**Herbal Supplements & Food**

Galactologues (increases milk supply) Antigalactologues (decreases milk supply)

Alfalfa Cabbage (external)

Barley Chocolate

Black cumin seed Peppermint

Caraway seed Parsley

Coconut seed Sage

Coriander seed Jasmine Flower (external)

Cumin seed Periwinkle leaf/stem

Dill seed Caffeine

Fennel seed

Fenugreek

Fig

Ginger root

Goat’s Rue (diced herb or tincture)

Hops

Marshmallow root

Milk thistle seed/stem

Maringa fruit

Oats

Okra

Papaya fruit

Potato

Probiotics

Radish seed

Raspberry leaf

Sesame seed

Sweet potato

**Cornerstone Lactation Services**

**Savannah Pressley, IBCLC**

[**www.cornerstonepediatrics.org**](http://www.cornerstonepediatrics.org) **🏵 (919) 460-0993**