

What alternative medications should I not give my child?

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These herbal remedies are toxic and should NOT be used:

- Lobelia
- Pennyroyal mint
- Tea tree oil
- Bee pollen
- Ephedra (Ma Huang)

Look out for these ingredients in any of the alternative medicines you use. If you're unsure if the alternative medicine you use is safe for you child, ask your doctor.



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