Episode 24: Kombucha in Pregnancy and Breastfeeding

A healthcare provider calls into The MotherToBaby Podcast after seeing an increase in the number of questions her pregnant patients are having surrounding the consumption of kombucha in pregnancy and breastfeeding. The popular drink contains a variety of ingredients and Lorrie Harris Sagaribay, MPH, joins host Chris Stallman, CGC, to break it all down for listeners.

Questions? Call 866.626.6847 | Text 855.999.3525 | Email or Chat at MotherToBaby.org.

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