



## FAVORITE PREGNANCY HERBS

Stick to gentle, pregnancy-safe herbs and avoid anything you're unsure of. Always check with your provider or midwife before adding herbs to your routine—because your peace of mind is just as important as your health.



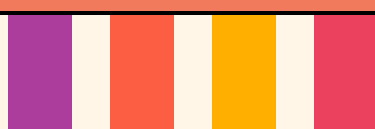
### NETTLE LEAF

A powerhouse of nutrients, nettle is loaded with iron, vitamin C, and folic acid, which are all crucial during pregnancy. It helps prevent anemia, supports healthy blood flow, and boosts overall energy levels.



### OAT STRAW

If you're feeling stressed or run-down, oat straw is here for you. It's super soothing, supports your nervous system, and is great for nourishing hair, skin, and nails—all while providing a calcium boost for you and your growing baby.



### RED RASPBERRY LEAF

The MVP for pregnancy, a “uterine tonic,” it strengthens the uterus, supports labor prep, and may even reduce the length of labor. Bonus: It's packed with vitamins and minerals to keep you and baby thriving.



### ALFALFA

Rich in vitamins A, C, K, and iron, alfalfa helps prevent postpartum hemorrhage and supports overall blood health. It's a great herb for pregnancy, especially in the later stages.

