

Herbal Teas & Pregnancy

Are herbal teas safe in pregnancy?

Some herbal teas are considered to be safe in pregnancy.

Herbal teas that are safe in pregnancy should be limited to 2-3 cups a day. (500-750 mL/day).

Some herbal teas should be avoided during pregnancy. Although the causes are still unclear, some herbs have been associated with causing adverse effects during pregnancy

Herbal Teas that are Generally Considered SAFE

Citrus peel
Linden flower
Ginger
Lemon balm
Orange peel
Rose hip
Bitter orange/orange peel
Echinacea
Peppermint
Rosemary

*** Teas from these herbs are generally considered safe, however in the form of a supplement, please check with your doctor before taking.**



Herbal Teas to AVOID

Chamomile
Aloe
Coltsfoot
Juniper berry
Pennyroyal
Buckthorn bark
Comfrey
Labrador tea
Sassafras
Duck root
Lobelia
Senna leaves

*** Teas and supplements from other herbs that are not listed on this handout should also be avoided in pregnancy.**