

Ready to start planning your care? Call us at [800-525-2225](tel:800-525-2225) to make an appointment.

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Butterbur extracts have been shown effective in the treatment of migraines and allergies.

Butterbur is an herb native to Europe, Southwestern Asia, and North Africa. It has been used to treat allergies, asthma, headache, and muscle spasms. Butterbur was shown in clinical studies to be effective for migraines, allergic rhinitis (inflammation of the mucus membranes of nose marked by runny nose, congestion, itching, and sneezing) and asthma.

Butterbur contains compounds known as pyrrolizidine alkaloids that can cause liver toxicity.

What are the potential uses and benefits?

- Allergic rhinitis

Butterbur was shown to have benefits for allergic rhinitis.

- Migraine

Current evidence indicates that butterbur extract is effective against migraine.

- Asthma

A few studies showed that butterbur may benefit those with asthma.

What else do I need to know?

Do Not Take if:

- You are hypersensitive to butterbur.
- You have liver disease or dysfunction because some compounds present in butterbur can be damaging to the liver.

If you have any questions, contact a member of your care team directly. If you're a patient at MSK and you need to reach a provider after 5 p.m., during the weekend, or on a holiday, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

Butterbur - Last updated on July 12, 2023

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