



## CURIOUS ABOUT SUPPLEMENTS TO INCREASE SUPPLY?



# Check out this quick guide!

In general, the best way to increase your milk supply is by more frequent feeding or pumping sessions. Sometimes, though, we might benefit from consuming herbs or adding extra fluids or calories. Here is some information on common remedies that you might want to consider. Of course, always check with your healthcare provider before starting an herbal regimen.

**Moringa:** Can be consumed fresh, in powdered form, or in capsules. Widely used across the globe and is great for replenishing nutrients that might be depleted in the fourth trimester.

**Fenugreek:** The "go to" herb for years, but should be taken with caution as it can cause digestive upset for both mom and baby. If you have any underlying health issues such as hypoglycemia or are taking blood thinners, stay away from this herb. Not only can it interact with medications or cause low blood sugar, it can also decrease your milk supply further.

**Goats Rue:** Believed to encourage the growth of breast tissue, this herb is commonly used when the lactating parent is concerned about insufficient glandular tissue or did not experience breast changes during pregnancy.

**You may have heard about various sports drinks, cookies, or foods that have the reputation of increasing milk supply.** There is little to no documented evidence to support these claims, BUT you may find success if there are insufficiencies in your diet that can be remedied by consuming one of these lesser-supported galactagogues.

For example, if you are chronically dehydrated, drinking a Pink Drink or blue Gatorade may boost your supply - not because there is anything magical about those types of drinks, but simply because you're giving your body the hydration it needs.

## Still have questions? Give us a call!

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