

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.



✗ 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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| <ul style="list-style-type: none">✗ Aloe✗ Black cohosh✗ Blue cohosh✗ Buckthorn✗ Calendula (Marigold)✗ Chamomile✗ Chaste tree (Chasteberry)✗ Coltsfoot✗ Comfrey✗ Dong quai✗ Ephedra✗ Evening primrose (safe during lactation)✗ Fennel (not enough information in pregnancy)✗ Feverfew✗ Ginkgo✗ Ginseng (avoid in first trimester, caution in later stages of pregnancy and breastfeeding) |  | <ul style="list-style-type: none">✗ Juniper✗ Kava✗ Labrador tea✗ Lobelia✗ Licorice (candy is unsafe if contains glycyrrhizin acid/licorice extract)✗ Passionflower✗ Pennyroyal✗ Sage✗ Sassafras✗ Senna (small amount safe in short term)✗ St. John's wort✗ Tea tree oil✗ Thuja✗ Uva-ursi |
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Pregnant and breastfeeding women should avoid these herbs and herbal teas because we do **not have enough information**:

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| <ul style="list-style-type: none">✗ Burdock✗ Hops✗ Japanese mint✗ Lemon balm |  | <ul style="list-style-type: none">✗ Linden✗ Red bush tea (Rooibos tea)✗ Valerian✗ Wild Yam |
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