

ABILENE PHYSICIANS GROUP

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SAFE SUPPLEMENTS FOR NURSING MOTHERS TO INCREASE MILK PRODUCTION

Fenugreek Seed Capsules	<ul style="list-style-type: none">• Recommended dosage is 580-610 mg (2-4 capsules) 3 times per day.
Fenugreek powder or seeds	<ul style="list-style-type: none">• ½ - 1 Teaspoon up to 3 times per day• 1 capsule is equivalent to ¼ teaspoon powder• Powder may be mixed with a little water or juice• G.I. symptoms in mom include upset stomach and diarrhea, which should cease when Fenugreek is discontinued.• Can be found at GNC, natural grocers, drug emporium or any other health supplement store.• Other side effects include sweating and/or urine may smell like maple syrup. Breast milk and/or baby may also have the maple syrup odor.
Brewer's Yeast tablets	<ul style="list-style-type: none">• 3-5 tablets per day• Powder 1.5-2.5 tablespoon up to 3 times per day• Baby's stool will smell yeasty• Can be found at GNC, natural grocers, drug emporium or any health supplement store• A possible side effect is gassiness in baby
Red Raspberry Leaf Tea	<ul style="list-style-type: none">• Prepare tea by pouring 1 cup boiling water over 1-2 teaspoons of the herb and steeping for 10-15 minutes• Up to 6 cups or 3 glasses permitted a day• Can be found at Natural Grocers, drug emporium and/or online• Side effects include mild loosening of stools and nausea