

Herbal Teas & Pregnancy

Herbal tea is made from dried flowers, leaves, seeds or roots of plants, and is primarily *caffeine-free*.



Drink **less than 3 cups/day** and **steep for 3-5 minutes**

Considered Safe:

- Bitter orange/orange peel
- Ginger
- Peppermint
- Rose hip

Considered Unsafe:

- Aloe
- Buckthorn bark
- Chamomile
- Coltsfoot
- Comfrey
- Duck roots
- Fennel*
- Juniper berries
- Labrador tea
- Lemon balm*
- Lobelia
- Pennyroyal
- Red raspberry leaf
- Rooibos
- Sassafras
- Senna leaves
- Valerian

* there is conflicting/
not enough evidence
to support its safety

References:

Alberta Health Services, “Nutrition Pregnancy Guideline” (2019)

Government of Canada, “Caffeine and pregnancy” (2020)

Photo: www.Lipton.com