



Hollyhock

Revised: December 3, 2018.

CASRN: 97926-66-4

Drug Levels and Effects

Summary of Use during Lactation

The constituents of hollyhock (*Alcea rosea*, *Althaea rosea*) leaf have not been well described, but it is believed to contain flavonoids, phenolic acids, and tannins. Few studies on hollyhock related to breastfeeding exist, but one moderately well done study found that a compress of hollyhock leaf sped resolution of engorgement during breastfeeding.

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.

Effects in Breastfed Infants

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

Effects on Lactation and Breastmilk

A nonblinded, randomized trial of hollyhock leaf compresses in addition to warm compresses followed by cold compresses was compared to the warm and cold compresses alone in the treatment of breast engorgement. Nursing mothers completed the procedures on their own and rated their own levels of engorgement based on a

standard checklist. Twenty women in each group completed the study. Although both groups had a lessening of their engorgement scores over the 6-day study period, the mothers who used the hollyhock compresses had a more rapid decrease in engorgement.[1]

References

1. Khosravan S, Mohammadzadeh-Moghadam H, Mohammadzadeh F et al. The effect of hollyhock (*Althaea officinalis* L) leaf compresses combined with warm and cold compress on breast engorgement in lactating women: A randomized clinical trial. *J Evid Based Complementary Altern Med.* 2017;22:25-30. PubMed PMID: 26603219.

Substance Identification

Substance Name

Hollyhock

Scientific Name

Alcea rosea *Althaea rosea* *Althaea ficifolia*

CAS Registry Number

97926-66-4

Drug Class

Breast Feeding

Lactation

Complementary Therapies

Phytotherapy

Plants, Medicinal