Herbal Trivia

Across
1. This herbal’s relaxing effects are similar to what is seen with Xanax.  
5. This sedating herbal may have activity on GABA receptors,  
7. This herbal may cause bleeding.  
11. This herbal is typically administered with zinc to prevent or ward off a cold.  
12. This herbal is used for skin loss, hair loss, and skin rashes.  
14. This herbal may cause a maple syrup odor in the urine.  
15. The PSA should be monitored when this herbal is used.  
16. This herbal may cause bleeding when used for certain lipid disorders.  
17. This herbal should not be taken during an active urinary tract infection.  
18. This herbal can be used to treat PMS, menopause, and migraines.  
19. This herbal works like the SSRIs and causes drug interactions.

Down
2. This herbal may increase the blood sugar or blood pressure.  
3. This space can minimize nausea.  
4. This herbal is used in several recipes as a spice.  
6. This herbal is made endogenously and is increased at night.  
8. This herbal may be used for hot flashes and menstrual cramps.  
9. This herbal is full of antioxidants and can be served hot or cold.  
10. This herbal may be used as a sexual enhancer.  
13. This herbal can be used in lactose intolerant patients, and may relieve hot flashes.