



### **Safe Supplements for Nursing Mothers to Increase Milk Production**

#### **Fenugreek Seed Capsules (580-610mg)**

- 2-4 capsules, 3x/day

#### **Fenugreek powder or seeds**

- 1/2-1 teaspoon, 3x/day
- 1 capsule = ¼ teaspoon
- Can be mixed with a little water or juice
- (Side effects) sweat and urine smells like maple syrup; milk and/or breastfed baby may smell like maple syrup. • GI symptoms in mom (upset stomach, diarrhea) which go away when Fenugreek is discontinued.
- Can be found at GNC, Hi-Health or any Health store

#### **Brewer's Yeast tablets**

- 3-5 tablets, 3x/day
- Powder 1.5-2.5 tablespoon, 3x/day
- (Side effects) may cause gassiness in baby • Baby's stool will smell "yeasty"
- Can be found at GNC, Hi-Health or any Health store

#### **Red Raspberry Leaf Tea- MOTHERS MILK TEA**

- Up to 6 cups per day/or 3 glass per day
- Prepare tea by pouring 1 cup boiling water over 1-2 teaspoons of the herb and steeping for ten to fifteen minutes.
- (side effects) Raspberry may cause mild loosening of stools and nausea
- Can be found at Sprouts

#### **La Leche League of Arizona**

602-234-1956

[www.llofaz.org](http://www.llofaz.org)

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