline salicylate	UNSAFE	L4
Cranberry	OK	L1
Eupatorium perfoliatum	OK	L3
Gelsemium sempervirens	OK	L3
Ibuprofen	OK	L1
Ivy leaf	OK	L3
Ketoprofen	OK	L3
Magnesium salicylate	UNSAFE	L4
Naproxen	OK	L3
Paracetamol	OK	L1
Phenazopyridine	OK	L3
Salicylamide	UNSAFE	L4
Elderberry	OK	L1
Sodium salicylate	UNSAFE	L4
Zinc	OK	L2
Zinc gluconate	OK	L2
Zincum gluconicum	OK	L2


**For Urinary Tract Infections:
Analgesics, Anti-Inflammatories, and
Antipyretics (Oral)**


		SAFETY LEVEL (PAGE 19)
Acetaminophen	OK	L1
Aspirin	UNSAFE	L4
Benzoic acid	OK	L1
Cranberry	OK	L1
D-mannose	OK	L1
Ibuprofen	OK	L1
Ketoprofen	OK	L3
Magnesium salicylate	UNSAFE	L4
Methenamine	OK	L3
Naproxen	OK	L3
Paracetamol	OK	L1
Phenazopyridine	OK	L3
Salicylamide	UNSAFE	L4
Sodium salicylate	UNSAFE	L4


For Heartburn or an Upset Stomach:


Antacids, Anti-Nausea, and Gastric Acid Reducers

Information Capsules:

 Antacids are considered safe because a breastfed infant is exposed to only small amounts of **CALCIUM, ALUMINUM, MAGNESIUM**, and/ or **SODIUM** from breastmilk. They are unlikely to increase bodily concentrations of these minerals, and therefore toxic reactions are unlikely to occur.

 In general, all of the H2-antagonists (ingredients that reduce acid produced by cells in the stomach) like **CIMETIDINE, FAMOTIDINE, NIZATIDINE**, and **RANITIDINE** are considered safe for use. However, famotidine and nizatidine are the preferred H2-antagonists to be used by breastfeeding parents because these are found in lower concentrations in breastmilk than cimetidine and ranitidine.

 Any **OMEPRAZOLE** (for frequent heartburn) ingested through breastmilk should be neutralized in the infant’s digestive system, and is therefore safe.

 **COLA SYRUP** and **PHOSPHORATED CARBOHYDRATE** preparations are excellent choices to treat nausea and vomiting while breastfeeding.

		SAFETY LEVEL (PAGE 19)
Aluminum carbonate	OK	L1
Aluminum hydroxide	OK	L1
Aluminum trihydroxide	OK	L1
Birch	OK	L3
Bismuth subsalicylate	UNSAFE	L4
Calcium	OK	L1
Calcium carbonate	OK	L1
Cellulose gum	OK	L3
Chamomile	OK	L1

		SAFETY LEVEL (PAGE 19)
Cimetidine	OK	L2
Cola syrup	OK	L1
Dimethicone	OK	L3
Esomeprazole	OK	L2
Famotidine	OK	L2
Frankincense	OK	L3
Ginger	OK	L1
Hypromellose	OK	L1
Lansoprazole	OK	L2
Lavender	OK	L3
Magaldrate	OK	L1
Magnesium carbonate	OK	L1
Magnesium hydroxide	OK	L1
Magnesium oxide	OK	L1
Magnesium stearate	OK	L1
Magnesium stearatitanium dioxide	OK	L1
Magnesium trihydroxide	OK	L1
Maltodextrin	OK	L1
Microcrystalline cellulose	OK	L3
Myrrh	OK	L3
Nizatidine	OK	L2
Omeprazole	OK	L2
Phosphorated carbohydrates	OK	L1
Potassium bicarbonate	OK	L1
Ranitidine	OK	L2
Silicon dioxide	OK	L3
Sodium bicarbonate	OK	L1
Sodium hyaluronate	OK	L1
Soy	OK	L1
Ylang ylang	UNSAFE	L4

5.

OVER-THE-COUNTER PRODUCTS

What Is Covered In These Tables?

In this section, you will find comprehensive tables describing the safety levels of specific and generic OTC products available in the United States. There are over 300,000 nonprescription products available today, and it is not possible to list every available preparation. In this work, approximately 1,700 nonprescription preparations have been chosen to best represent those that someone who is breastfeeding might wish to use.

In addition, each product in each table lists the active or relevant ingredients in alphabetical order.

Pediatric (children's) or men's health OTC preparations are not included in the tables, as most breastfeeding parents would not be taking these medications to treat themselves.

If a specific OTC product that you are looking for is not listed, check the corresponding active ingredients table to determine if the medication is compatible with breastfeeding. If there is any doubt, it is best to consult with your doctor or pharmacist.

Acne Products and Facial Cleansers




		SAFETY LEVEL (PAGE 19)	DO NOT APPLY TO BREASTS
Aveeno Calm + Restore Gentle Nourishing Oat Face Cleanser (<i>feverfew / oat kernel flour / poloxamer 188</i>)	OK	L1	
Aveeno Clear Complexion Bar / Clear Complexion Foaming Cleanser (<i>salicylic acid</i>)	OK	L2	*
Aveeno Positively Radiant Skin Brightening Face Cleanser (<i>cocamidopropyl betaine / soy extract</i>)	OK	L1	
Aveeno Ultra-Calming Foaming Cleanser (<i>cocamidopropyl betaine / feverfew</i>)	OK	L1	
Benzoyl peroxide bar / cleanser / cream / gel / wash, generic (<i>benzoyl peroxide</i>)	OK	L1	*
Bioré Blemish Fighting Ice Cleanser (<i>salicylic acid</i>)	OK	L2	*
CeraVe Acne Control Cleanser (<i>salicylic acid</i>)	OK	L2	*
CeraVe Acne Foaming Cream Cleanser (<i>benzoyl peroxide</i>)	OK	L1	*
CeraVe Hydrating Facial Cleanser (<i>ceramides / cetearyl alcohol / hyaluronic acid</i>)	OK	L1	
CeraVe Renewing SA Cleanser (<i>salicylic acid</i>)	OK	L2	*
Cetaphil Daily Facial Cleanser (<i>cocamidopropyl betaine</i>)	OK	L1	
Cetaphil DermaControl Oil Removing Foam Wash (<i>zinc coceth sulfate</i>)	OK	L1	
Cetaphil Gentle Clear Clarifying Acne Cream Cleanser (<i>salicylic acid</i>)	OK	L2	*
Clean & Clear Advantage Acne Spot Treatment / Advantage Oil-Free Acne Moisturizer (<i>salicylic acid</i>)	OK	L1	*
Clean & Clear Blackhead Clearing Daily Cleansing Pads / Blackhead Cleansing Scrub (<i>salicylic acid</i>)	OK	L2	*
Clean & Clear Continuous Control Acne Wash Oil-Free (<i>salicylic acid</i>)	OK	L2	*
Clean & Clear Morning Burst Cleanser (<i>citrus extracts / cocamidopropyl betaine / ginseng</i>)	OK	L1	*
Clearasil Acne Treatment Tinted Cream (<i>benzoyl peroxide</i>)	OK	L1	*

		SAFETY LEVEL (PAGE 19)	DO NOT APPLY TO BREASTS
Clearasil Stay Clear Acne Fighting Cleansing Wipes / Stay Clear Daily Facial Scrub / Stay Clear Daily Pore Cleansing Pads / Stay Clear Oil-Free Gel Wash / Stay Clear Skin Perfecting Wash (<i>salicylic acid</i>)	OK	L2	*
Clearasil Stay Clear Vanishing Acne Treatment Cream (<i>benzoyl peroxide</i>)	OK	L2	*
Clearasil Total Acne Control (<i>benzoyl peroxide</i>)	OK	L1	*
Clearasil Ultra Acne Clearing Gel Wash / Ultra Daily Face Wash / Ultra Deep Pore Cleansing Pads (<i>salicylic acid</i>)	OK	L2	*
Clearasil Ultra Acne Rapid Action Treatment Vanishing Cream (<i>benzoyl peroxide</i>)	OK	L1	*
Differin Gel (<i>adapalene</i>)	OK	L3	*
Dove Deep Pure Face Cleanser (<i>lauramidopropyl betaine</i>)	OK	L1	
Eucerin Gentle Hydrating Foaming Cleanser (<i>cocamidopropyl betaine / lanolin alcohol / urea</i>)	OK	L1	
Eucerin Redness Relief Cleansing Gel (<i>glyceryl cocoate / glycyrrhiza inflata</i>)	OK	L1	
La Roche-Posay Effaclar Medicated Acne Face Wash (<i>salicylic acid</i>)	OK	L2	*
Neutrogena Acne Stress Control 3-in-1 Hydrating Acne Treatment / Oil-Free Acne Stress Control Power Clear Scrub (<i>salicylic acid</i>)	OK	L2	*
Neutrogena Advanced Solutions Acne Mark Fading Peel with CelluZyme (<i>salicylic acid</i>)	OK	L2	*
Neutrogena Blackhead Eliminating Daily Scrub / Blackhead Eliminating Foaming Pads (<i>salicylic acid</i>)	OK	L2	*
Neutrogena Body Clear Body Scrub (<i>salicylic acid</i>)	OK	L2	*
Neutrogena Clear Pore Cleanser Mask (<i>benzoyl peroxide</i>)	OK	L1	*
Neutrogena Clear Pore Oil-Eliminating Astringent (<i>salicylic acid</i>)	OK	L2	*
Neutrogena Oil-Free Acne Wash Cleansing Cloths / Oil-Free Acne Wash Cream Cleanser / Oil-Free Acne Wash Foam Cleanser / Oil-Free Anti-Acne Moisturizer (<i>salicylic acid</i>)	OK	L2	*
Neutrogena On-the-Spot Acne Treatment Vanishing Formula (<i>benzoyl peroxide</i>)	OK	L1	*

	OK	SAFETY LEVEL (PAGE 19)	DO NOT APPLY TO BREASTS
Neutrogena Rapid Clear Acne Defense Face Lotion (<i>salicylic acid</i>)	OK	L2	*
Neutrogena Triple Clean Anti-Blemish Astringent / Triple Clean Anti-Blemish Pads (<i>salicylic acid</i>)	OK	L2	*
Neutrogena Ultra Gentle Daily Cleanser (<i>cocamidopropyl betaine / glycerin</i>)	OK	L1	
Noxzema Triple Clean Anti-Bacterial Lathering Cleanser (<i>triclosan</i>)	OK	L1	*
Olay Clarifying Daily Facial Cleanser (<i>salicylic acid</i>)	OK	L2	*
Olay Regenerist Regenerating Cream Cleanser (<i>salicylic acid</i>)	OK	L2	*
OXY Advanced Care Maximum Strength Rapid Spot Treatment / Advanced Care Maximum Strength Soothing Cream Acne Cleanser (<i>benzoyl peroxide</i>)	OK	L1	*
OXY Daily Defense Deep Pore Cleansing Pads (<i>salicylic acid</i>)	OK	L2	*
OXY Maximum Strength 3-in-1 Acne Pads (<i>salicylic acid</i>)	OK	L2	*
PanOxyl Acne Creamy Wash Benzoyl Peroxide 4% Daily Control / Acne Foaming Wash Benzoyl Peroxide 10% Maximum Strength (<i>benzoyl peroxide</i>)	OK	L1	*
pHisoderm Anti-Blemish Body Wash / Gel Cleanser (<i>salicylic acid</i>)	OK	L2	*
St. Ives Acne Control Apricot Face Scrub (<i>salicylic acid</i>)	OK	L2	*
Stridex Essential Pads / Maximum Pads / Sensitive Pads (<i>salicylic acid</i>)	OK	L2	*
Vanicream Gentle Facial Cleanser (<i>coco glucoside / sodium cocoyl glycinate</i>)	OK	L1	
ZAPZYT Acne Treatment Gel (<i>benzoyl peroxide</i>)	OK	L1	*
ZAPZYT Acne Wash Cleanser (<i>salicylic acid</i>)	OK	L2	*

Allergy, Cold, and Flu Products

A note about pseudoephedrine:

-  Federal regulation has made it so **PSEUDOEPHEDRINE** (the active ingredient in Sudafed) is kept behind the counter in drugstores and grocery stores. You will not find products containing pseudoephedrine on the shelves, but anyone over the age of 18 can still purchase them without a prescription at the pharmacy counter. You will be required to present a photo ID or provide personal information. Check your state laws for additional restrictions.
-  Occasional or short-term use of pseudoephedrine is compatible with early stage breastfeeding for parents with good milk production. **Avoid use if poor milk supply is a concern**, especially after six months postpartum.
-  Because of the regulations, some manufacturers have substituted **PHENYLEPHRINE** for pseudoephedrine. Check labels carefully.

	OK	SAFETY LEVEL (P. 19)	MONITOR INFANT FOR DROWSINESS	MONITOR MILK SUPPLY & DRINK EXTRA FLUIDS	LOOK FOR ALTERNATIVE THAT DOES NOT COMBINE INGREDIENTS	LOOK FOR ALTERNATIVE THAT IS NOT LONG-ACTING
Advil Allergy & Congestion Relief Coated Tablets / Multi-Symptom Cold & Flu Coated Tablets (<i>chlorpheniramine / ibuprofen / phenylephrine</i>)	OK	L3	*	*	*	
Advil Allergy Sinus Caplets (<i>chlorpheniramine / ibuprofen / pseudoephedrine</i>)	OK	L3	*	*	*	
Advil Cold & Sinus Caplets / Cold & Sinus Liqui-Gels (<i>ibuprofen / pseudoephedrine</i>)	OK	L3		*	*	
Advil Sinus Congestion & Pain Coated Tablets (<i>ibuprofen / phenylephrine</i>)	OK	L3		*	*	
Airborne Dual Action Tablets (<i>minerals / multivitamins</i>)	OK	L1				

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Alavert 24 Hour Allergy Orally Disintegrating Tablets (<i>loratadine</i>)	OK	L1	*			*
Alavert D-12 Hour Allergy and Congestion Tablets (<i>loratadine / pseudoephedrine</i>)	OK	L3	*	*	*	*
Aleve-D Cold & Sinus Caplets / Sinus & Headache Caplets (<i>naproxen / pseudoephedrine</i>)	OK	L3		*	*	
Alka-Seltzer Plus Cold & Cough Liquid Gels / Plus Cold & Cough PowerMax Gels (<i>acetaminophen / chlorpheniramine / dextromethorphan / phenylephrine</i>)	OK	L3	*	*	*	
Alka-Seltzer Plus Cold & Flu Effervescent Tablets / Plus Sinus Congestion & Pain Effervescent Tablets (<i>acetaminophen / chlorpheniramine / dextromethorphan / phenylephrine</i>)	OK	L3	*	*	*	
Alka-Seltzer Plus Cold Non-Drowsy Effervescent Tablets (<i>aspirin / dextromethorphan / phenylephrine</i>)	UNSAFE	L4				
Alka-Seltzer Plus Cold Original Effervescent Tablets (<i>aspirin / chlorpheniramine / phenylephrine</i>)	UNSAFE	L4				
Alka-Seltzer Plus Cough & Chest Congestion Effervescent Tablets (<i>dextromethorphan / guaifenesin</i>)	OK	L2	*		*	
Alka-Seltzer Plus Day Cold & Flu Mix-In Powder (<i>acetaminophen / dextromethorphan / guaifenesin / phenylephrine</i>)	OK	L3	*	*	*	
Alka-Seltzer Plus Day Cold & Flu PowerMax Gels (<i>acetaminophen / dextromethorphan / phenylephrine</i>)	OK	L3	*	*	*	
Alka-Seltzer Plus Night Cold & Flu Mix-In Powder / Plus Night Cold & Flu PowerMax Gels (<i>acetaminophen / dextromethorphan / doxylamine / phenylephrine</i>)	OK	L3	*	*	*	

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Alka-Seltzer Plus Night Cold Effervescent Tablets (<i>aspirin / dextromethorphan / doxylamine / phenylephrine</i>)	UNSAFE	L4				
Allegra Allergy 12 Hour Tablets / 24 Hour Gelcaps / 24 Hour Tablets (<i>fexofenadine</i>)	OK	L2	*	*		*
Allegra-D 12 Hour Allergy & Congestion Tablets / 24 Hour Allergy & Congestion Tablets (<i>fexofenadine / pseudoephedrine</i>)	OK	L3	*	*	*	*
Allerest Maximum Strength Tablets (<i>chlorpheniramine / pseudoephedrine</i>)	OK	L3	*	*	*	
Allerest No Drowsiness Allergy & Sinus Caplets (<i>acetaminophen / pseudoephedrine</i>)	OK	L3		*	*	
Allerest PE Allergy & Sinus Relief Tablets (<i>chlorpheniramine / phenylephrine</i>)	OK	L3	*	*	*	
Benadryl Allergy Extra Strength Ultratabs / Allergy Liqui-Gels / Allergy Ultratabs (<i>diphenhydramine</i>)	OK	L2	*	*		
Benadryl Allergy Plus Congestion (<i>diphenhydramine / phenylephrine</i>)	OK	L3	*	*	*	
Benylin All-In-One Cold & Flu Night Syrup (<i>acetaminophen / chlorpheniramine / dextromethorphan / guaifenesin / pseudoephedrine</i>)	OK	L3	*	*	*	
Benylin All-In-One Cold & Flu Syrup / Cold & Sinus Liquid Gels (<i>acetaminophen / dextromethorphan / guaifenesin / pseudoephedrine</i>)	OK	L3	*	*	*	
Benylin Chest Congestion & Cold Syrup (<i>guaifenesin / menthol</i>)	OK	L2	*		*	
Benylin Chesty Coughs Non-Drowsy Syrup (<i>guaifenesin</i>)	OK	L2				

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Benlyn Cough & Chest Congestion Syrup / Extra Strength Cough & Chest Congestion Syrup (<i>dextromethorphan / guaifenesin</i>)	OK	L2	*		*	
Benlyn Cough Complete Syrup (<i>dextromethorphan / guaifenesin / menthol / pseudoephedrine</i>)	OK	L3	*	*	*	
Benlyn Dry Cough Syrup (<i>dextromethorphan</i>)	OK	L1	*			
Benlyn Mucus Cough Max Menthol Syrup (<i>menthol</i>)	OK	L2				
Boiron Chestal Cough and Cold Syrup (<i>homeopathic herbs</i>)	OK	L3	*			
Boiron ColdCalm Tablets (<i>homeopathic herbs</i>)	UNSAFE	L4				
Boiron Oscillococcinum Pellets (<i>Anas barbariae</i>)	UNSAFE	L4				
Claritin 24 Hour Allergy Tablets (<i>loratadine</i>)	OK	L1	*			*
Claritin-D 12 Hour Allergy & Congestion Tablets (<i>loratadine / pseudoephedrine</i>)	OK	L1	*	*	*	*
Claritin-D 24 Hour Allergy & Congestion Tablets (<i>loratadine / pseudoephedrine</i>)	OK	L1	*	*	*	*
Cold-EEZE Plus Defense Chewable Gels (<i>zinc gluconate</i>)	OK	L1				
Contact Cold & Flu Day Caplets (<i>acetaminophen / phenylephrine</i>)	OK	L3		*	*	
Contact Cold & Flu Night Caplets (<i>acetaminophen / chlorpheniramine / phenylephrine</i>)	OK	L3	*	*	*	
Contact Cold & Flu Night Cooling Relief Liquid (<i>acetaminophen / dextromethorphan / doxylamine</i>)	OK	L3	*	*	*	

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Coricidin HBP Chest Congestion & Cough Liquid Gels (<i>dextromethorphan / guaifenesin</i>)	OK	L2	*		*	
Coricidin HBP Cold & Flu Tablets (<i>acetaminophen / chlorpheniramine</i>)	OK	L3	*	*	*	
Coricidin HBP Cough & Cold Tablets (<i>chlorpheniramine / dextromethorphan</i>)	OK	L3	*	*	*	
Coricidin HBP Maximum Strength Cold, Flu, & Chest Congestion Liquid Gels (<i>acetaminophen / guaifenesin</i>)	OK	L2			*	
Coricidin HBP Maximum Strength Multi-Symptom Flu Tablets (<i>acetaminophen / chlorpheniramine / dextromethorphan</i>)	OK	L3	*	*	*	
Coricidin HBP Maximum Strength Nighttime Cold & Flu Liquid (<i>acetaminophen / dextromethorphan / doxylamine</i>)	OK	L3	*	*	*	
CVS Health 4-Hour Allergy Relief Tablets (<i>chlorpheniramine</i>)	OK	L3	*	*		
DayClear Cough Cold & Flu Relief Liquid (<i>choline salicylate / dextromethorphan / guaifenesin / phenylephrine</i>)	UNSAFE	L4				
Delsym 12 Hour Cough Relief Suspension (<i>dextromethorphan</i>)	OK	L1	*			*
Delsym Nighttime Cough Fast Release Suspension (<i>acetaminophen / dextromethorphan / triprolidine</i>)	OK	L3	*	*	*	
Diabetic Tussin Chest Congestion (<i>guaifenesin</i>)	OK	L2				
Diabetic Tussin Cough & Chest Congestion DM (<i>dextromethorphan / guaifenesin</i>)	OK	L3	*	*	*	

		SAFETY LEVEL (P. 19)	MONITOR INFANT FOR DROWSINESS	MONITOR MILK SUPPLY & DRINK EXTRA FLUIDS	LOOK FOR ALTERNATIVE THAT DOES NOT COMBINE INGREDIENTS	LOOK FOR ALTERNATIVE THAT IS NOT LONG-ACTING
Diabetic Tussin Nighttime Cold & Flu Suspension (<i>acetaminophen / dextromethorphan / diphenhydramine</i>)	OK	L3	*	*	*	
Dristan Cold Multi-Symptom Tablets (<i>acetaminophen / chlorpheniramine / phenylephrine</i>)	OK	L3	*	*	*	
Hyland's Defend Cough + Mucus Syrup (<i>homeopathic herbs</i>)	UNSAFE	L4				
Hyland's Defend Cough Syrup (<i>homeopathic herbs</i>)	UNSAFE	L4				
Mucinex D Maximum Strength Expectorant and Nasal Decongestant Tablets (<i>guaifenesin / pseudoephedrine</i>)	OK	L3		*	*	
Mucinex DM Extended-Release Bi-Layer Tablets (<i>dextromethorphan / guaifenesin</i>)	OK	L2	*	*		*
Mucinex Extended-Release Bi-Layer Tablets (<i>guaifenesin</i>)	OK	L2				*
Mucinex Sinus-Max Pressure, Pain & Cough Caplets / Sinus-Max Pressure, Pain & Cough Liquid Gels (<i>acetaminophen / dextromethorphan / guaifenesin / phenylephrine</i>)	OK	L3	*	*	*	
Nexafed Nasal Decongestant Tablets (<i>pseudoephedrine</i>)	OK	L3		*		
Nexafed Sinus Pressure + Pain Tablets (<i>acetaminophen / pseudoephedrine</i>)	OK	L3		*	*	
Refenesen Chest Congestion Relief Caplets (<i>guaifenesin</i>)	OK	L2				
Robitussin Cough & Chest Congestion DM Liquid / Cough & Chest Congestion DM Liquid Capsules / Sugar-Free Cough & Chest Congestion DM Liquid (<i>dextromethorphan / guaifenesin</i>)	OK	L2	*		*	

		SAFETY LEVEL (P. 19)	MONITOR INFANT FOR DROWSINESS	MONITOR MILK SUPPLY & DRINK EXTRA FLUIDS	LOOK FOR ALTERNATIVE THAT DOES NOT COMBINE INGREDIENTS	LOOK FOR ALTERNATIVE THAT IS NOT LONG-ACTING
Robitussin 12 Hour Cough Relief Liquid / Long-Acting CoughGels (<i>dextromethorphan</i>)	OK	L1	*		*	*
Robitussin Multi-Symptom Cold CF Liquid (<i>dextromethorphan / guaifenesin / phenylephrine</i>)	OK	L3	*	*	*	
Robitussin Nighttime Cough DM Liquid (<i>dextromethorphan / doxylamine</i>)	OK	L3	*	*	*	
Robitussin Nighttime Severe Multi-Symptom Cough, Cold + Flu CF Liquid (<i>acetaminophen / diphenhydramine / phenylephrine</i>)	OK	L3	*	*	*	
Robitussin Severe Cough + Sore Throat CF Liquid (<i>acetaminophen / dextromethorphan</i>)	OK	L2	*		*	
Robitussin Severe Multi-Symptom Cough, Cold + Flu CF Liquid (<i>acetaminophen / dextromethorphan / guaifenesin / phenylephrine</i>)	OK	L3	*	*	*	
Safetussin DM Daytime Cough Relief Liquid (<i>dextromethorphan / guaifenesin</i>)	OK	L2	*		*	
Safetussin PM Nighttime Cough Relief Liquid (<i>dextromethorphan / doxylamine</i>)	OK	L3	*	*	*	
Sambucol Black Elderberry Cold & Flu Relief Tablets (<i>elderberry / homeopathic herbs</i>)	OK	L3	*			
Sambucol Black Elderberry Syrup (<i>elderberry</i>)	OK	L1				
Scot-Tussin Diabetes CF Sugar-Free Liquid (<i>dextromethorphan</i>)	OK	L1	*			
Scot-Tussin DM (<i>chlorpheniramine / dextromethorphan</i>)	OK	L3	*	*	*	
Scot-Tussin DM Maximum Strength Sugar-Free Liquid (<i>chlorpheniramine / dextromethorphan</i>)	OK	L3	*	*	*	

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Scot-Tussin Senior Sugar-Free Liquid (<i>dextromethorphan / guaifenesin</i>)	OK	L2	*	*	*	
Silphen Cough Syrup (<i>diphenhydramine</i>)	OK	L2	*	*		
Silphen Cough Syrup DM (<i>dextromethorphan</i>)	OK	L1	*			
Sinarest Drops (<i>acetaminophen / chlorpheniramine / phenylephrine</i>)	OK	L3	*	*	*	
Sinarest Syrup (<i>acetaminophen / chlorpheniramine / phenylephrine / sodium citrate</i>)	OK	L3	*	*	*	
Sinarest Tablets (<i>acetaminophen / caffeine / chlorpheniramine</i>)	OK	L3	*	*	*	
Sine-Off Multi-Symptom Relief Severe Cold Medicine Tablets (<i>acetaminophen / guaifenesin / phenylephrine</i>)	OK	L3		*	*	
Sine-Off Non-Drowsy Relief Maximum Strength Caplets (<i>acetaminophen / phenylephrine</i>)	OK	L3		*	*	
Sinutab Sinus Caplets (<i>acetaminophen / phenylephrine</i>)	OK	L3		*	*	
Sudafed PE Head Congestion + Mucus Tablets (<i>acetaminophen / guaifenesin / phenylephrine</i>)	OK	L3		*	*	
Sudafed PE Head Congestion + Pain Tablets (<i>ibuprofen / phenylephrine</i>)	OK	L3		*	*	
Sudafed PE Nighttime Sinus Congestion Tablets (<i>diphenhydramine / phenylephrine</i>)	OK	L3	*	*	*	
Sudafed PE Sinus Congestion Tablets (<i>phenylephrine</i>)	OK	L3		*		
Sudafed PE Sinus Pressure + Pain Tablets (<i>acetaminophen / phenylephrine</i>)	OK	L3		*	*	

		SAFETY LEVEL (P. 19)	MONITOR INFANT FOR DROWSINESS	MONITOR MILK SUPPLY & DRINK EXTRA FLUIDS	LOOK FOR ALTERNATIVE THAT DOES NOT COMBINE INGREDIENTS	LOOK FOR ALTERNATIVE THAT IS NOT LONG-ACTING
Sudafed Sinus 12 Hour Pressure + Pain Tablets (<i>naproxen / pseudoephedrine</i>)	OK	L3		*	*	*
Sudafed Sinus Congestion 12 Hour Tablets / Sinus Congestion 24 Hour Tablets (<i>pseudoephedrine</i>)	OK	L3		*		*
Sudafed Sinus Congestion Tablets (<i>pseudoephedrine</i>)	OK	L3		*		
Theraflu Daytime Flu Relief Max Strength Hot Liquid Powder / Daytime Flu Relief Max Strength Syrup (<i>acetaminophen / dextromethorphan</i>)	OK	L3	*	*	*	
Theraflu ExpressMax Daytime Severe Cold & Cough Caplets / ExpressMax Severe Cold & Cough Syrup / Multi-Symptom Severe Cold Hot Liquid Powder / Severe Cold & Cough Hot Liquid Powder (<i>acetaminophen / dextromethorphan / phenylephrine</i>)	OK	L3	*	*	*	
Theraflu ExpressMax Nighttime Severe Cold & Cough Caplets / ExpressMax Nighttime Severe Cold & Cough Syrup / Nighttime Severe Cold & Cough Hot Liquid Powder (<i>acetaminophen / diphenhydramine / phenylephrine</i>)	OK	L3	*	*	*	
Theraflu Nighttime Flu Relief Max Strength Hot Liquid Powder / Nighttime Flu Relief Max Strength Syrup (<i>acetaminophen / chlorpheniramine / dextromethorphan</i>)	OK	L3	*	*	*	
Tylenol Cold Max Caplets (<i>acetaminophen / dextromethorphan / phenylephrine</i>)	OK	L3	*	*	*	

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Tylenol Cold + Flu Severe Caplets / Cold + Flu Severe Honey Lemon Warming Liquid / Cold + Mucus Severe Cool Burst Liquid <i>(acetaminophen / dextromethorphan / guaifenesin / phenylephrine)</i>	OK	L3	*	*	*	
Tylenol Extra Strength Cold + Flu Multi-Action Daytime Pain Relief Caplets <i>(acetaminophen / dextromethorphan / pseudoephedrine)</i>	OK	L3	*	*	*	
Tylenol Extra Strength Cold + Flu Multi-Action Nighttime Pain Relief Caplets <i>(acetaminophen / chlorpheniramine / dextromethorphan / pseudoephedrine)</i>	OK	L3	*	*	*	
Tylenol For Children & Adults Dye-Free Pain + Fever Liquid <i>(acetaminophen)</i>	OK	L1				
Tylenol Nighttime Cold + Flu + Cough Wild Berry Burst Liquid <i>(acetaminophen / dextromethorphan / doxylamine / phenylephrine)</i>	OK	L3	*	*	*	
Tylenol Nighttime Cold + Flu Severe Caplets <i>(acetaminophen / chlorpheniramine / dextromethorphan / phenylephrine)</i>	OK	L3	*	*	*	
Tylenol Sinus + Headache Non-Drowsy Caplets <i>(acetaminophen / phenylephrine)</i>	OK	L3		*	*	
Tylenol Sinus Severe Pain Relief Caplets <i>(acetaminophen / guaifenesin / phenylephrine)</i>	OK	L3		*	*	
Umcka Cold + Flu Chewables / Cold + Flu Syrup <i>(homeopathic herbs)</i>	OK	L3				
Umcka ColdCare Chewables / ColdCare Drops / ColdCare Soothing Hot Drink / ColdCare Syrup <i>(homeopathic herbs)</i>	OK	L3				

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Vicks DayQuil Cold & Flu Relief Liquicaps / DayQuil Cold & Flu Relief Liquid <i>(acetaminophen / dextromethorphan / phenylephrine)</i>	OK	L3	*	*	*	
Vicks DayQuil Cough DM + Congestion Relief Liquid <i>(dextromethorphan / guaifenesin / phenylephrine)</i>	OK	L3	*	*	*	
Vicks DayQuil Severe Cold & Flu Relief LiquiCaps / DayQuil Severe Cold & Flu Relief Liquid / DayQuil VapoCool Severe Cold & Flu + Congestion Relief Caplets / DayQuil VapoCool Severe Cold & Flu + Congestion Relief Liquid <i>(acetaminophen / dextromethorphan / guaifenesin / phenylephrine)</i>	OK	L3	*	*	*	
Vicks Jarabe Cough + Congestion Relief Liquid <i>(dextromethorphan / guaifenesin)</i>	OK	L2	*		*	
Vicks NyQuil Alcohol-Free Cold & Flu Relief Liquid <i>(acetaminophen / chlorpheniramine / dextromethorphan)</i>	OK	L3	*	*	*	
Vicks NyQuil Cold & Flu Relief Liquicaps / NyQuil Cold & Flu Relief Liquid <i>(acetaminophen / dextromethorphan / doxylamine)</i>	OK	L3	*	*	*	
Vicks NyQuil Cough DM + Congestion Relief Liquid <i>(dextromethorphan / doxylamine / phenylephrine)</i>	OK	L3	*	*	*	
Vicks NyQuil Severe Cold & Flu Relief LiquiCaps / NyQuil Severe Cold & Flu Relief Liquid <i>(acetaminophen / dextromethorphan / doxylamine / phenylephrine)</i>	OK	L3	*	*	*	

OK Sesame (*Sesamum indicum*)**USE:** Galactagogue, digestive aid, for high blood pressure**DOSE:** 9 g daily as seeds, or 35 g daily as oil**CAUTION:** Sesame seeds and oil may cause allergic reaction.**OK** Stinging Nettle (*Urtica dioica*) and Dwarf Nettle (*Urtica urens*)**USE:** Galactagogue, mild diuretic, for mild gastrointestinal upset**DOSE:** 1.8 g in the form of one 600 mg capsule taken 3 times daily, 2 cups to 3 cups of tea daily, or 2.5 mL to 5 mL of tincture taken 3 times daily**CAUTION:** **Monitor infant for potential side effects.** Nettles may cause mild diuresis and/or mild gastrointestinal upset.**OK** Turmeric (*Curcuma longa*)**USE:** Galactagogue, for gastrointestinal upset**DOSE:** 1.5 g to 2 g daily as a spice in food or drinks**CAUTION:** May cause stomach upset, nausea, dizziness, or diarrhea, especially at higher doses.**OK** Vervain (*Verbena officinalis*)**USE:** Galactagogue, anxiety relief, for hypertension**DOSE:** 30 g to 50 g daily infused in tea**CAUTION:** None known**Other Commonly Used Herbal Remedies and Products****UNSAFE** Alder Buckthorn Bark (*Rhamnus frangula*)**USE:** Laxative**CAUTION:** **Do not use if breastfeeding.** May cause gastrointestinal distress (short term use) and/or electrolyte imbalance, albuminuria, hematuria, potassium deficiency and/or irregular heartbeats.**UNSAFE** Aloes (*Aloe barbadensis*, *Aloe ferox*, *Aloe perryi*, and *Aloe vera*)**USE:** Laxative**CAUTION:** **Do not ingest any form of aloe (latex or gel) if breastfeeding.** Aloes may cause gastrointestinal distress (short term use) and/or electrolyte imbalance, albuminuria, hematuria, potassium deficiency and/or irregular heartbeats.**NOTE:** Topical gel (*Aloe vera*) may be safely used for sunburn, minor burns, bug bites, and to soften the skin.**UNSAFE** Angelica Root / Dong Quai (*Angelica archangelica*)**USE:** For stimulating the central nervous system, for regulating menstrual cycle (due to antispasmodic and vasodilatation effects)**CAUTION:** **Do not use if breastfeeding.** Possible phytoestrogenic effect on infant (may interfere with hormones); herb can sensitize skin to light and UV radiation.**UNSAFE** Bilberry (*Vaccinium myrtillus*)**USE:** For eye health**CAUTION:** **Do not use if breastfeeding.** Herb inhibits lactation. Do not use if taking blood thinners.**UNSAFE** Black Walnut (*Juglans nigra*)**USE:** Anti-infective, anti-inflammatory, for heart health**CAUTION:** **Do not use if breastfeeding.** Black walnut inhibits lactation. May cause allergic reaction.

OK Bugleweed (*Lycopus americanus*)**USE:** For breast pain and/or mild thyroid hyperfunction**STANDARD DOSE:** 1 g to 2 g daily infused in tea, or 10 mg to 20 mg daily as extract**CAUTION:** *Monitor infant for potential side effects. Herb may decrease prolactin levels, which may affect milk production.* Monitor mother and baby for thyroid enlargement after extended exposure.**UNSAFE Butterbur / Petasites Root (*Petasites hybridus*)****USE:** For reducing migraine frequency, for treatment of acute spastic urinary tract pain and urinary tract stone pain**CAUTION:** *Do not use if breastfeeding.* Herb is contraindicated due to potential liver toxicity.**UNSAFE Cascara Sagrada Bark (*Frangula purshiana*)****USE:** Laxative**CAUTION:** *Do not use if breastfeeding.* May cause gastrointestinal distress (short term use) and/or electrolyte imbalance, albuminuria, hematuria, potassium deficiency, and/or irregular heartbeats.**OK Chamomile Flower (*Matricaria chamomilla*)****USE:** Calmative, for indigestion, for relaxation, topical anti-inflammatory**STANDARD DOSE:** Orally, 3 g to 5 g infused in tea, taken 3 to 4 times daily / Topically, 50 g in 1.5 gallons of water as a bath additive, poultice, or rinse**CAUTION:** None known**UNSAFE Coltsfoot Leaf (*Tussilago farfara*)****USE:** Anti-inflammatory during respiratory disturbances**CAUTION:** *Do not use if breastfeeding.* Possible liver toxicity. If taken when not breastfeeding, do not use for more than 4 to 6 weeks total per year.**UNSAFE Comfrey Leaf and Root (*Symphytum officinale*)****USE:** Topical anti-inflammatory for bruised areas, sprains, and pulled muscles**CAUTION:** *Do not use if breastfeeding.* Avoid due to liver toxicity and anti-mitotic effect (inhibits cell reproduction properties); do not use on sore nipples, breasts, or perineum.**OK Cranberry (*Vaccinium macrocarpon*)****USE:** Antibacterial and antiseptic to protect against and to resolve urinary tract infections**STANDARD DOSE:** 100 mg to 500 mg taken 3 times a day, in capsule form or infused in tea**CAUTION:** May cause allergic reaction. Avoid if taking blood thinners. Consuming large amounts of cranberry may cause digestive upset or kidney stones.**OK Echinacea Pallida Root (*Echinacea pallida*) and Echinacea Purpurea (*Echinacea purpurea*)****USE:** For prevention of common cold, for wound healing, for treatment of uncomplicated lower urinary tract infections**STANDARD DOSE:** 900 mg daily in capsule or tablet form, in juice, or infused in tea**CAUTION:** Usually safe for breastfeeding if used for less than 8 weeks (if used for more than 8 weeks, echinacea may weaken immune-stimulating effects); those affected by tuberculosis, HIV, or autoimmune diseases should not use; avoid if allergic to sunflower.**OK Elderflower (*Sambucus nigra*)****USE:** For acute upper respiratory infections, diaphoretic (increases sweating), expectorant**STANDARD DOSE:** 10 g to 15 g daily infused in 1 cup to 2 cups of tea, 1.5 g to 3 g daily as fluid extract, or 2.5 g to 7.5 g daily infused in tincture**CAUTION:** Elderflower appears to be safe for breastfeeding as long as only the flowers are used; in sufficient quantities, the seeds are toxic.**UNSAFE Ephedra (*Ephedra sinica*)****USE:** Vitalizing and stimulating effects, for treatment of asthma and bronchoconstriction, for weight loss**CAUTION:** *Do not use if breastfeeding.* Ephedra can cause vasoconstriction, rapid heart rate, and insomnia; a rapid decrease in effectiveness is possible; addiction is possible; no dose is considered safe, even while not breastfeeding.**NOTE:** FDA ban and court actions have removed ephedra from the market, but illegal or foreign sources may still be available.

8.

SOCIAL DRUGS

Caffeinated Drinks

An infant's ability to clear caffeine from their system is markedly reduced compared to adults, but caffeine ingested through breastmilk is usually insignificant if the breastfeeding parent's caffeine intake does not exceed a limited amount.

Less than 150 mg of caffeine, consumed two or three times a day, is the recommended limit for a breastfeeding parent. This would be equivalent to one or two cups per day of coffee, tea, or caffeine-containing soft drinks. Most energy drinks exceed the recommended amount of caffeine, so energy drinks should not be consumed.

However, if breastfeeding a newborn or premature newborn in particular, it is best to avoid caffeine altogether. If taking prescription **THEOPHYLLINE**-containing products, parents should also avoid drinks containing caffeine.

See page 154 for information about caffeine tablets. For the approximate caffeine content of popular beverages, see the tables below.

Coffee (8 oz cup / 236 mL)	CAFFEINE CONTENT (mg)
Cold brew	100
Decaffeinated	3–8
Drip method	176–240
French press	80–135
Instant	40–198
Instant decaffeinated	3
K-Cup	75–150
Percolated	102–124
Pour-over	80–185

Espresso Drinks	CAFFEINE CONTENT (mg)
Decaffeinated, single shot (1 oz / 30 mL)	5-10
Decaffeinated, double shot (2 oz / 60 mL)	10-20
Double shot (2 oz / 60 mL)	80-200
Ristretto shot (0.5 oz / 15 mL)	30-40
Single shot (1 oz / 30 mL)	40-100
Triple shot (3 oz / 90 mL)	140-300

Tea (8 oz cup / 237 mL)

Black, brewed	30-70
Black, decaffeinated, brewed	2-4
Green, brewed	20-50
Ready-to-drink, bottled	10-60

Soft Drinks / Soda (12 oz serving / 355 mL)

7-Up	0
A&W Cream Soda	29
A&W Root Beer	0
Aspen	36
Barq's Diet Root Beer	0
Barq's Root Beer	22
Big Red	38
Cherry Coca-Cola	34
Cherry Coca-Cola Zero Sugar	34
Coca-Cola	34
Coca-Cola Zero Sugar	34
Diet 7-Up	0
Diet Coke	46
Diet Dr Pepper	41
Diet Mountain Dew	54

	CAFFEINE CONTENT (mg)
Diet Pepsi	36
Diet RC Cola	36
Diet Rite	36
Diet Shasta Cherry Cola	44
Diet Shasta Cola	44
Diet Sprite	0
Diet Sunkist	42
Dr Pepper	40
Dr Pepper Cream	41
Fanta Orange	0
Fanta Orange Zero Sugar	0
Ginger Ale	0
Jolt	72
Kick	31
Mello Yello	53
Mountain Dew	54
Mr. Pibb	41
Pepsi	38
Pepsi Light	36
Pepsi Twist	38
Pepsi Zero Sugar	69
RC Cola	36
Shasta Cherry Cola	44
Shasta Cola	44
Sprite	0
Sugar-Free Dr. Pepper	40
Sugar-Free Mr. Pibb	59
Sunkist	41
Tab	47
Vanilla Coca-Cola	34

Energy Drinks (shot serving / 57 mL)	CAFFEINE CONTENT (mg)
5-Hour Energy	200
Proper Wild	180

Energy Drinks (12 oz serving / 355 mL)

Red Bull	111
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Energy Drinks (16 oz serving / 473 mL)

Bang	300
Monster Energy	160
NOS	260
Redline Xtreme	316
Reign Total Body Fuel	300
Rockstar	160
Spike Hardcore Energy	350

Energy Drinks (24 oz serving / 709 mL)

Rockstar	240
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Alcohol

Yes, a breastfeeding mother can drink alcohol. One to two cocktails, glasses of wine, or bottles of beer usually result in insignificant levels of alcohol in breastmilk. This limited quantity is generally safe, though it depends on how fast the drinks are consumed, whether food is also consumed, how much the individual weighs, and how fast their body is able to break down the alcohol.

Exceeding one to two drinks per day can be extremely dangerous for your infant. Do not breastfeed while intoxicated. Chronic excessive drinking can result in breastfed infants experiencing mild sedation to deep sleep and/or hypoprothrombinemic bleeding. In general, heavy drinkers should not breastfeed.

Alcohol will leave breastmilk naturally as it is cleared from the body. The process will typically take two to three hours per drink, according to the CDC. **If you have one drink, it is safest to wait at least two hours before breastfeeding. If you have two drinks, wait at least four hours before breastfeeding.**

If you consume more than two drinks, you do not have to “pump and dump,” and doing so will NOT reduce the amount of alcohol in your breastmilk. You may pump and discard the breastmilk if necessary to relieve discomfort, but you will still need to wait an appropriate amount of time before breastfeeding.

If you drink at all, even just one to two drinks, the odor of alcohol may cause infants to consume significantly less milk than usual. Monitoring how much breastmilk your infant consumes is recommended.

Given a choice of alcoholic beverage, beer is preferable when breastfeeding. Beer contains barley and/or hops, which are galactagogues (ingredients that assist in breastmilk production). The rule of one to two drinks maximum per day still applies.

Nicotine

Cigarettes, low-nicotine cigarettes, vape pens, e-cigarettes, cigars, hookah tobacco, and all other tobacco-containing products are unsafe for breastfeeding parents to use, and can cause significant harm to infants.

Exposing an infant to tobacco smoke (this includes second-hand exposure from any adult, in addition to exposure through breastmilk) dramatically increases the risk of Sudden Infant Death Syndrome.

Even smoking occasionally can expose your breastfed baby to nicotine and other toxic, cancer-causing ingredients. Nicotine and toxic byproducts are rapidly transferred into breastmilk, and it takes around ten hours for these ingredients to be cleared from breastmilk after just one cigarette.

Breastfeeding and smoking can reportedly cause vomiting, diarrhea, tachycardia (rapid heart rate), and restlessness in breastfed infants. Tobacco may also have a negative influence on breastmilk production and affect the energy requirements of breastfed infants.

If a mother is exposed to secondhand smoke, it has been shown to enter the milk supply in small amounts as well. However, if being exposed to secondhand smoke is unavoidable, it is not harmful enough to discontinue breastfeeding.

Nicotine patches also transfer nicotine to breastmilk, but without the extra toxic ingredients found in cigarette smoke. It is safe to continue breastfeeding while using nicotine patches, as long as the patches are not being used along with cigarette smoking. For more information on smoking cessation aids, see pages 54 and 153.

Marijuana (Cannabis)

The main psychoactive (mind-altering) chemical in marijuana is delta-9-tetrahydrocannabinol, or THC. Health effects of marijuana may include enhanced sensory perception, pain relief, and euphoria followed by drowsiness and relaxation, slowed reaction times, problems with balance and coordination, increased heart rate and appetite, problems with learning and memory, hallucinations, anxiety, panic attacks, psychosis, chronic cough, and frequent respiratory infections.

When using marijuana, THC passes from the mother's plasma into breastmilk. ***Current evidence indicates that marijuana use during lactation may affect a breastfed infant's neurodevelopment, especially critical brain growth after birth.*** Breastfed babies exposed to THC can have problems with feeding and development, both mentally and physically.

Edibles, while still containing dangerous THC and not recommended for breastfeeding mothers, are considered to be the best option for therapeutic use because they can be standardized by strength and dosage, whereas smoked marijuana cannot. Edibles also do not contain the heated byproducts in smoke that contribute to the toxicity. Exposure to marijuana smoke is at least as toxic as cigarette smoke, and may also increase the risk of Sudden Infant Death Syndrome.

Overall, when it comes to marijuana use, there is a great need for more empirical data based on scientific studies, followed by the process of careful labeling that all prescription and nonprescription drugs must undergo before being recommended for medical use. Thus, the use of marijuana in any form is controversial at best.

Under federal law (as of 2023), marijuana is an illegal Schedule I drug, meaning it has a high potential for abuse. Though many states have deemed it legal for medical and sometimes recreational use, U.S. courts have ruled that marijuana will remain federally illegal until legislation is passed to remove it from Schedule I status.

This is vitally important for parents to understand because Child Protective Services (CPS) defines illegal drug use based on the federal scheduling guidelines. ***Parents in any state in the U.S. are liable to have their children taken by social services if they use marijuana for either medical or recreational purposes.*** Damaging health effects aside, all parents should consider this information before using marijuana.