



Herbs for Increasing Milk Supply

Ask your physician prior to using any herbs to ensure they are suitable and safe for you

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 or 1 capsule 4 times a day; Take with juice to improve flavour
- Side effects: headaches, weakness, jitteriness, low blood pressure, cough
- Avoid if you have a bleeding disorder as it can decrease blood clotting and increase bleeding
- Avoid if you have diabetes as it can cause low blood sugar

Moringa Leaf

- Helps boost prolactin, the hormone responsible for milk production
- Dose: 250-500mg 2-3 times a day, often comes in capsules or can be leaf form
- Powder (cheapest option): 1-2 tsp 2-3 times a day
- Side effects: stomach upset, abdominal pain, diarrhea, can increase blood clotting
- Avoid root, bark and flowers, only leaf is safe in breastfeeding
- Avoid if you have kidney or liver disease
- Avoid if you have a blood clotting disorder
- Avoid if you have diabetes as it can cause low blood sugar
- AVOID IF PREGNANT OR TRYING TO CONCEIVE (can cause blood clots, miscarriage)

Milky Way (blessed thistle, moringa, and torbangun)

- Torbangun 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
- Take with juice to improve flavour
- Avoid if you have inflammatory bowel disease (blessed thistle can irritate the gut)
- Avoid if you have a blood clotting disorder (moringa)
- Avoid if you have diabetes as it can cause low blood sugar (moringa)
- Avoid if you have kidney or liver disease (moringa)
- AVOID IF PREGNANT OR TRYING TO CONCEIVE

Milk Aplenty (shatavari, root extract, moringa, vervain, and milk thistle)

- Dose: 2 mL three times a day
- Take with juice to improve flavour
- Shatavari can help with anxiety, calms the mind
- Side effects: stomach upset, abdominal pain, diarrhea
- Avoid if you have kidney or liver disease
- Avoid if you have blood clotting disorder

- Avoid if you have diabetes as shatavari and moringa can cause low blood sugar
- Avoid if Celiac or have malabsorption issues or cholestasis (shatavari)
- AVOID IF PREGNANT OR TRYING TO CONCEIVE (shatavari can cause birth defects)

Mother's Milk Tea

- A combination of fennel, anise, coriander, fenugreek, and blessed thistle
- Dose: steep for 10 minutes, use 1 to 5 cups a day
- Side effects: upset stomach and gassiness from fenugreek, gastric irritation from blessed thistle
- Avoid if you have a thyroid condition
- Avoid if Celiac or have malabsorption issues or cholestasis (shatavari and fenugreek)
- AVOID IF PREGNANT OR TRYING TO CONCEIVE

Fenugreek

- 610 mg 3 capsules 3 times a day
- Can help increase milk supply but does tend to cause gassiness in mother and baby
- Causes odour similar to maple syrup
- Avoid if you have a thyroid condition
- Avoid if Celiac or have malabsorption issues or cholestasis
- AVOID IF PREGNANT OR TRYING TO CONCEIVE

Foods that are helpful for increasing milk supply include:

- Oatmeal
- Brewer's yeast (can be put in cookies)
- Fennel (AVOID IF PREGNANT OR TRYING TO CONCEIVE)

Foods to avoid as they can decrease milk supply:

- Peppermint
- Sage
- Alcohol

Where to get the herbs:

- Some lactation clinics sell herbs
- Several natural foods stores and some pharmacies or grocery stores will carry herbs
- Products are usually available to purchase online from various retailers

Calgary retailers include:

- Community Natural Foods
- Vitamins First
- The Apothecary in Inglewood
- Morning Sun Health Foods
- Blue Naturals

Online retailers include:

- Amazon.ca
- Walmart.ca
- Well.ca
- ca.iHerb.com
- bulksupplements.com/en-CA
- healthyplanetcanada.com