

What Herbs are Safe during Pregnancy & Breastfeeding?

These herbs are **safe** when eaten in the amount commonly found in foods or if prepared as a tea and limited to 2-3 cups a day (only steep for 3 to 5 minutes):



- ✓ **Bitter orange/orange peel**
- ✓ **Echinacea**
- ✓ **Peppermint**
- ✓ **Red raspberry leaf**
- ✓ **Rose hip**
- ✓ **Rosemary**



- ✓ Since many teas are a mix of herbs, it is best to check the ingredient label to make sure the ingredients in the tea are safe.
- ☐ Supplements of these herbs (tablets, capsules or extracts) are not recommended.

Is Ginger safe?

- ✓ Fresh or ground ginger are safe in cooking.
- ✓ Ginger ale or ginger tea are safe in moderation.
- ✓ Ginger supplements may be helpful to lower nausea symptoms in early pregnancy. The recommended amount is 250mg by mouth 4 times a day.



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- ☐ Ginger extract is not safe.
 - ☐ Ginger supplements 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.

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|---|---|--|
| <input type="checkbox"/> Aloe |  | <input type="checkbox"/> Juniper |
| <input type="checkbox"/> Black cohosh | | <input type="checkbox"/> Kava |
| <input type="checkbox"/> Blue cohosh | | <input type="checkbox"/> Labrador tea |
| <input type="checkbox"/> Buckthorn | | <input type="checkbox"/> Lobelia |
| <input type="checkbox"/> Calendula (Marigold) | | <input type="checkbox"/> Licorice (candy is unsafe if contains glycyrrhizin acid/licorice extract) |
| <input type="checkbox"/> Chamomile | | <input type="checkbox"/> Passionflower |
| <input type="checkbox"/> Chaste tree (Chasteberry) | | <input type="checkbox"/> Pennyroyal |
| <input type="checkbox"/> Coltsfoot | | <input type="checkbox"/> Sage |
| <input type="checkbox"/> Comfrey | | <input type="checkbox"/> Sassafras |
| <input type="checkbox"/> Dong quai | | <input type="checkbox"/> Senna (small amount safe in short term) |
| <input type="checkbox"/> Ephedra | | <input type="checkbox"/> St. John's wort |
| <input type="checkbox"/> Evening primrose (safe during lactation) | | <input type="checkbox"/> Tea tree oil |
| <input type="checkbox"/> Fennel (not enough information in pregnancy) | | <input type="checkbox"/> Thuja |
| <input type="checkbox"/> Feverfew | | <input type="checkbox"/> Uva-ursi |
| <input type="checkbox"/> Ginkgo | | |
| <input type="checkbox"/> 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**:

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|--|---|---|
| <input type="checkbox"/> Burdock |  | <input type="checkbox"/> Linden |
| <input type="checkbox"/> Hops | | <input type="checkbox"/> Red bush tea (Rooibos tea) |
| <input type="checkbox"/> Japanese mint | | <input type="checkbox"/> Valerian |
| <input type="checkbox"/> Lemon balm | | <input type="checkbox"/> Wild Yam |
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