

HERBS That Are Safe —During— Pregnancy



Echinacea



Garlic



Slippery Elm



Ginger



Peppermint



Raspberry Leaf

References

1. Safety and efficacy of echinacea (*Echinacea angustifolia*, *e. purpurea* and *e. pallida*) during pregnancy and lactation; NCBI
2. Garlic and Organosulphur Compounds; Oregon State University
3. Herbs and Pregnancy; American Pregnancy
4. Ginger; Mother To Baby
5. Herbal teas during pregnancy and breastfeeding; Pregnancy, Birth, & Baby
6. Raspberry leaf and its effect on labour: safety and efficacy; NCBI