



Essential oils that should be avoided with anticoagulant drugs

All are for oral use, unless otherwise indicated. Oils are only those covered in this course.

Basils, including tulsi
Birch - Contraindicated via all routes.
Cinnamon, leaf and bark
Clove
Fennel
Lavandin
Marjoram
Myrtle
Oregano
Patchouli
Ravensara bark
Savory
Thyme
Wintergreen - Contraindicated via all routes.

Essential oils that could interfere with blood glucose medications

All are for oral use. Oils are only those covered in this course.

Cinnamon
Fennel
Geranium
Lemongrass
Marjoram
Melissa
Myrtle
Oregano
Tea tree
Thyme