

## Calm Parent Dr. Pam's Top 10 Teas Generally Considered Safe in Pregnancy\*

Trimester	Common Name	Latin Name	Reason for Use	Comments
1,2,3	Alfalfa	<i>Medicago sativa</i>	Nutrient content, anemia and hemorrhage prevention by strengthening blood	
1,2,3 (Max. 1 cup/day in 1 <sup>st</sup> trimester)	German, Chamomile	<i>Matricaria recutita</i>	Calming and a mild sedative & relaxes digestive system relieving bloating, gas, heartburn and constipation	Caution if environmental allergy to plants in the daisy family like rag-weeds – if concerned, steep tea bag for 10 mins or less
2-3	Cranberry	<i>Vaccinium macrocarpon</i>	Prevention and relief from Urinary Tract Infections (UTI's) & rich in vitamin C	If left untreated UTI's in pregnancy can cause serious adverse outcomes, consult your healthcare provider if you think you have one
2,3 (Max. 1 Cup/day)	Echinacea	<i>Echinacea spp</i>	Reduce duration or occurrence of colds esp. when consumed at the onset of a cold	Caution if you have an autoimmune disorders, consult your healthcare provider
1,2,3 (Max. 1-2 grams/day (5-6 slices))	Ginger	<i>Zingiber officinalis</i>	Prevention and relief from nausea and vomiting in pregnancy & increases circulation, reducing symptoms of respiratory congestion	If nausea or vomiting is severe, please consult your healthcare provider
2-3	Lemon Balm	<i>Melissa officinalis</i>	Reduces tension, promotes digestion & has anti-viral properties	Avoid if you have a thyroid condition
1,2,3 (1-2 cups/day)	Nettle	<i>Urtica dioica</i>	Nutrient rich herb, strengthens blood vessels (varicose vein prevention, including hemorrhoids)	
2-3	Peppermint	<i>Mentha piperita</i>	Digestive aid (helps with Irritable Bowel Syndrome symptoms) including nausea, gas and bloating & promotes relaxation	
1,2,3 (Consume daily in 3 <sup>rd</sup> tri)	Red Raspberry	<i>Rubus idaeus</i>	Uterine tonic & astringent properties help ease diarrhea	Safe throughout pregnancy but most significant near end of 3 <sup>rd</sup> tri to help prepare uterus for labour
2-3	African Red Bush	<i>Aspalathus linearis</i>	Known for improving energy and focus & contains important antioxidants	Good caffeine-free replacement for black & green tea, esp. in 1 <sup>st</sup> tri as it has a mild stimulating effect which can improve focus and energy

\*Also see our list of unsafe teas/herb during pregnancy. This resources is for information and is not meant to constitute medical advice. For use of this and other resources available on our site, visit the Terms and Conditions page. [www.calmparent.net](http://www.calmparent.net) | Copyright 2021 © Calmmother Limited. All rights reserved.