



RASPBERRY LEAF

(Rubus idaeus)

Common Uses

Raspberry leaves are among the most pleasant-tasting of all the herbal remedies, with a taste much like black tea, without the caffeine. Teas of raspberry leaf tea were used in North America by Cherokee, Iroquois, and Mohawk women. Raspberry leaf tea has been used for centuries as a folk medicine to treat canker sores, cold sores, and gingivitis, anemia, leg cramps, diarrhea, and morning sickness in pregnant women, and also as a uterine relaxant. A study published in the Journal of Midwifery and Women's Health in 2001 found that women who drank raspberry leaf tea had shorter labor, and fewer of their babies were delivered by forceps.

Precautions

Safe dosages for children under the age of 6 and for persons with liver or kidney disease have not been established.

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.

