

Red Raspberry

100 capsules, Single herb, Stock No. 560-8

In the days when natural childbirth was the only method to manage pregnancy and deliver of a baby, midwives were the main health providers for women and red raspberry leaf was commonly used to produce a health pregnancy.

Women took red raspberry tea regularly during pregnancy and especially during the last two months to tone the uterine muscle. After childbirth they would take the tea for several weeks to help the uterus return to its normal shape.

Red raspberry leaf is also used to strengthen and tone the male reproductive system.

It is also ideal for children during times of illness.

Did you know?

Chinese literature records the use of red raspberry leaves as early as 550 A.D. Raspberry is one of the important medicinal plants used by the Carrier people of north central British Columbia.⁴

Red raspberry's most well-known uses are for the treatment of female complaints. It is claimed the leaves will strengthen the uterus and prevent miscarriage. In addition, red raspberry is thought to ease delivery and minimize pain

Red raspberry is considered by many the “herb supreme” for pregnant women. As a pregnancy tonic, it provides a rich supply of vitamins and minerals needed during pregnancy, including calcium and iron.³

NSP Advantage

100 capsules. Single herb.

Ingredients: 360 mg of the finest red raspberry (*Rubus idaeus*) leaves available.

Recommendation: Take two capsules with a meal three times daily.

Also available as a 59 mL liquid herb in a glycerine base stock #3425-4.

Caution: While some health care practitioners recommend the use of red raspberry during the entire nine months of pregnancy, others recommend its use only during the third trimester. There are others who recommend its use only during very advanced stages of pregnancy, or even during labour only, due to its ability to contract the uterine muscle. Any woman who is pregnant or planning a pregnancy should discuss the use of red raspberry with her health care provider.

1. Provost, Marie, Des plantes qui guérissent, BQ, 1991, page 71.

2. Green, James, The Male Herbal, The Crossing Press, 1991, page 236.

3. Gladstar, Rosemary, Herbal Healing for Women, Fireside, 1993, page 254.

4. Ritch-Krc EM, et al, Carrier herbal medicine: traditional and contemporary plant use, College of New Caledonia, Prince George, BC.

Features & Benefits

- Red raspberry has been traditionally used by American Indians to treat emesis and other bowel complaints. Preparations of the herb have also been used as a mouthwash for inflammation and sores of the mouth and throat, as a poultice for skin conditions, stomach complaints in children, and as treatment for the common cold and diarrhea.
- Nourishes, tones, balances, cleanses, and strengthens, helps with childbirth, and is a support throughout life.¹
- Traditionally used to tone the uterus in preparation for childbirth and to decrease the pain of delivery.

- Promotes regularity during pregnancy.
- May help reduce excessive menstruation.
- Has been used to relieve morning sickness in pregnant women.
- Red raspberry's effectiveness as a traditional remedy for diarrhea is thought to be thanks to its astringent action, which may also relieve irritation and inflammation in the bowels.
- Helps fight colds, fever, and flu.
- Helps heal ulceration of the skin and of the mucus membranes in the mouth.²