

## *Evening Primrose and Red Raspberry Leaf Tea*

You can take Evening Primrose or drink Red Raspberry Leaf Tea to help ripen the cervix starting at 36 weeks. Evening Primrose oil comes in capsules, which can be taken orally or inserted vaginally. Although there is no standard recommended dosage, you take take 500 to 2,000 mg daily after the 36th week of pregnancy. It will not induce labor but may cause contractions which will serve to ripen the cervix. If you find that you are having too many contractions and they become tiresome, you can stop taking it for a few days and then start it again. Evening Primrose and Red Raspberry Leaf Tea are available locally at Sprouts or Good Earth Foods.



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