

Herbs for Increasing Milk Supply

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 if liquid or 1 capsule 4 times a day

Moringa

- Helps boost prolactin, the hormone that triggers more milk production
- Dose: 250-500mg 2-3 times a day, often comes in capsules or can be leaf form, also often in mixes of herbs to help lactation

Milk Aplenty

- A combination of shatavari, root extract, moringa, vervain, and milk thistle
- Dose: 2 mL three times a day

Mother's Milk Tea

- A combination of fennel, anise, coriander, fenugreek, and blessed thistle
- Dose: steep for 10 minutes, use 3-5 cups a day

Foods that are helpful for increasing milk supply include:

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

Where to get the herbs:

Some breastfeeding clinics sell some formulations of herbs including Well Fed Clinic and Riley Park Breastfeeding Clinic (in the Maternity clinic). We sell herbs made by: Rumina Naturals and Motherlove including Goat's Rue and Milk Aplenty.

Several natural foods stores including community natural foods and many pharmacies will carry herbs. Some products are also available to purchase online.