

Supplementary table 4: Overview of the utilization pattern of the most frequently used medicinal plants during pregnancy at JUMC, Ethiopia

Utilization properties (No. of citations) *									
Scientific name, English name, Number of users, (n = 319)	Part of plant	Plant condition	Solvent	Excipients and reason for addition**	Routes of administration	Dose and measure of formulation	Frequency***	Duration of treatment***	Number of occasions of use in pregnancy****
<i>L. usitatissimum</i> (Flaxseed) (N=246)	Seed (244)	Dried (234) Fresh or dried (10) Fresh (2)	Water (192) Soup (53)	Sugar (86), sweetener Salt (6), flavourant Butter (2), flavourant Yogurt (1), flavourant Sugar or Salt (1), sweetener/flavourant/	Oral (245) Topical (1)	1 WGJC (176) 1 CC (38) ANSA (7) 2 WGJC (7) 1 TSP (4)	Once (151) Twice (60) Every time (20) Trice (9) 1 to 2 times (3)	During labour (92) Every time (40) Two months (39) Three months (19) Two days (17)	Once (138) Twice (44) Many times (38) Trice (19)
<i>O. lamifolium</i> (No common English name) (N=40)	Leaf (39)	Fresh (30) Fresh or dried (8)	Water (27) NSD (8)	-	Oral (18) Nasal/Inhalation (13)	ANSA (13) 1 CC (11) 1 to 2 CC (4)	Once (19) Every time (16)	Every time (22) One day (8)	Many times (17) Once (16)
<i>C. papaya</i> (Papaya) (N=35)	Fruit (32) Stem or Root Bark (2)	Fresh (32) Fresh or dried (2)	Water (6) NSD (29)	Sugar (8), sweetener Annans (1), for better effect	Oral (35)	1 WGJC (22) ANSA (9)	Once (24) Twice (5) Every time (3)	During labour (17) Two months (6) Every time (5)	Once (22) Many times (8)
<i>Z. officinale</i> (Ginger) (N=29)	Root or tuber (27)	Fresh or dried (14) Dried (9) Fresh (6)	Water (17) Tea (6)	Garlic (1), for better effect	Oral (27) Nasal/Inhalation (2)	1 CC (11) ANSA (7) 1 WGJC (4)	Once (11) Every time (9) Twice (5)	Every time (19) One day (5)	Many times (21) Once (4)
<i>A. sativum</i> (Garlic) (N=28)	Root or tuber (28)	Fresh or dried (16) Dried (7) Fresh (5)	Water (14) NSD (7)	Honey (2), sweetener Ginger (1), for better effect	Oral (27)	ANSA (9) 1 CC (5) 1 head of garlic (3)	Every time (11) Once (9) Twice (5)	Every time (18) One day (3)	Many times (22)
<i>T. foenum-graecum</i> (Fenugreek) (N=24)	Seed (21)	Dried (22)	Water (19) Soup (5)	Sugar (2), sweetener	Oral (23)	1 WGJC (16) 1 CC (5) ANSA (2)	Once (13) Twice (8) Every time (3)	During labour (14) 3 months (4) Every time (3)	Once (19) Many times (4)
<i>N. sativa</i> (Black seed) (N=21)	Oil (11) Seed (9)	Oil (11) Dried (7)	Water (7) NSD (8)	Cheese (1), flavourant	Oral (16)	ANSA (4) 1 TSP (3)	Every time (10) Once (6)	Every time (17) One day (3)	Many times (13)
<i>R. chalepensis</i> (Fringed rue) (N=15)	Leaf (15)	Fresh (12) Fresh or dried (3)	Water (11) Coffee (4)	Garlic (1), for better effect	Oral (15)	1 WGJC (6) 1 CC (4) ANSA (4)	Once (9) Every time (5)	Every time (10) Two days (2)	Many times (9) Once (4)
<i>E. globulus</i> ("Eucalyptus"/blue gum) (N=13)	Leaf (12)	Fresh (12)	Water (11)	<i>O. lamifolium</i> and <i>Leucas martinicensis</i> (Jacq.) R.Br. (1), for better effect <i>O. lamifolium</i> (1), for better effect	Nasal/Inhalation (10)	ANSA (12)	Every time (9) Once (4)	Every time (7) One day (5)	Many times (9) Once (3)

Abbreviations: WGJC: water glass/water jug cup (\approx 250mL), 1WGJC: One water glass/water jug cup, CC: Coffee cup, ANSA: take as 'needed in safe amount' using any appropriate measuring device for the appropriate duration the woman believes, SSp: Soup Spoon, NSD: No solvent needed, TSP: Teaspoon full. *Numbers may not add up due to missing values. **For better effect: Added to produce either synergistic or additive effect. ***Every time: a duration or frequency of treatment whereby the pregnant woman takes the MP for many frequencies per day that she believes is appropriate for a period of time until she feels cured. ****use for a given duration is taken as one occasion, for example use of the medicinal plant for a week, one month, two months, three months or more duration is taken as one occasion. On the other hand, if a woman uses for 2 weeks in the first month of pregnancy, and in the 2nd, 3rd, 4th and 5th months of pregnancy, each for one-week duration then the number of occasions will be five.