

The kombucha conundrum

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

ANCHOR LEDE

The latest health-improving drink to take social media by storm is kombucha. While experts say the drink is fine for most to try, you should keep a couple things in mind. One, the jury is still out on the extent of the benefits. And two, it's crucial to make the drink the right way.

TAKE VO

OSF HealthCare dietitian Lexi Fitzgerald says kombucha is made of tea, sugar, bacteria and yeast. The bacteria and yeast combine to form a culture. Add tea and sugar, then let the concoction ferment for a week to a month.

She recommends you buy the drink from a trusted source. But if you make it at home, start with a solid recipe, and mix with care.

SOT

Lexi Fitzgerald

OSF HealthCare dietitian

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

VO TAG

Young children, pregnant women and people with a weakened immune system should avoid the drink due to the bacteria involved.