

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

Health-Based Guidance Values and Constituents - Raspberry leaf tea

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Health-Based Guidance Values

9. Despite its long history of use, limited research has been undertaken to investigate the safety, efficacy or mechanism of action of raspberry leaf (Bowman *et al.*, 2021). Therefore, there are no health-based guidance values (HBGVs) for raspberry leaf.

Constituents

10. It is unclear what the active constituents of raspberry leaf might be (EMA, 2014). However, it is known to contain a range of different components. Some of the main groups of chemicals in raspberry leaf include hydrolysable tannins, such as gallotannins; flavonoids, such as kaempferol, quercetin and

quercetin glycosides; small quantities of volatile compounds, such as octanol; terpenoids, such as terpinolene; vitamins C and E; minerals, such as calcium, magnesium and zinc; and phenolic acids, such as caffeine and chlorogenic acid (Gudej and Tomczyk, 2004; EMA, 2014).