

Annex A - References

In this guide

[In this guide](#)

1. [Introduction - the Potential Health Effects of Raspberry Leaf Tea in the Maternal Diet](#)
2. [Annex A - Introduction and Background](#)
3. [Annex A - Mechanism of Action and Toxicity Studies](#)
4. [Annex A - Drug-herb interactions](#)
5. [Annex A - Contaminants](#)
6. [Annex A - Exposure assessment](#)
7. [Annex A - Risk characterisation](#)
8. [Annex A - Conclusions](#)
9. [Annex A - Abbreviations](#)
10. [Annex A - References](#)
11. [Appendix 1 and 2](#)

Amuse Projects (no date). The benefits of raspberry leaf tea during pregnancy. [The Benefits of Raspberry Leaf Tea During Pregnancy - A.muse Projects \(amuseprojects.com\)](#) (Accessed: 21 April 2022).

Bamford, D.S., Percival, R.C. and Tothill, A.U. (1970). Raspberry leaf tea: a new aspect to an old problem, *British Journal of Pharmacology*, 40(1), p. 161P+. [Raspberry leaf tea: a new aspect to an old problem. - PMC \(nih.gov\)](#)

Beckett, A.H., Belthle, F.W. and Fell, K.R. (1954). The active constituents of raspberry leaves; a preliminary investigation, *The Journal of Pharmacy and Pharmacology*, 6(11), pp. 785–796.

Bellybelly (2011). Red raspberry leaf tea - benefits for pregnancy and labor. [Does Red Raspberry Leaf Tea Work??? Plus Labor Stories! - Birth Eat Love](#) (Accessed: 21 April 2022).

Birth Eat Love (2019). Raspberry Leaf Tea Benefits for Pregnancy - Does It Really Work???. [Does Red Raspberry Leaf Tea Work???. Plus Labor Stories! - Birth Eat Love](#) (Accessed: 21 April 2022).

Bonet, A. (2021) Raspberry leaf tea health benefits, backed by research, Netdoctor. [Raspberry leaf tea: pregnancy, health benefits, side effects and uses \(archive.org\)](#) (Accessed: 21 April 2022).

Bowman, R., Taylor, J., Muggleton, S., Davis, D. (2021). Biophysical effects, safety and efficacy of raspberry leaf use in pregnancy: a systematic integrative review, BMC Complementary Medicine and Therapies, 21(1), p. 56. <https://doi.org/10.1186/s12906-021-03230-4>.

Burn, J.H. and Withell, E.R. (1941). A principle in raspberry leaves which relaxes uterine muscle, The Lancet, 238(6149), pp. 1-3.

Cambridge Naturals (no date). Raspberry: beyond the fruit (Rubus idaeus/rosaceae). [maternal — Blog — Cambridge Naturals](#) (Accessed: 21 April 2022).

Cancer Care of Western New York (no date). [Red Raspberry - Cancer Care of Western New York \(archive.org\)](#) (Accessed: 21 April 2022).

Cheang, K.I., Nguyen, T.T., Karjane, N.W., Salley, K.E.S. (2016). Raspberry Leaf and Hypoglycemia in Gestational Diabetes Mellitus, Obstetrics and Gynecology, 128(6), pp. 1421-1424.

Cleveland Clinic (2018). 8 Ways to Start Labor Naturally. [What Is a Guaranteed Way To Induce Labor? \(clevelandclinic.org\)](#) Accessed: 21 April 2022).

Darby, D. (no date). Red Raspberry Leaf Tea, Dear Darby. [BirthAcademy - Etsy UK](#) (Accessed: 21 April 2022).

Edwards, S.E., Da Costa Rocha, I., Williamson, E.M., Heinrich, M. (2015). Phytopharmacy: An Evidence-Based Guide to Herbal Medicinal Products. John Wiley & Sons.

Ellis, L. (no date). The benefits of red raspberry leaf tea for pregnant ladies - BABYGO. Available at: [The Benefits of Red Raspberry Leaf Tea For Pregnant Ladies - BABYGO](#) (Accessed: 21 April 2022).

EMA (2014). Assessment report on Rubus idaeus L., folium'. [Assessment report on Rubus idaeus L., folium \(europa.eu\)](#) (Accessed: 23 April 2024).

Expectancy (2022). Raspberry Leaf Tea in Pregnancy. [2581508 v3.indd \(expectancy.co.uk\)](#) (Accessed: 21 April 2022).

Farnaghi, S., Braniff, K. (2022). Survey of raspberry leaf tea in pregnancy, Australian and New Zealand Journal of Obstetrics and Gynaecology, 62(4), pp. 506–510.

Graham, R.C. and Noble, R.L. (1955). Comparison of *in vitro* activity of various species of Lithospermum and other plants to inactivate gonadotrophin, Endocrinology, 56(3), pp. 239–247.

Greatist (2022). Brewing a baby? How red raspberry leaf tea benefits your pregnancy and more. [Red Raspberry Leaf Tea Benefits: Pregnancy and Menstruation \(greatist.com\)](#) (Accessed: 21 April 2022).

Grow a Good Life (2015). How to harvest and preserve red raspberry leaf tea ([How to Harvest & Preserve Red Raspberry Leaf Tea \(growagoodlife.com\)](#) Accessed: 21 April 2022).

Gudej, J., Tomczyk, M. (2004). Determination of flavonoids, tannins and ellagic acid in leaves from Rubus L. species', Archives of pharmacal research, 27, pp. 1114–9.

Hastings-Tolsma, M., Stoffel, R.T., Quintana, A.S., Kane, R.R., Turner, J., Wang, X. (2022). Effect of Rubus idaeus L. consumption during pregnancy on maternal mice and their offspring', Journal of Medicinal Food, 25(2), pp. 183–191.

Healthline (2018). Red raspberry leaf tea: pregnancy, benefits and side effects. [Red Raspberry Leaf Tea: Pregnancy, Benefits, and Side Effects \(healthline.com\)](#) (Accessed: 21 April 2022).

Hearth and Home Midwifery (2022). Red Raspberry Leaf Tea. [Red Raspberry Leaf Tea — Portland Midwives | Hearth and Home Midwifery | Portland OR](#) (Accessed: 21 April 2022).

Holst, L., Wright, D., Haavik, S., Nordeng, H. (2011). Safety and efficacy of herbal remedies in obstetrics—review and clinical implications, Midwifery, 27(1), pp. 80–86.

Jester, J. (no date). Herbs in pregnancy. A thoughtful approach. [Herbs-in-Pregnancy-Handout.pdf \(birthwisely.com\)](#) (Accessed: 13 April 2022).

Jester, J. (no date). Red Raspberry Leaf. [Red-Raspberry-Leaf-Handout.pdf \(birthwisely.com\)](#) Accessed: 21 April 2022).

Johnson, J.R., Makaji, E., Ho, S., Xiong, B., Crankshaw, D.J., Holloway, A.C. (2009). Effect of maternal raspberry leaf consumption in rats on pregnancy outcome and the fertility of the female offspring, *Reproductive Sciences*, 16(6), pp. 605–609.

Koenig, G., Callipari, C. and Smereck, J.A. (2021). Acute liver injury after long-term herbal “liver cleansing” and “sleep aid” supplement use, *Journal of Emergency Medicine*, 60(5), pp. 610–614.

Kothari, S. (no date). Should I take Raspberry Leaf Tea in Pregnancy? – my little Bubba. [Should I take Raspberry Leaf Tea in Pregnancy? – my little Bubba \(archive.org\)](#) (Accessed: 21 April 2022).

Kowalska, G. (2021). The Safety Assessment of Toxic Metals in Commonly Used Herbs, Spices, Tea, and Coffee in Poland, *International Journal of Environmental Research and Public Health*, 18(11), p. 5779.

Langhammer, A.J., Nilsen, O.G. (2014). In vitro inhibition of human CYP1A2, CYP2D6, and CYP3A4 by six herbs commonly used in pregnancy, *Phytotherapy research: PTR*, 28(4), pp. 603–610.

MacPherson, R.D., Kilminster, I. (2006). Neonatal epilepsy associated with maternal ingestion of blue cohosh, *Journal of Pharmacy Practice and Research*, 36(4), pp. 302–305.

Makaji, E., Ho, S.H.Y., Holloway, A.C., Crankshaw, D.J. (2011). Effects in rats of maternal exposure to raspberry leaf and its constituents on the activity of cytochrome p450 enzymes in the offspring, *International Journal of Toxicology*, 30(2), pp. 216–224.

Marie Fortier (no date). Raspberry herbal tea and pregnancy. [Raspberry Herbal Tea and Pregnancy - Marie Fortier & Prenato](#) (Accessed: 21 April 2022).

McFarlin, B.L., Gibson, M.H., O’Rear, J., Harman, P. (1999). A national survey of herbal preparation use by nurse-midwives for labor stimulation. Review of the literature and recommendations for practice, *Journal of Nurse-Midwifery*, 44(3), pp. 205-216.

Medical News Today (2021). Red raspberry leaf tea: Nutrition, benefits, and how to use. [Red raspberry leaf tea: Nutrition, benefits, and how to use \(medicalnewstoday.com\)](#) (Accessed: 21 April 2022).

Mills, S.Y. and Bone, K. (2004). The Essential Guide to Herbal Safety. Elsevier Health Sciences.

Mommypotamus (2019). Red raspberry leaf pregnancy tea - a nourishing tonic for two. Available at: <https://mommypotamus.com/red-raspberry-leaf-tea-recipe/> (Accessed: 21 April 2022).

Mumsnet (no date). Raspberry leaf tea - yes or no? [Raspberry leaf tea - yes or no? | Mumsnet](#) (Accessed: 13 April 2022).

Netmums (no date). Raspberry leaf tea? Please share your experiences! ([Raspberry leaf tea? Please share your experiences! \(netmums.com\)](#) Accessed: 21 April 2022).

Nordeng, H., Bayne, K., Havnen, G.C., Paulsen, B.S. (2011). Use of herbal drugs during pregnancy among 600 Norwegian women in relation to concurrent use of conventional drugs and pregnancy outcome, *Complementary Therapies in Clinical Practice*, 17(3), pp. 147-151.

Olson, A.E., DeGolier, T.F. (2016) 'Research Article: Contractile activity of *Rubus idaeus* extract on isolated mouse uterine strips', *BIOS*, 87(2), pp. 39-47.

Palmer, J. (2018). Raspberry leaf, *Pregnancy Birth and Beyond*. [Raspberry Leaf - Pregnancy Birth and Beyond](#) (Accessed: 21 April 2022).

Parsons, M., Simpson, M. and Ponton, T. (1999). 'Raspberry leaf and its effect on labour: safety and efficacy, *Australian College of Midwives Incorporated Journal*, 12(3), pp. 20-25.

Patel, A.V., Rojas-Vera, J. and Dacke, C.G. (2004). Therapeutic constituents and actions of *Rubus* species, *Current Medicinal Chemistry*, 11(11), pp. 1501-1512.

Pregnancy, Birth and Baby (2021). Herbal teas during pregnancy and breastfeeding. [Herbal teas during pregnancy and breastfeeding | Pregnancy Birth and Baby \(pregnancybirthbaby.org.au\)](#) (Accessed: 21 April 2022).

RASPBERRY LEAF - *Drugs in Pregnancy and Lactation: Tenth Edition* (no date). [RASPBERRY LEAF - Drugs in Pregnancy and Lactation: Tenth Edition \(doctorlib.info\)](#) (Accessed: 21 April 2022).

Tea-and-Coffee.com (2020). Raspberry Leaf Tea Pregnancy Benefits. [Raspberry Leaf Tea Pregnancy | Kent Tea & Coffee Co \(tea-and-coffee.com\)](#) (Accessed: 21 April 2022).

Teacurry Herbals (no date). Red raspberry leaf tea - benefits, pregnancy, labor, and side effects. [Red Raspberry Leaf Tea - Benefits, Pregnancy, Labor, and Side Effects \(teacurry.us\)](https://teacurry.us) (Accessed: 21 April 2022).

Teatoxlife (no date). Red raspberry leaf tea - precautions & side effects. [Red Raspberry Leaf Tea - Precautions & Side Effects \(herbalhermit.com\)](https://herbalhermit.com) (Accessed: 22 April 2022).

The Gentle Nursery (2021). Red raspberry leaf tea for pregnancy: all you need to know. [Red Raspberry Leaf Tea for Pregnancy: All You Need to Know \(gentlenursery.com\)](https://gentlenursery.com) (Accessed: 21 April 2022).

Rojas-Vera, J., Patel, A.V. and Dacke, C.G. (2002). Relaxant activity of raspberry (*Rubus idaeus*) leaf extract in guinea-pig ileum *in vitro*, *Phytotherapy Research*, 16(7), pp. 665–668.

SACN (2011). The influence of maternal, fetal and child nutrition on the development of chronic disease in later life. Scientific Advisory Committee on Nutrition. TSO, London.

SACN (2018). Feeding in the first year of life. Scientific Advisory Committee on Nutrition.

Sadło, S., Szpyrka, E., Piechowicz, B., Grodzicki, P. (2015). A case study on toxicological aspects of the pest and disease control in the production of the high-quality raspberry (*Rubus idaeus* L.)', *Journal of Environmental Science and Health, Part B*, 50(1), pp. 8–14.

Simpson, M., Parsons, M., Greenwood, J., Wade, K. (2001). Raspberry leaf in pregnancy: its safety and efficacy in labor, *Journal of Midwifery & Women's Health*, 46(2), pp. 51–59.

Teo, Y.M., Er, Y.H., Chye, S.M., Wong, N. (2021). Toxicity effects of Chinese herbal 'five-seeds' formulation on human kidney HEK-293 and Chang liver cells, *ASM Sc J* 15, 2021. <https://doi.org/10.32802/ASMSCJ.2021.637>.

Veatch-Blohm, M.E., Chicas, I., Margolis, K., Vanderminden, R., Gochie, M., Lila, K. (2021). Screening for consistency and contamination within and between bottles of 29 herbal supplements, *PloS One*, 16(11), p. e0260463.

Vegan Momma (no date). Red raspberry leaf tea during pregnancy tones your uterus. [Red Raspberry Leaf Tea During Pregnancy Tones Your Uterus \(vegan-momma.com\)](https://vegan-momma.com) (Accessed: 21 April 2022).

Venskutonis, P.R., Dvaranauskaite, A. and Labokas, J. (2007). Radical scavenging activity and composition of raspberry (*Rubus idaeus*) leaves from different locations in Lithuania, *Fitoterapia*, 78(2), pp. 162–165.

Vyne Health (no date). Red Raspberry Leaf Tea Pregnancy: Benefits and Uses. [Red Raspberry Leaf Tea Pregnancy: Benefits and Uses | Vyne Health Acupuncture Gold Coast \(archive.org\)](#) (Accessed: 21 April 2022).

Wedig, K.E. and Whitsett, J.A. (2008). Down the primrose path: petechiae in a neonate exposed to herbal remedy for parturition, *The Journal of Pediatrics*, 152(1), pp. 140-140.e1.

Whitehouse, B. (1941). Fragarine: an inhibitor of uterine action, *British Medical Journal*, 2(4210), pp. 370–371. [Fragarine: An Inhibitor of Uterine Action - PMC \(nih.gov\)](#) (Accessed: 4 April 2022).

Yang, J., Cui, J., Han, H., Chen, J., Yao, J., Liu, Y. (2019). Determination of active compounds in raspberry leaf extracts and the effects of extract intake on mice, *Food Science and Technology*, 40, pp. 124–131.

Zheng, J., Pistilli, M.J., Holloway, A.C., Crankshaw, D.J. (2010). The effects of commercial preparations of red raspberry leaf on the contractility of the rat's uterus *in vitro*, *Reproductive Sciences*, 17(5), pp. 494–501.