

LACTATION SUPPLEMENTS GUIDE



What are Galactagogues?

Lactation supplements are also called galactagogues. These supplements claim to help increase your milk supply, usually by increasing the hormone prolactin in your body (one of the main milk making hormones).

For proper dosage please see the bottle that you purchase, and consult with your physician or lactation professional.

How do these supplements work?

Lactation claim to work by increasing milk-making hormones in your body. However, using these supplements alone will not increase your supply. Otherwise, anyone in the world eating foods with these supplements, or also taking these herbs or supplements for another reason would start randomly lactating also.

Instead, these supplements should be taken regularly for 2 weeks along with regular nursing and/or pumping to help assist your body in milk supply.

Which are recommended?



Moringa

Proven to help increase Serum prolactin and reduce inflammatory stress in body.



Goats Rue

Proven to help increase Serum prolactin and reduce inflammatory stress in body.



Choline

Proven to help increase Serum prolactin and reduce inflammatory stress in body.

Also OK to try?



Nettle



Brewer's Yeast



Oats



Black Cumin



Fennel

No known adverse effects for mother's, but no clear clinical studies showing proven success worldwide for supply increase besides anecdotal evidence. But can be worth a try!

Which are not recommended?

Fenugreek is the only galactagogue to date that Lactation professionals and holistic nutritionists warn against. There are some moms that see increase in milk, however the current research shows the cons outweigh the pros. Fenugreek is a natural blood thinner, a medication inhibitor, and can dry some moms supply.