

# RED RASPBERRY LEAF

Latin Name: *Rubus idaeus L.*

FAMILY: Rosaceae

AGE APPROPRIATE: 12+ months (internally)

ENERGETICS: Cooling

TASTE: Astringent + Sweet <sup>4</sup>

ACTIONS: Astringent, Tonic, Parturient



USES: Female reproductive tonic: tones and strengthens the uterus. Traditionally used during the 2<sup>nd</sup> and 3<sup>rd</sup> trimester to stay pregnant but also to aid in labor and delivery. Helps the uterus be more efficient at the appropriate time. It is also helpful for the breastfeeding mother by helping to enrich and promote healthy lactation. Also used for the digestive system: Diarrhea, mouth ulcers, bleeding gums, sore throat, and digestive inflammation. <sup>1,3</sup>

SAFETY: No side effects or drug interactions have been reported. <sup>1</sup>

PREPARATIONS: Tea, tincture, glycerite

NOTES + RESEARCH: -A MULTIVITAMIN: Red raspberry leaf is particularly high in calcium, iron, phosphorus, potassium as well as vitamins B, C, and E. All of which are important for general health (particularly when growing a human!)<sup>2</sup>  
-SHORTENS LABOR: Studies found that regular consumption of raspberry leaf tea throughout pregnancy reduced chances of early and late labor, and improved labor outcomes and reduced the need for medical intervention at birth. No adverse effects for mother or baby were noted. <sup>2</sup>

## REFERENCES:

1. Hoffmann, D. (2003). Medical herbalism: the science and practice of herbal medicine. Rochester, Vt.: Healing Arts Press.
2. Red Raspberry Leaf: <https://www.sciencedirect.com/topics/medicine-and-dentistry/red-raspberry-leaf>
3. Gladstar, Rosemary. (1993) Herbal Healing for Women: Simple Home Remedies for Women of All Ages. New York City, NY. Simon & Schuster.
4. Frawley MD, David. Lad MD, Vasant. (2001) The Yoga of Herbs: An Ayurvedic Guide to Herbal Medicine. Twin Lakes, WI.; Lotus Press.