

White Bryony Identification and Poison Safety Card

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1. Emergency numbers (US)

Person swallowed any part: Poison Control 1-800-222-1222. **Vomiting blood, seizures, trouble breathing:** call 911.
Pet or farm animal chewed it: your vet, or ASPCA Animal Poison Control (888) 426-4435.
Keep a piece or photo of the plant to show. Do not try to make anyone vomit unless told to.

2. How to recognize white bryony

Feature	What to look for
Leaves	Palm-shaped, about five lobes, slightly rough, like a small vine leaf
Climbing	Coiled tendrils that grip hedges and fences, like a cucumber vine
Flowers	Small, pale greenish-white, five petals, late spring to summer
Berries	Small, round, grape-like clusters. Bryonia alba: dark. Bryonia dioica: green to orange to red
Root	Thick, pale, turnip-like tuber. The most poisonous part

3. Do not confuse the bryonies. All are poisonous.

Plant	Family	Notes
White bryony, Bryonia alba	Gourd family	Mainland Europe to Central Asia; weed in parts of the US
White bryony, Bryonia dioica	Gourd family	Britain and western Europe; red berries
Black bryony, Dioscorea communis	Yam family	Unrelated, also poisonous; glossy heart-shaped leaves

4. Poisoning signs

People: dizziness, vomiting, severe stomach cramps, bloody diarrhea; convulsions and kidney damage in serious cases.
Animals: cattle, horses and poultry have been poisoned, mainly by the root. Any chewing needs a vet call.
Skin: fresh root and sap can irritate. Wash with soap and water.

5. Safe removal checklist

- ☐ Gloves and long sleeves on ☐ Pull vines before flowering, so no berries form
- ☐ Dig out as much root as possible ☐ Bag roots and berries for the trash, not the compost
- ☐ Check again in 4 weeks for regrowth ☐ Teach children not to pick hedgerow berries

Never eat, brew or make home remedies from bryony. Homeopathic Bryonia is a different product; the scientific consensus is that homeopathy has no reliable effect (NHMRC 2015; NCCIH). This card contains no remedies or doses.