Are herbal teas safe in pregnancy?

Some herbal teas are considered to be safe in pregnancy. Herbal teas that are safe in pregnancy should be limited to 2-3 cups a day (500-750 mL/day).

Some herbal teas should be avoided during pregnancy. Although the causes are still unclear, some herbs have been associated with causing adverse effects during pregnancy.

### Herbal Teas that are Generally Considered SAFE

- Citrus peel
- Linden flower
- Ginger
- Lemon balm
- Orange peel
- Rose hip
- Bitter orange/orange peel
- Echinacea
- Peppermint
- Rosemary

* Teas from these herbs are generally considered safe, however in the form of a supplement, please check with your doctor before taking.

### Herbal Teas to AVOID

- Chamomile
- Aloe
- Coltsfoot
- Juniper berry
- Pennyroyal
- Buckthorn bark
- Comfrey
- Labrador tea
- Sassafras
- Duck root
- Lobelia
- Senna leaves

* Teas and supplements from other herbs that are not listed on this handout should also be avoided in pregnancy.

Revised by S. Storm, RD July 2015

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