



Stevia

Revised: February 28, 2019.

CASRN: 91722-21-3

Drug Levels and Effects

Summary of Use during Lactation

Stevia (*Stevia rebaudiana*) leaves contain rebaudiosides and steviosides. The stevia leaf has been studied for treating diabetes and hypertension, although results are equivocal. Stevia has no specific lactation-related uses. No data exist on the excretion of any components of stevia into breastmilk or on the safety and efficacy of stevia in nursing mothers or infants. Rebaudioside A is "generally recognized as safe" (GRAS) as a sweetening agent for foods by the U.S. Food and Drug Administration. Although risk to the breastfed infant appears to be low, an alternate artificial sweetener with more data available may be preferred, especially while nursing a newborn or preterm infant.

Dietary supplements do not require extensive pre-marketing approval from the U.S. Food and Drug Administration. Manufacturers are responsible to ensure the safety, but do not need to *prove* the safety and effectiveness of dietary supplements before they are marketed. Dietary supplements may contain multiple ingredients, and differences are often found between labeled and actual ingredients or their amounts. A manufacturer may contract with an independent organization to verify the quality of a product or its ingredients, but that does *not* certify the safety or effectiveness of a product. Because of the above issues, clinical testing results on one product may not be applicable to other products. More detailed information [about dietary supplements](#) is available elsewhere on the LactMed Web site.

Drug Levels

Maternal Levels. Relevant published information was not found as of the revision date.

Infant Levels. Relevant published information was not found as of the revision date.

Effects in Breastfed Infants

Relevant published information was not found as of the revision date.

Effects on Lactation and Breastmilk

Relevant published information was not found as of the revision date.

Alternate Drugs to Consider

Aspartame

Substance Identification

Substance Name

Stevia

Scientific Name

Stevia rebaudiana

CAS Registry Number

91722-21-3

Drug Class

Breast Feeding

Lactation

Plants, Medicinal

Sweetening Agents