

# Potential Risks Of Rosemary Oil For Pregnant Women



May induce miscarriage due to uterine stimulation



May induce severe allergic reactions because of the volatile oil content



Can be toxic if ingested orally



Can interact with other drugs, herbs, or supplements



Can lead to iron deficiency due to the inhibition of the absorption of non-heme iron



May increase the risk of dehydration because of its diuretic effect

## Reference:

1. Rosemary; PeaceHealth