



## **RASPBERRY LEAF** *(rubus idaeus)*

### **Common Uses**

Raspberry leaf tea has long been used in folk medicine to treat canker sores, cold sores, gingivitis, anemia, leg cramps, diarrhea, and morning sickness. Raspberry leaves are used in pregnancy to encourage easy labor. The leaves are thought to strengthen the muscles of the uterus, increasing the force of contractions to hasten childbirth.

### **Precautions**

Do not take medicinally during the early stages of pregnancy.

### **Common Dosage:**

**Capsules:** Take 1-2 450mg capsules before bedtime.

**Tea:** Make a tea using 1-2 tsp of crushed dried leaves in 8oz. hot water up to six times daily

**Tincture:** 40-45 drops (appx. one dropper-full or one teaspoon) up to three times daily.

This information is for informational purposes only. This information has not been evaluated by the Food and Drug Administration. This information is not intended to diagnose, treat, cure or prevent any disease. Always consult your physician before taking any medicine, herbal or otherwise.

