

LACTATE SUPPORT

Supports Healthy Lactation
During the Breastfeeding Months*

DOSAGE

1 Liquid Phyto-Cap 3 times daily.

DURATION OF USE

3 weeks and then as needed

BEST TAKEN

Between meals, with a small amount of water.



Supplement Facts

Daily Serving Size 3 Capsules
Servings Per Container 20

Amount Per 3 Capsules	mg
Calories 30	
ALCOHOL FREE CONCENTRATED EXTRACT OF:	
Fenugreek Seed (<i>Trigonella foenum-graecum</i>)▲	225 mg†
Fennel Seed (<i>Foeniculum vulgare</i>)▲	150 mg†
Red Raspberry leaf (<i>Rubus idaeus</i>)▲	75 mg†
Blessed Thistle (<i>Cnicus benedictus</i>)▲	75 mg†
Marshmallow Root (<i>Althaea officinalis</i>)▲	21 mg†

†Daily Value not established.

Other ingredients: Vegetable glycerin, vegetable cellulose (capsule)
▲ = Organic Ingredient

DESCRIPTION OF FORMULA

Lactate Support is a unique formula specifically designed for women who are breastfeeding and wish to maintain a healthy lactation response. The majority of herbs in this formula are classified as galactagogues, meaning they promote the secretion and flow of milk, improving a lactating woman's milk supply. Not surprisingly, these herbs have been used for centuries by breastfeeding women around the world. Accompanying herbs in this formula also maintain a strengthening and nutritive role for lactating mothers. Lactate Support distinguishes itself as a superior formula for lactating mothers, with all of the herbs in the formula being organically grown or ecologically wildcrafted.*

Fenugreek seed contains complex carbohydrates, protein, steroid saponins, flavonoids, and sterols that function collectively to encourage healthy lactation during the breastfeeding months. The fenugreek seed has been an important ally to breastfeeding women throughout the world. In fact, its use for stimulating milk flow in lactating women has been documented in Egypt, Iraq, Sudan, Argentina, North America and India. In India, women eat halva, a paste made from fenugreek seeds, in the weeks following the birth of their child to encourage the healthy flow of milk.*

Fennel seed, like fenugreek seed, has enjoyed centuries of use as a galactagogue. While its exact mechanism of action is not yet known, we do know that it offers the nursing mother essential nutrients. It contains calcium, magnesium, beta carotene, iron and vitamin C, all of which are important to remaining vital and strong during the breastfeeding months.*

Red Raspberry leaf functions as a galactagogue, encouraging the healthy flow of milk, and plays a nutritive role for lactating women, by enriching the breast milk with bioflavonoids, polypeptides, vitamin C, calcium and iron. Red Raspberry leaf

also serves to strengthen and invigorate the nursing mother, helping to restore her system to a place of health and balance after childbirth.*

Blessed thistle is also classified by herbalists as a galactagogue, and is revered for its ability to encourage healthy digestive function and a healthy appetite- important for maintaining strength and vitality in lactating women.*

Marshmallow root contains mucilage and other compounds that serve to support healthy breast milk and healthy gastrointestinal function.*

COMPLEMENTARY HERBS/FORMULAS

Fenugreek Liquid Extract

SAFETY EVALUATION/CONTRAINDICATIONS

A lack of milk flow in women after childbirth may indicate a serious health condition that must be treated by a qualified healthcare professional. Do not use this product during pregnancy. Some ingredients found in this formula are contraindicated in patients with insulin-dependent diabetes. In rare instances, one herb in this formula has caused allergic reactions affecting the skin and respiratory system. Do not use if you are allergic to the Asteraceae/Compositae (includes daisies, marigolds, ragweeds and others) family. If you experience fast or irregular breathing, itching, skin rash or hives, seek medical attention promptly.*

KNOWN DRUG INTERACTIONS

This product may affect the rate of absorption of other drugs taken at the same time. Some of the herbs in this formula have not been studied extensively to determine their interactions with other medications. Before using this product, talk with your healthcare professional if you take any medications.*

REFERENCES

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*THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION.
THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

Gaia Herbs products: Always packaged in glass to protect potency, the environment, and you.