

CATEGORY

Lactation supplement

HOW TO USE

Two tablets daily with meal

WHEN TO USE

Divided doses
in the morning and evening

INDICATIONS

- Provides micronutrients for mothers & infants
- Increases milk supply
- Increases energy & metabolism
- Supports postpartum mood changes
- Boosts immune function in mothers & infants



Great benefits of breastfeeding

- ✓ Helping to protect infants against certain diseases (e.g., asthma)
- ✓ Boosting immune system in infants
- ✓ Reducing the mother's risk of breast and ovarian cancer
- ✓ Reducing the infant's risk of diarrhea and vomiting



Herbal Galactagogues



Fenugreek Seed Extract

Containing mucilage, quercetin, luteolin, genistein, etc.

Mechanisms of action:

- Increasing insulin secretion
- Increasing prolactin secretion
- Increasing oxytocin secretion



Milk thistle Seed Extract

Containing high amount of silymarin.

Mechanisms of action:

- Antioxidant
- Anti-inflammatory
- Increasing prolactin levels



Fennel Seed Extract

Containing anethole, fenchone, methyl chavicol, etc.

Mechanisms of action:

- Increasing milk secretion
- Increasing prolactin levels
- Estrogenic properties
- Antioxidant



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SUPPLEMENT FACTS

Serving Size: 2 tablets

Serving Per Container: 30

| Ingredients | Amount per serving | %Daily value | Ingredients | Amount per serving | %Daily value |
|---------------------|--------------------|--------------|---------------------------|--------------------|--------------|
| Vitamin C | 60 mg | 66.67 | Magnesium (as Oxide) | 20 mg | 5 |
| Vitamin E | 30 IU | 134 | Iodine | 0.15 mg | 100 |
| Vitamin D3 | 2500 IU | 312.5 | Iron (as Sulfate) | 18 mg | 100 |
| Vitamin B1 (as HCl) | 4 mg | 333 | Copper (as gluconate) | 1 mg | 111 |
| Vitamin B2 | 4 mg | 308 | Calcium (as carbonate) | 500 mg | 38 |
| Vitamin B6 (as HCl) | 5 mg | 294 | Manganese | 2 mg | 87 |
| Vitamin B12 | 0.012 mg | 500 | Chromium | 0.1 mg | 286 |
| Folic acid | 0.8 mg | 200 | Vitamin K | 0.8 mg | 67 |
| Selenium | 0.07 mg | 127.27 | Fenugreek seed | 300 mg | * |
| Zinc (as Oxide) | 15 mg | 136.36 | Fennel seed | 100 mg | * |
| Niacin | 20 mg | 125 | Pantothenic acid | 10 mg | 200 |
| Biotin | 0.3 mg | 1000 | Milk thistle seed | 300 mg | * |
| | | | Vitamin A (Beta-carotene) | 4000 IU | 133 |

* Daily value not established



We advise lactating women to take a daily multivitamin-mineral supplement.

References



PACKAGING

60 tablets per container



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