

Apparent Mineralocorticoid Excess due to daily consumption of licorice- containing tea.

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Presented to hospital with headache, nausea
B/g Tubal ligation, retinal vessel thrombosis,
smoker

Hypertensive, Hypokalaemic.
K 3.2 mmol/L (3.5-5.5mmol/L), Plasma
aldosterone <10 pg/mL, Plasma renin <2.0
pg/mL

Further history revealed licorice tea
intake of up to **5L** per day

Tea discontinued. Repeat testing 1/12
off tea;
Plasma aldosterone 34 pg/mL, Plasma
renin 5.5 pg/mL;
Hypertension and hypokalaemia
resolved

Rare cause of new onset
hypertension
Importance of history taking
highlighted

