



## Calendula

Revised: October 18, 2021.

CASRN: 84776-23-8; 70892-20-5

## Drug Levels and Effects

### Summary of Use during Lactation

Calendula (*Calendula officinalis*) flowers contain triterpene glycosides and aglycones, carotenoids, and essential oils. Topical application of calendula products has been used to treat sore and cracked nipples during nursing, either in homeopathic or pharmacologic preparations,[1-3] although little high-quality evidence supports this use.[4] One uncontrolled case series found that a cream containing *Mimosa tenuiflora* and *Calendula officinalis* was useful for healing cracked nipples during breastfeeding;[5] however, the lack of a control group and the presence of another ingredient makes the evaluation of *Calendula's* efficacy impossible. *Calendula* has also been used topically in combination with *Echinacea angustifolia* (Calendit-E) for sore nipples in a study of modest quality in which the combination was found to be more effective than breastmilk.[6,7] Oral *Calendula* has no specific lactation-related uses and no information is available on the oral use of *Calendula* during breastfeeding. *Calendula* is "generally recognized as safe" (GRAS) as a food by the U.S. Food and Drug Administration when used as a seasoning or flavoring. Allergic reactions, including cross-reactions to chrysanthemums, daisies and marigolds, occur rarely.

Dietary supplements do not require extensive pre-marketing approval from the U.S. Food and Drug Administration. Manufacturers are responsible to ensure the safety, but do not need to *prove* the safety and effectiveness of dietary supplements before they are marketed. Dietary supplements may contain multiple ingredients, and differences are often found between labeled and actual ingredients or their amounts. A manufacturer may contract with an independent organization to verify the quality of a product or its ingredients, but that does *not* certify the safety or effectiveness of a product. Because of the above issues, clinical testing results on one product may not be applicable to other products. More detailed information [about dietary supplements](#) is available elsewhere on the LactMed Web site.

### Drug Levels

*Maternal Levels.* Relevant published information was not found as of the revision date.

*Infant Levels.* Relevant published information was not found as of the revision date.

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## Effects in Breastfed Infants

Relevant published information was not found as of the revision date.

## Effects on Lactation and Breastmilk

Relevant published information was not found as of the revision date.

## References

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2. Stapleton H. The use of herbal medicine in pregnancy and labour. Part II: Events after birth, including those affecting the health of babies. *Complement Ther Nurs Midwifery*. 1995;1:165–7. PubMed PMID: 9456733.
3. Petrie KA, Peck MR. Alternative medicine in maternity care. *Prim Care*. 2000;27:117–36. PubMed PMID: 10739460.
4. Amir LH, Pirotta MV, Raval M. Breastfeeding - Evidence based guidelines for the use of medicines. *Aust Fam Physician*. 2011;40:684–90. PubMed PMID: 21894275.
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6. Pezeshki B, Pouredalati M, Zolala S, et al. Comparison of the effect of aloe vera extract, breast milk, calendula, curcumin, lanolin, olive oil, and purslane on healing of breast fissure in lactating mothers: A systematic review. *Int J Pediatr-Mashhad*. 2020;8:10853–63. doi: [10.22038/ijp.2020.46125.3760](https://doi.org/10.22038/ijp.2020.46125.3760).
7. As'adi N, Kariman N. Herbal prevention and treatment of nipple trauma and/or pain in Iranian studies: A systematic review. *J Herbmed Pharmacol*. 2018;7:168–75. doi: [10.15171/jhp.2018.28](https://doi.org/10.15171/jhp.2018.28).

## Substance Identification

### Substance Name

Calendula

### Scientific Name

Calendula officinalis

### CAS Registry Number

84776-23-8; 70892-20-5

### Drug Class

Breast Feeding

Lactation

Complementary Therapies

Phytotherapy

Plants, Medicinal