

## **SAFE SUPPLEMENTS FOR NURSING MOTHERS TO INCREASE MILK PRODUCTION**

### **Fenugreek Seed Capsules (580-610mg)**

- 2-4 capsules, 3x/day

### **Fenugreek powder or seeds**

- 1/2-1 teaspoon, 3x/day
- 1 capsule = 1/4 teaspoon
- Can be mixed with a little water or juice
- (Side effects) sweat and urine smells like maple syrup; milk and/or breastfed baby may smell like maple syrup.
- GI symptoms in mom (upset stomach, diarrhea) which go away when Fenugreek is discontinued.
- Can be found at GNC, Hi-Health or any Health store

### **Brewer's Yeast tablets**

- 3-5 tablets, 3x/day
- Powder 1.5-2.5 tablespoon, 3x/day
- (Side effects) may cause gassiness in baby
- Baby's stool will smell "yeasty"
- Can be found at GNC, Hi-Health or any Health store

### **Red Raspberry Leaf Tea**

- Up to 6 cups per day/or 3 glass per day
- Prepare tea by pouring 1 cup boiling water over 1-2 teaspoons of the herb and steeping for ten to fifteen minutes.
- (side effects) Raspberry may cause mild loosening of stools and nausea
- Can be found at Sprouts

More info online at [www.kellymom.com](http://www.kellymom.com) or [www.azbreastfeedingcenter.com](http://www.azbreastfeedingcenter.com)

### **La Leche League of Arizona**

602-234-1956

[www.llofaz.org](http://www.llofaz.org)

### **Lactation Consultants**

Mercy Gilbert Hospital

Tracy Grady RN, BSN, IBCLC

480-728-7422

Chandler Regional Hospital 480-728-3161

Betsy Wells-Gephart RN, BSN, IBCLC

Kathy Shay-Shapiro RN, BSN, IBCLC