

Kombucha, Your Teeth, & Your Health

The exact origins of Kombucha are not known, although Manchuria is commonly cited as a likely place of origin. As Kombucha gains traction and becomes more popular in Canada, it is important to question how safe it is to consume.

Before you consume Kombucha, please remember:

- Drinking Kombucha can be harmful for people with pre-existing ailments.
- Kombucha is **BAD** for your teeth!

Claims for treating:

AIDS, aging, anorexia, arthritis, atherosclerosis, cancer, constipation, and diabetes.
There is no evidence to support any of these claims.

Consumption may cause:

dizziness, nausea, vomiting, headache, one case of cutaneous anthrax (due to contamination), severe liver and kidney issues as well as metabolic acidosis. May cause cancer due to possible Aspergillus contamination.

Did you know?

Restaurants in Canada that make their own Kombucha will usually be disallowed to do so by Health Canada.

Details on the Make-up of Kombucha

Mother:

SCOBY (Symbiotic Culture Of Bacteria and Yeast)

Yeasts often include:

Zygosaccharomyces, Candida, Kloeckera/Hanseniaspora, Torulaspora, Pichia, Brettanomyces/Dekkera, Lachancea, Saccharomyces, Schizosaccharomyces, Kluyveromyces, Mycotorula, and Mycoderma.

Bacteria almost always include:

Komagataeibacter xylinus (formerly Gluconacetobacter xylinus).

Byproducts:

Alcohol (usually about 0.5%) and vinegar (the initial tea has a pH of about 5, and may result in a finished pH of ≥ 2.5).

Contaminations:

Penicillium, Aspergillus (known to be toxigenic and carcinogenic)

Source: Health Canada, Wikipedia