

# Chamomile Tea During Breastfeeding: TO CONSUME OR NOT?



## Benefits Of Chamomile Tea



Improves the quality of sleep



Alleviates signs of depression



Boosts immunity



Helps control anxiety



Treats indigestion, gas, and flatulence

## Precautionary Measures To Consider



Be aware of common side effects such as nausea and dizziness.

Do not consume the tea in a highly concentrated form.



Do not pick any brand of chamomile tea that claims to boost milk production without talking to your doctor.

Take advice from your doctor about possible drug interactions with chamomile



Discontinue its consumption if you develop signs of allergy.