

Raspberry Leaf

Botanical Name: *Rubus idaeus*

Family: Rosaceae

Energetics: Warming, nutritive

Taste: Mild, slightly astringent, earthy

Actions: Uterine tonic, nutritive, mild astringent, digestive support

Overview

Raspberry Leaf is traditionally used to support women's reproductive health, ease menstrual discomfort, and provide nutritive support. It is gentle and often consumed as a tea.

Uses

Internal Uses

- Supports uterine health and menstrual regulation
- Mild astringent for digestive support
- Nutritive tonic for general wellness
- May ease mild menstrual cramps

External Uses

- Rare; sometimes used in infused oils for skin toning

Medication Interactions

- May enhance effects of uterine or hormonal medications
- Use caution if taking anticoagulants due to astringent properties

Contraindications

- Pregnancy: generally safe; consult healthcare provider for high doses
- Children: safe in teas in moderation
- Allergy to Rosaceae family

Caution & Safety

- Moderate doses recommended
- Monitor for allergic reactions
- Avoid excessive intake during early pregnancy without guidance

Herbal Pairings

Blends Well With

- Red Clover (reproductive and nutritive synergy)
- Lemon Balm (calming support)
- Chamomile (digestive and uterine support)

Avoid Combining With

- Uterine stimulants during pregnancy without supervision

Possible Side Effects

- Rare allergic reactions
- Mild digestive upset in sensitive individuals

Forms & Dosage

Tea / Infusion

- 1-2 tsp dried leaves per cup water
- Steep 10-15 minutes
- 1-3 cups daily

Tincture (1:5)

- 2-4 mL, 1-2 times daily

External / Infused Oil

- Apply as desired for skin toning



Raspberry Leaf is a gentle, nutritive uterine tonic ideal for women's reproductive health and digestive support. Best used in teas, tinctures, and gentle infusions.

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