

Lactawell contains three herbal galactagogues for efficient milk production during lactation: fennel, fenugreek, and milk thistle.



Fennel^{1,2}

- **Generally Recognized As Safe (GRAS)** by the United States Food and Drug Administration (FDA)
- Well tolerated milk supply promoter
- Safe and effective for infantile colic
- In a randomized, double-blind, placebo-controlled study, milk production was significantly increased in postpartum mothers who received an herbal tea containing 200 mg fennel extract, 20 mg fennel oil, and 100 mg fenugreek for 3 days. The infants in intervention group had lower maximum weight loss, and regained their birth weight sooner.



Fenugreek³⁻⁵

- **Generally Recognized As Safe (GRAS)** by the United States Food and Drug Administration (FDA)
- A network meta-analysis of controlled trials indicated that fenugreek significantly increased breast milk.
- In a randomized, double-blind, controlled trial, breastfeeding mothers receiving herbal supplementation containing 200 mg fenugreek, had a 49% increase in milk volume at week 2 and a 103% increase at week 4.



Milk thistle^{6,7}

- Milk thistle contains **silymarin** which is an effective compound for promoting milk supply.
- Reported to be safe in studies as a galactagogue
- Micronized silymarin (420 mg/day) significantly increased milk production after one month and two months of administration accompanied by high compliance and tolerability.

All essential micronutrients and effective galactagogues provided with 2 tablets daily

Amount Per Serving (2 tablets)	%Daily Value
Vitamin C	60 mg 100
Vitamin E	30 IU 100
Vitamin B1	4 mg 267
Vitamin B2	4 mg 235
Vitamin B6	5 mg 250
Vitamin B12	0.012 mg 200
Folic acid	0.8 mg 200
Selenium	0.07 mg 100
Zinc	15 mg 100
Niacin	20 mg 100
Biotin	0.3 mg 100
Magnesium	20 mg 5
Iodine	0.15 mg 100
Iron	18 mg 100
Copper	1 mg 50
Calcium	500 mg 50
Manganese	2 mg 100
Chromium	0.1 mg 83
Vitamin K	0.08 mg 100
Fenugreek seed	300 mg *
Fennel seed	100 mg *
Pantothenic acid	10 mg 100
Milk thistle seed extract	525 mg *
Ditamin D3	2500 IU 625
Vitamin A	4000 IU 80

*Daily Value not established.

References

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- 2- Turkyilmaz, Canan, et al. "The effect of galactagogue herbal tea on breast milk production and short-term catch-up of birth weight in the first week of life." *The journal of alternative and complementary medicine* 17.2 (2011): 139-142.
- 3- Drugs and Lactation Database (LactMed) [Internet]. Bethesda (MD): National Library of Medicine (US); 2006-. Fenugreek. [Updated 2019 May 1]. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK501779/>
- 4- Khan, Tahir Mehmood, David Bin-Chia Wu, and Anton V. Dolzhenko. "Effectiveness of fenugreek as a galactagogue: A network meta-analysis." *Phytotherapy Research* 32.3 (2018): 402-412.
- 5- Bumrungpert, Akkarach, et al. "Effects of fenugreek, ginger, and turmeric supplementation on human milk volume and nutrient content in breastfeeding mothers: A randomized double-blind controlled trial." *Breastfeeding Medicine* 13.10 (2018): 645-650.
- 6- Drugs and Lactation Database (LactMed) [Internet]. Bethesda (MD): National Library of Medicine (US); 2006-. Milk Thistle. [Updated 2019 May 1]. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK501771/>
- 7- Di Pierro, Francesco, et al. "Clinical efficacy, safety and tolerability of BIO-C (micronized Silymarin) as a galactagogue." *Acta Biomed* 79.3 (2008): 205-210.