

Statement on the potential health effects of raspberry leaf tea in the maternal diet

Appendix 2 - Raspberry leaf tea

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Online Dose Recommendations for Raspberry Leaf During Pregnancy

Source	Tea/Extract	Tablets	Tincture	Preparation
(Jester, no date)	Up to four cups daily.	N/a	N/a	N/a

(Edwards <i>et al.</i> , 2015)	4-8 g as an infusion daily.	N/a	4-8 mL (1:1 in 25 % alcohol) three times daily.	N/a
(Mumsnet, no date)	1-3 cups daily as tea after 36-37 weeks of gestation.	N/a	N/a	N/a
(Gerard, 1597, cited in McFarlin <i>et al.</i> , 1999)	N/a	N/a	N/a	Tea: 2 g steeped in 240 mL boiling water.
(Kothari, no date)	One cup daily at 32 weeks, increasing to 2-3 cups per day by 37 weeks.	N/a	N/a	N/a
(Birth Eat Love, 2019)	One cup daily, increasing to up to three cups per day in the third trimester, or at approx. 35 weeks.	N/a	N/a	N/a
(Grow a Good Life, 2015)	N/a	N/a	N/a	Tea: 1 tsp per 8-ounce cup of boiling water.
(Bonet, 2021)	1-3 cups daily.	N/a	N/a	N/a

(Cambridge Naturals, no date)	N/a	N/a	N/a	Tea: '1-2 teaspoons of dried leaf per cup of hot water' OR '4 tablespoons dried herb in a quart of hot water' OR '4 [tbsp] of the dried leaf in a quart of cold water.'
(Parsons, 1999, cited in Palmer, 2018)	Teabag cups: one cup daily during the first trimester; two cups daily during the second trimester; up to 4-5 cups during the last trimester. Loose leaf tea: 2-3 cups per day, especially after 28 weeks of pregnancy.	Two 300/400 mg tablets with each meal (three times daily) from 32 weeks.	Dose dependent on tincture strength.	Loose leaf tea: add 1 tsp of herb to a cup of boiling water, stir, sit for 10 minutes, strain and sip.
(Pregnancy, Birth and Baby, 2021)	1-2 cups daily	N/a	N/a	N/a

(Netmums, no date)	One cup of tea daily at 32 weeks, increasing every few days by one cup until taking 3-4 cups daily.	One tablet daily at 32 weeks, increasing every few days by one tablet until taking 3-4 tablets daily.	N/a	N/a
(Amuse Projects, no date)	One cup of tea per day from 27 weeks of gestation, increasing to 2-4 cups per day by week 35.		N/a	N/a
(Expectancy, 2022)	One cup daily at approx. 32 weeks, increasing gradually every few days to 3-4 cups.	One tablet (typically available as 300-400 mg doses) daily at approx. 32 weeks, increasing gradually every few days to 3-4 tablets.	N/a	N/a

(Bellybelly, 2011)	At least 2-3 cups (max 4-5) daily during the third trimester but one cup per day during the first trimester is 'fine.'	Two 300-400 mg tablets with each meal three times a day from 32 weeks.	N/a	Tea: add 1 tsp of raspberry leaf to a cup of boiling water.
(Vyne Health, no date)	One cup daily or if not experiencing any uterine sensations, increase to two cups per day (provided at due date or the 37 th week).	N/a	N/a	Tea: steep 1-2 tsp raspberry leaf in a cup of boiling water.
(Ellis, no date)	One cup daily, gradually increasing to 4-5 cups a day.	Two tablets, three times daily from 32 weeks.	N/a	N/a
(The best raspberry leaf teas for pregnancy 2022, no date)	One cup daily. May increase gradually at 34 weeks to 2-3 cups.	N/a	N/a	N/a
(Mommypotamus, 2019)	One cup daily at 32 weeks, gradually increasing to three cups as the due date approaches.	N/a	N/a	N/a

(Hearth and Home Midwifery, 2022)	1-2 cups daily throughout the third trimester.	N/a	N/a	Tea: steep two handfuls of the dried herb in '1 qt cold water.'
(Vegan Momma, no date)	One cup daily during the first trimester, two cups daily in the second trimester and three cups daily during the third trimester.	N/a	N/a	Tea: add 2 tsp of dried tea into a strainer and pour one cup of boiling water over the top.
(Darby, no date)	1-3 cups daily starting in the second trimester.	N/a	N/a	N/a
(Marie Fortier, no date)	Three cups daily during the last 3-4 weeks of pregnancy.	N/a	N/a	N/a
(Jester, no date)	1-2 cups daily in the last 6-8 weeks of pregnancy. 'Drink plenty during labor...drink postpartum to cleanse the uterus and encourage healthy breastmilk production.'	N/a	N/a	N/a
(Cleveland Clinic, 2018)	1-2 cups daily from 32 weeks of gestation.	N/a	N/a	N/a

(Teatoxlife, no date)	1-2 cups daily, gradually increasing to three cups per day.	N/a	N/a	N/a
(Healthline, 2018)	1-3 cups daily.	N/a	N/a	N/a
(Medical News Today, 2021)	1-3 cups daily.	N/a	N/a	Tea: add 1 tsp crushed or dried raspberry leaves to a cup and pour over boiling water.
(Greatist, 2022)	'1-3 cups a day is safe...if...concerned about preterm labor...drink in the third trimester.'	N/a	N/a	N/a
(Raspberry Leaf - Drugs in Pregnancy and Lactation: Tenth Edition, no date)	'Typical doses...are 1.5-2.4 g/day.'	N/a	N/a	N/a
(Gentle Nursery, 2021)	One cup daily from as early as 14 weeks of gestation. Increase to two cups daily during the third trimester until due date.	N/a	N/a	Tea: add 1 tbsp of loose red raspberry leaf tea to every cup of boiling water.

(Cancer Care of Western New York, no date)	2-3 cups daily.	N/a	N/a	Tea: add one cup of boiling water to 1-2 tsp dried leaf.
(Teacurvy Herbals, no date)	One cup daily from 32 weeks of gestation, gradually increasing to 2-3 cups daily until delivery.	N/a	N/a	N/a
	12-24 g/day of dried leaf or by infusion.			
(Mills and Bone, 2004)	12-24 mL/day of a 1:1 liquid extract.	N/a	N/a	N/a
	4.5-1.4 mL/day of a 1:2 liquid extract or equivalent in tablet or capsule form.			

For reference details, see main reference list.