Med Alert

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Kombucha, a black tea fermented in yeast and bacteria, may cause lactic acidosis—a rare but dangerous buildup of lactic acid in cells and blood. (When your body creates energy, lactic acid is the waste product, which is normally eliminated.) HIV and kombucha go way back: In the days before HIV meds, some positive people drank the tea, trying to control HIV. Think before you drink.

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http://beta.docker.poz.com/article/lactic-acidosis-hiv-17269-5354