

Product Profile

MOTHER'S LACTATION TONIC

Lactation Tonic for Nursing Mothers

A blend of the liquid extracts of:

- **Chaste Tree berry** (*Vitex agnus-castus*) 20%
- **Fenugreek seed** (*Trigonella foenum-graecum*) 20%
- **Caraway seed** (*Carum carvi*) 20%
- **Fennel seed** (*Foeniculum vulgare*) 20%
- **Anise seed** (*Pimpinella anisum*) 20%
- Dried

Actions: Galactagogue (promotes production of breast milk). An aromatic carminative which can relieve nausea and intestinal gas.

Uses: A lactation tonic for nursing mothers to **enhance the quality and quantity of breast milk**. Especially indicated in cases where the production of breast milk is lacking or scanty.

Although designed as a galactagogue, this compound can also serve to allay nausea and relieve intestinal gas in the mother, and may also have the same effect on her breast-feeding child.

Dose: Three or four times per day, take 30 to 40 drops in water.

Cautions: Consult a qualified midwife or physician before taking during pregnancy. Lack of breast milk production in a new mother, especially with painful breasts and/or fever, may indicate a health problem that should be treated by a qualified healthcare practitioner.



Excerpted from the Therapeutic Herb Manual by Ed Smith. The Therapeutic Herb Manual is available for purchase by calling Herb Pharm at: 1-800-348-4372.

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