

# Are Herbs or Herbal Teas Safe to use during Pregnancy & Breastfeeding?

Some herbs are **safe** to use in **cooking** or **tea**.

Limit these herbal teas to 2-3 cups a day:



- ✓ Echinacea
- ✓ Orange peel/bitter orange
- ✓ Peppermint
- ✓ Red raspberry leaf
- ✓ Rose hip
- ✓ Rosemary



× Supplements (pills or extracts) of the above herbs are **not safe**.

## Is Ginger safe?



- ✓ Fresh ginger root is safe in cooking and tea
- ✓ Ginger supplements (pills) are safe in pregnancy (**maximum amount**: 1.5 grams per day split into 3 to 4 equal doses for the relief of nausea and vomiting)
- × Ginger extract (liquid) **is not safe**
- × Ginger supplements (pills) are **not recommended** for breastfeeding women

## Other safe warm drinks:

✓ Hot lemon water



✓ Hot apple juice



✓ Hot milk



# Herbs and Herbal Teas **not safe** during Pregnancy and Breastfeeding:



- **Pregnant women should avoid** these herbs and herbal teas due to known harmful effects.
- **Breastfeeding women should avoid** these herbs and herbal teas due to known harmful effects **or** because we do not have enough information.

- |  |   |   |
|--|---|---|
| ✗ Aloe   |  | ✗ Juniper   |
| ✗ Black cohosh   |   | ✗ Kava  |
| ✗ Blue cohosh  |   | ✗ Labrador tea  |
| ✗ Buckthorn  |   | ✗ Lobelia   |
| ✗ Calendula (Marigold)   |   | ✗ Licorice (candy is unsafe if contains glycyrrhizin acid/licorice extract) |
| ✗ Chamomile  |   | ✗ Passionflower   |
| ✗ Chaste tree (Chasteberry)  |   | ✗ Pennyroyal  |
| ✗ Coltsfoot  |   | ✗ Sage  |
| ✗ Comfrey  |   | ✗ Sassafras   |
| ✗ Dong quai  |   | ✗ Senna (small amount safe in short term)                                   |
| ✗ Ephedra  |   | ✗ St. John's wort   |
| ✗ Evening primrose (safe during lactation)   |   | ✗ Tea tree oil  |
| ✗ Fennel (not enough information in pregnancy)   |   | ✗ Thuja   |
| ✗ Feverfew   |   | ✗ Uva-ursi  |
| ✗ Ginkgo   |   |   |
| ✗ Ginseng (avoid in first trimester, caution in later stages of pregnancy and breastfeeding) |   |   |

## **Pregnant and breastfeeding women should avoid** these herbs and herbal teas because we do **not have enough information**:

- |                 |   |                              |
|-----------------|---|------------------------------|
| ✗ Burdock       |  | ✗ Linden                     |
| ✗ Hops          |   | ✗ Red bush tea (Rooibos tea) |
| ✗ Japanese mint |   | ✗ Valerian                   |
| ✗ Lemon balm    |   | ✗ Wild Yam                   |
|                 |   |                              |