

Kombucha

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Quick Facts

- Other common names include Manchurian tea, Kargasok tea or tea fungus
- Kombucha is a colony of bacteria and yeast
- Kombucha tea is made by combining a “symbiotic culture of bacteria and yeast” (i.e. SCOBY) with sugar and tea then allowing it to ferment
- Can purchase the tea in most grocery stores, especially organic food stores (ex. Whole Foods)
- Largest producer and brand name is Synergy
- Contains some alcohol (~1%)



Is it Legit?

Kombucha has been rumored to have healing properties. This aggregate of yeast and bacteria is purported to boost the immune system, cure cancer, decrease blood pressure, eliminate wrinkles and acne, as well as relieve arthritis pain. However, no human studies have been completed on Kombucha that would support these claims.

The culture used in Kombucha tea varies and consists of several types of yeast and bacteria. Since the preparation methods vary, Kombucha tea may contain contaminants (i.e. mold/fungus) that could cause illness. There have also been documented cases of toxicity with the consumption of the tea. Therefore, maybe not so legit!



Should I advise my patients to drink Kombucha?

No, it is probably best not to promote the consumption or production (i.e. brewing) of Kombucha Tea.