

Herbs to increase milk supply

***Ask your physician prior to using any herbs to ensure they are suitable and safe for you. If you are taking herbs to increase your milk supply it is important that you are emptying your breast through breast feeding or pumping every 3-4 hours.**

Goat's Rue

Has been shown to increase breast mammary glands so may be most helpful in cases of small breasts or women who didn't experience breast changes in pregnancy or early lactation

Dose: 2 mL three times a day or 1 capsule 4 times a day

Take with juice to improve flavour

Side effects: headaches, weakness, jitteriness, low blood pressure, cough

Avoid if you have a bleeding disorder as it can decrease blood clotting and increase bleeding

Avoid if you have diabetes as it can cause low blood sugar

Moringa Leaf

Helps boost prolactin, the hormone responsible for milk production

Dose: 250-500mg 2-3 times a day, often comes in capsules or can be leaf form

Powder (cheapest option): 1-2 tsp 2-3 times a day Side effects: stomach upset, abdominal pain, diarrhea, can increase blood clotting

Avoid root, bark and flowers, only leaf is safe in breastfeeding

Avoid if you have kidney or liver disease

Avoid if you have a blood clotting disorder

Avoid if you have diabetes as it can cause low blood sugar

AVOID IF PREGNANT OR TRYING TO CONCEIVE (can cause blood clots, miscarriage)

Milky Way (blessed thistle, moringa, and torbangun)

Torbangun has been shown to increase breast mammary glands so may be most helpful in cases of small breasts or women who didn't experience breast changes in pregnancy or early lactation

Dose: 2 mL three times a day Take with juice to improve flavour

Avoid if you have inflammatory bowel disease (blessed thistle can irritate the gut)

Avoid if you have a blood clotting disorder (moringa)

Avoid if you have diabetes as can cause low blood sugar (moringa)

Avoid if you have kidney or liver disease (moringa)

AVOID IF PREGNANT OR TRYING TO CONCEIVE

Milk Aplenty (shatavari, root extract, moringa, vervain, and milk thistle)

Dose: 2 mL three times a day Take with juice to improve flavour

Shatavari can help with anxiety, calms the mind

Side effects: stomach upset, abdominal pain, diarrhea

Avoid if you have kidney or liver disease

Avoid if you have blood clotting disorder

Avoid if you have diabetes as shatavari and moringa can cause low blood sugar

Avoid if Celiac or have malabsorption issues or cholestasis (shatavari)

AVOID IF PREGNANT OR TRYING TO CONCEIVE(shatavari can cause birth defects)

Mother's Milk Tea

A combination of fennel, anise, coriander, fenugreek, and blessed thistle

Dose: steep for 10 minutes, use 1 to 5 cups a day

Side effects: upset stomach and gassiness from fenugreek, gastric irritation from blessed thistle

Avoid if you have a thyroid condition

Avoid if Celiac or have malabsorption issues or cholestasis (shatavari and fenugreek)

AVOID IF PREGNANT OR TRYING TO CONCEIVE

Fenugreek

Dose: 610 mg 3capsules 3 times a day

Can help increase milk supply but does tend to cause gassiness in mother and baby

Causes odour similar to maple syrup

Avoid if you have a thyroid condition

Avoid if Celiac or have malabsorption issues or cholestasis

AVOID IF PREGNANT OR TRYING TO CONCEIVE

Foods that are helpful for increasing milk supply include:

Oatmeal Brewer's yeast (can be put in cookies)

Fennel (AVOID IF PREGNANT OR TRYING TO CONCEIVE)

Foods to avoid as they can decrease milk supply:

Peppermint

Sage

Alcohol

Where to get the herbs:

Some lactation clinics sell herbs

Several natural foods stores and some pharmacies or grocery stores will carry herbs

Products are usually available to purchase online from various retailers

Calgary retailers include:

Community Natural Foods

Vitamins First

The Apothecary in Inglewood

Morning Sun Health Foods

Blue Naturals

Online retailers include:

Amazon.ca

Walmart.ca

Well.ca

iHerb.com

bulksupplements.com/en-CA

healthyplanetcanada.com