

Feverfew

Tanacetum parthenium (L.) Sch. Bip. (syn. *Chrysanthemum parthenium* [L.] Bernh.)
[Fam. Asteraceae]

OVERVIEW

Feverfew is usually collected when the plant is in bloom. However, different commercial preparations can vary widely in active ingredients depending on where the plant was growing, its condition at the time of harvest, and the parts of the plant used. Parthenolide is an active ingredient in feverfew that may be partly responsible for its effects in preventing and treating migraine headache, although scientists now believe that some other unidentified compound(s) may be responsible. Many feverfew products are standardized to contain between 0.1–0.2% parthenolide. Feverfew is ranked 19th among herbal supplements sold in mainstream retail outlets in the U.S.

USES

Migraine prevention; nausea and vomiting associated with migraine.

DOSAGE

To prevent migraine, take adult dose equal to 0.2–0.6 mg of parthenolide. Benefits usually begin within 4–6 weeks after starting treatment. The length of treatment will vary for individual migraine sufferers.

DRIED LEAVES: 50–150 mg per day, as indicated by clinical studies.

FRESH LEAVES: 2.5 leaves per day, with or after food.

TINCTURE: 5–20 drops per day [1:5, 25% ethanol].

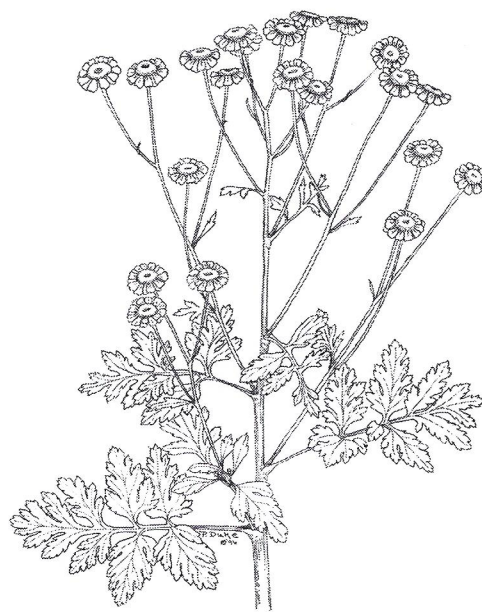
CONTRAINDICATIONS

Consult a healthcare provider before using feverfew if you are allergic to this or other plants in the family *Asteraceae* such as ragweed, chrysanthemums, marigolds, chamomile, yarrow, and daisies. Feverfew is not recommended for children under 2 years of age.

PREGNANCY AND LACTATION: Feverfew should not be used during pregnancy or while breast-feeding.

Comments

When using a dietary supplement, purchase it from a reliable source. For best results, use the same brand of product throughout the period of use. As with all medications and dietary supplements, please inform your healthcare provider of all herbs and medications you are taking. Interactions may occur between medications and herbs or even among different herbs when taken at the same time. Treat your herbal supplement with care by taking it as directed, storing it as advised on the label, and keeping it out of the reach of children and pets. Consult your healthcare provider with any questions.



ADVERSE EFFECTS

No serious side effects have been noted in individuals taking feverfew for a period of years. Skin inflammation can result from handling fresh feverfew. Mouth ulcers and swelling of the tongue, lip, and the mucous membrane of the mouth may occur. Abdominal pains and indigestion have been reported for feverfew users who chewed the leaves over a period of years. Diarrhea, flatulence, nausea, and vomiting occur rarely.

DRUG INTERACTIONS

There are no known drug interactions. Theoretically, feverfew should not be ingested at the same time as blood-thinning (anticoagulant or antiplatelet) medications like aspirin or warfarin. However, this has not been scientifically proven in human studies.



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