



Feverfew - <i>Tanacetum parthenium</i>	
Description	Feverfew is a member of the same botanical family that includes the daisy. It has yellow and white flowers and feathery green leaves, which contain its active ingredient, parthenolide.
Traditional Use	Feverfew has been widely used to prevent the onset of migraines. It is thought to prevent the sudden dilation of blood vessels, which is associated with the onset of migraine. It does not work to relieve symptoms of a migraine once it has started. It has also long been used to relieve symptoms of menstrual cramps.
Commercial Availability & Dosage	Feverfew is generally available in a tablet or capsule form, and is often standardised to contain 0.4% parthenolide. Dosage is 250mg of standardised extract per day for long term use.
Precautions / Contra-Indications²	Caution use in those with hypersensitivity to the Asteraceae (Compositae) or Daisy family, i.e. chamomile, ragweed, etc.
Pregnancy & Breastfeeding¹	Feverfew should not be taken during pregnancy as it may cause contractions of the uterus. It is also not recommended for breastfeeding women.
Adverse Effects²	Minor abdominal discomfort and diarrhoea has been reported.
Interactions²	Feverfew may inhibit blood clotting, so consult your GP before taking it if you are taking anti-coagulant or anti-platelet (blood thinning) medicines.
References	<ol style="list-style-type: none"> 1. Mills, S. & Bone, K. Principles and practice of phytotherapy. Churchill Livingstone, 2000. 2. Braun & Cohen. Herbs and Natural Supplements: An evidence-based guide. Churchill Livingstone, 2005.