

The kombucha conundrum

The gone-viral tea is OK for most to try, but do your research first

*****SOT*****

Lexi Fitzgerald

OSF HealthCare dietitian

"It's not inherently unsafe to drink. It's just all about making sure you read nutrition facts and do your research to assess how it affects you." (:12)

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"It's touted to help alleviate constipation or support a healthy immune system. But there's not a ton of substantial research to back that up quite yet." (:15)

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"Your belly might feel a little funky. Diarrhea and gastrointestinal distress can happen." (:08)

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"If there are unsafe or unclean conditions, bad bacteria can grow. That can lead to illness." (:06)