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

I. Frizelle, D.J. O’Halloran

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

Hypertensive, Hypokalaemic.
K 3.2 mmol/L (3.5-5.5 mmol/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