**Mother Love Products: How to Increase Your Milk Supply**

Mother Love extracts are made with certified organic herbs picked and processed at peak potency. A liquid extract maintains this quality and has a high rate of absorbability. The liquid extracts do not contain any milk, dairy, egg, fish, shellfish, tree nuts, peanuts, gluten or soy. Some women prefer the vegetarian capsule for convenience and ease of use. Fenugreek and goats rue are in the legume family, as are soy and peanuts. Those with allergies to plants in this family should use these products with caution. The vegetarian capsules do contain non-GMO soy lecithin.

These herbs are used daily for food in many countries. Fenugreek and fennel are in the Middle Eastern Cuisine. Fenugreek is also used to make imitation maple flavoring. Nettle, “called a storehouse of nutrition”, is a spring green when cooked. Blessed thistle is most often recommended to strengthen the liver.

**More Milk Plus:** This product works best for moms whose milk supply has decreased due to growth spurts, separation, illness, or stress. The dominant ingredient is fenugreek. This comes in herbal extracts that are available in grain alcohol or alcohol free (glycerin based). It is also available in vegetarian capsules which are alcohol free and easy to use.

**More Milk Special Blend:** This blend adds Goats rue to the More Milk Plus formula. Goat’s rue helps develop mammary tissue for women who have PCOS (Polycystic Ovarian Syndrome), those who have breast implants or reduction surgery, adoptive mothers, as well as women who need extra support in boosting their milk supply.

Malunggay is known as the “miracle tree” and is indigenous to India and the Philippines. It has been widely known for its nutritional benefits and has been taken for generations by breastfeeding women.

**Malunggay (moringa oleifera):** This product increases milk supply by increasing serum prolactin. Vegetarian capsules containing Vitamin A, Vitamin C, and Vitamin B; and is a great source of Vitamin B (Choline), Vitamin B1 (Thiamine), Vitamin B2 (Riboflavin), Vitamin B3 (Niacin) and Vitamin B6. This product does not contain any milk, dairy, egg, fish, shellfish, peanuts, wheat, or gluten.

**Vegetarian Capsules:**

Less than 175 lbs: 1 capsule 4 times daily

Over 175 lbs: 2 capsules 3 times daily

These products can be taken with a small amount of liquid 1-2 oz. For maximum effectiveness, avoid drinking liquids 15 minutes before or after each use. Drinking more liquids than specified with each use may dilute the herbs in your system. Most moms see an increase in milk supply within 1-2 days. It does take longer, usually 2-3 weeks, to see an increase if taking goats rue to support mammary tissue development. Some moms are able to use these products for a short period of time and others the entire time they are nursing. These products are not FDA controlled so this must be your decision to use.

\*Caution: Do not take if you suspect or know of having hypothyroidism (can lower thyroid hormone T3)