

SAFETY 101 GENERAL REFERENCE

POTENTIAL TOXIN TO DOGS

- ____ Birch
- ____ Camphor
- ____ Melaleuca
- ____ Wintergreen

AVOID WITH CATS

- ____ Basil
- ____ Birch
- ____ Cinnamon
- ____ Clove
- ____ Fennel
- ____ Melaleuca
- ____ Nutmeg
- ____ Oregano
- ____ Peppermint
- ____ Rosemary
- ____ Spearmint
- ____ Thyme
- ____ Wintergreen
- ____ d-limonene containing oils
(bergamot, dill, grapefruit,
lemon, lime, orange, and
tangerine).

POTENTIAL DRUG INTERACTIONS

- ____ Cinnamon
- ____ Clove
- ____ Holy basil
- ____ Fennel, sweet
- ____ Lavandin
- ____ Oregano
- ____ Patchouli
- ____ Star anise
- ____ Thyme

HYPOGLYCEMIC - AVOID USE OF:

- ____ Cinnamon bark
- ____ Fenugreek
- ____ Geranium
- ____ Melissa (lemon
balm)
- ____ Turmeric

This is not an all-inclusive list - please read safety and contraindication information for any oils you are using.

PHOTOTOXICITY

- | | | | |
|--------------------------|-----------------------------|-----------------------------------|---------------------------|
| ____ Angelica Root | ____ Bergamot(Cold Pressed) | ____ Bitter Orange (Cold Pressed) | |
| ____ Cumin | ____ Fig Leaf Absolute | ____ Grapefruit (Cold Pressed) | ____ Lemon (Cold Pressed) |
| ____ Lime (Cold Pressed) | ____ Mandarin Leaf | ____ Opopanax | ____ Rue Tagetes |