

# Benefits & Precautions Of Raspberry Leaf Tea In Pregnancy



## Benefits Of Raspberry Leaf



May decrease nausea and morning sickness

Rich in iron



May help increase milk production

## Precautions



Do not take near the due date since it may increase the risk of premature contractions

Avoid if you have preeclampsia, heart problems, and blood clotting disorders



Avoid if you are expecting more than one baby or a breech baby

## References

1. Herbal Tea and Pregnancy; American Pregnancy Association
2. Red Raspberry Leaf; ScienceDirect

