



- [Request an Appointment](#)
- [Find a Doctor](#)
- [Find a Job](#)
- [Give Now](#)

[Log in to Patient Account](#)  
[English](#)

<a href="#">PATIENT CARE &amp; HEALTH INFO</a>	<a href="#">DEPARTMENTS &amp; CENTERS</a>	<a href="#">RESEARCH</a>	<a href="#">EDUCATION</a>	<a href="#">FOR MEDICAL PROFESSIONALS</a>	<a href="#">PRODUCTS &amp; SERVICES</a>	<a href="#">GIVING TO MAYO CLINIC</a>
--	---	--------------------------	---------------------------	---	---	---------------------------------------

## Appointments at Mayo Clinic

Mayo Clinic offers appointments in Arizona, Florida and Minnesota and at Mayo Clinic Health System locations.

[Request Appointment](#)

## Healthy Lifestyle

# Labor and delivery, postpartum care

- [Basics](#)
- [In-Depth](#)
- [Expert Answers](#)
- [Multimedia](#)
- [Resources](#)
- [News From Mayo Clinic](#)

Products and services

**The Mayo Clinic Diet**

What is your weight-loss goal?

- [5-10 lbs »](#)
- [11-25 lbs »](#)
- [25+ lbs »](#)

## Is it safe to eat my placenta?

Answer From Mary Marnach, M.D.

Eating your placenta after giving birth (placentophagy) can pose harm to both you and your baby.

The placenta is an intricate organ that nourishes the growing fetus by exchanging nutrients and oxygen and filtering waste products via the umbilical cord. The most common placenta preparation — creating a capsule — is made by steaming and dehydrating the placenta or processing the raw placenta. People have also been known to eat the placenta raw, cooked, or in smoothies or liquid extracts.

These preparations don't completely destroy infectious bacteria and viruses that the placenta might contain. The Centers for Disease Control and Prevention has issued a warning against taking placenta capsules due to a case in which a newborn developed group B streptococcus (group B strep) after the mother took placenta pills containing group B strep and breast-fed her newborn. The mother's breast milk was thought to be infected from group B strep bacteria that she acquired after eating her infected placenta. Group B strep can cause serious illness in newborns.

While some claim that placentophagy can prevent postpartum depression; reduce postpartum bleeding; improve mood, energy and milk supply; and provide important micronutrients, such as iron, there's no evidence that eating the placenta provides health benefits.

Placentophagy can be harmful to you and your baby. If you're looking for ways to promote your health postpartum, talk to your health care provider about proven alternatives.

With

### Advertisement

Mayo Clinic does not endorse companies or products. Advertising revenue supports our not-for-profit mission.

### Advertising & Sponsorship

[Policy](#) | [Opportunities](#) | [Ad Choices](#)

### Mayo Clinic Marketplace

Check out these best-sellers and special offers on books and newsletters from Mayo Clinic.

[NEW – Guide to Fibromyalgia](#)

[Stop osteoporosis in its tracks](#)

[Diabetes? This diet works ...](#)

[Improve Your Hearing and Balance](#)

[The Mayo Clinic Diet Online](#)

### Free E-newsletter

**Subscribe to Housecall**

Our general interest e-newsletter keeps you up to date on a wide variety of health topics.

[Sign up now](#)

Baby brain

Lactation  
suppression

Share

Tweet

Aug. 16, 2019

[Show references](#) ▾

[See more Expert Answers](#)

---

## Products and Services

[Book: Mayo Clinic Guide to a Healthy Pregnancy](#)

## See also

[Baby brain](#)

[Breast-feeding and medications](#)

[Breast-feeding nutrition: Tips for moms](#)

[Breast-feeding support](#)

[C-section recovery](#)

[Exercise after pregnancy](#)

[Kegel exercises](#)

[Show more related content](#)

---

## Other Topics in Patient Care & Health Info

[Healthy Lifestyle](#)

[Symptoms A-Z](#)

[Diseases &  
Conditions A-Z](#)

[Tests &  
Procedures A-Z](#)

[Drugs &  
Supplements A-Z](#)

[Appointments](#)

[Patient & Visitor  
Guide](#)

[Billing &  
Insurance](#)

[Patient Online  
Services](#)

[REQUEST APPOINTMENT](#)

[GIVE NOW](#)

[CONTACT US](#)

[ABOUT MAYO CLINIC](#)

[EMPLOYEES](#)

[SITE MAP](#)

[ABOUT THIS SITE](#)

Any use of this site constitutes your agreement to the Terms and Conditions and Privacy Policy linked below.

[Terms and Conditions](#)

[Privacy Policy](#)

[Notice of Privacy Practices](#)

[Notice of Nondiscrimination](#)

A single copy of these materials may be reprinted for noncommercial personal use only. "Mayo," "Mayo Clinic," "MayoClinic.org," "Mayo Clinic Healthy Living," and the triple-shield Mayo Clinic logo are trademarks of Mayo Foundation for Medical Education and Research.



This site complies with the [HONcode standard for trustworthy health](#) information: [verify here.](#)