

# HERBAL TEAS AND CAFFEINE IN PREGNANCY



South Health  
Maternity & Wellness

## SAFE TEAS IN PREGNANCY

The following teas are generally considered to be safe in pregnancy if taken in moderation of 2-3 cups daily.

Ginger  
Rose hip  
Peppermint leaf tea  
Citrus peel  
Plain black/green/white teas.



## UNSAFE TEAS DURING PREGNANCY

Chamomile  
Aloe  
Coltsfoot  
Juniper berry

Sassafras  
Duck root  
Lobelia  
Senna leaves

Pennyroyal  
Buckthorn bark  
Comfrey

Hibiscus  
Chicory root  
Labrador tea

## TEAS WITH INSUFFICIENT INFORMATION TO RECOMMEND

Burdock  
Japanese mint  
Evening primrose oil  
St John's Wort

Wild yam  
Echinacea  
Ginko  
Tea tree oil

Hops  
Rooibos  
Linden

Fennel  
Lemon balm  
Valerian

## CAFFEINE IN PREGNANCY

It is generally safe throughout pregnancy to consume up to 300mg of caffeine daily from all sources like coffee, tea, soft drinks and chocolate. One small cup of regular brewed coffee contains an average of 150mg of caffeine. Black or green tea contains an average of about 30mg per cup.