



### **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