

Herbal Teas To Avoid In Pregnancy



Sage tea

May spike the blood pressure

Parsley tea

May increase the risk of miscarriage



Aloe tea

May increase the risk of uterine contractions

Chamomile tea

May induce uterine contractions



Fennel tea

May cause uterine contractions

Juniper berry tea

May induce uterine contractions



Rosemary tea

May lead to contractions

Ginseng tea

May not be safe since its safety quotient is unknown



References:

1. Herbal teas during pregnancy and breastfeeding; Pregnancy, Birth, And Baby
2. Herbs to Avoid During Pregnancy; The University of Texas At El Paso



Mom Junction

Source: https://www.momjunction.com/articles/best-morning-sickness-tea_00776627/