

# Herbal Teas

## For Pregnant Women



### Peppermint leaf tea

#### Benefit:

Alleviates nausea, heartburn, bloating, and vomiting.

#### Caution:

A high dosage may cause abortion.

### Red raspberry leaf

#### Benefit:

Helps reduce morning sickness.

#### Caution:

Avoid it if you are at risk for preterm labor.



### Ginger tea

#### Benefit:

Improves mood and reduces irritability.

#### Caution:

Avoid it when taking diabetes medication, as it can lower blood sugar levels.

### Dandelion tea

#### Benefit:

Aids in the proper functioning of the urinary system.

#### Caution:

Avoid it if you have gallbladder problems and acidity.



### Chamomile tea

#### Benefit:

Promotes healthy sleep.

#### Caution:

Avoid it if you're allergic to chamomile and/or taking painkillers and antimicrobial drugs.