



## PATIENT & CAREGIVER EDUCATION

# Calendula

This information describes the common uses of Calendula, how it works, and its possible side effects.

Tell your healthcare providers about any dietary supplements you're taking, such as herbs, vitamins, minerals, and natural or home remedies. This will help them manage your care and keep you safe.

## What is it?

Calendula, also known as marigold, is a plant related to the daisy family. Its leaves and flowers are used to treat different issues. Calendula comes as creams and ointments to soothe irritated skin. It also comes as capsules, extracts, and teas.

Fresh calendula flower petals are used in salads. Dried petals are used to add color to soups and stews.

# **What are the potential uses and benefits?**

Calendula is used to:

- Treat small cuts and burns
- Soothe irritated skin
- Reduce skin inflammation (swelling)

Calendula also has other uses that haven't been studied by doctors to see if they work.

It's generally safe to use calendula in food and tea. But talk with your healthcare provider before taking calendula supplements.

Herbal supplements are stronger than the herbs you would use in cooking. They can also affect how your other medications work. For more information, read the "What else do I need to know?" section below.

## **What are the side effects?**

Side effects of using calendula may include:

- Allergic reactions

## What else do I need to know?

- Do not take calendula if you're pregnant or breastfeeding. Scientists haven't studied how calendula may affect your pregnancy or breast milk.
- Do not take calendula if you're allergic to plants in the daisy family.

If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit [www.mskcc.org/pe](http://www.mskcc.org/pe) to search our virtual library.

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