

# Potential Advantages And Side Effects Of Iced Tea In Pregnancy



## Advantages

Provides immediate refreshment



Keeps your brain active

Prevents and lessens the chances of dental cavity



Controls and prevents the risk of gestational diabetes

## Side effects of excess consumption

May cause caffeine overload, which may lead to severe consequences



May increase the risk of neural tube defects

May increase the risk of anemia



May cause insomnia