

Supplement Facts

Serving Size 1 tea bag (2.2g)
Servings Per Container 16

	Amount Per Serving	% Daily Value
Calories	0	
Proprietary Blend	2.2g	
Organic Fenugreek (<i>Trigonella Foenum-graecum</i>) Seed	†	
Organic Fennel (<i>Foeniculum Vulgare</i>) Seed	†	
Organic Red Raspberry (<i>Rubus Idaeus</i>) Leaf	†	
Organic Stinging Nettle (<i>Urtica Dioica</i>) Leaf	†	
Organic Milk Thistle (<i>Silybum Marianum</i>) Seed	†	
Organic Orange (<i>Citrus Sinensis</i>) Peel	†	
Organic Anise (<i>Pimpinella Anisum</i>) Seed	†	
Organic Caraway (<i>Carum Carvi</i>) Seed	†	
Organic Alfalfa (<i>Medicago Sativa</i>) Leaf	†	

† Daily Value not established

NOT FOR USE DURING PREGNANCY. Many galactagogue herbs are not recommended for use during pregnancy in greater than culinary amounts. Do not use this product if you are allergic to plants in the parsley (Apiaceae) family, such as fennel or coriander. Consult your healthcare provider before using this product when breastfeeding.



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Certified Organic by Oregon Tilth • Certified Kosher by EarthKosher

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

B00181-10

EARTH MAMA TEAS

Formulated for pregnancy plus!

Organic Morning Wellness Tea
Organic Heartburn Tea
Organic Stress Less Tea
Organic Raspberry Leaf Tea
Organic Third Trimester Tea

Formulated for after baby arrives
(NOT for use during pregnancy)

Organic Periodic Tea
Organic Milkmaid Tea
Organic No More Milk Tea

Earth Mama teas can be used while breastfeeding! Organic No More Milk Tea may be used while breastfeeding if the intention is to reduce breast milk production.

♥ MAMA'S PROMISE*

Mama's Promise is this: trusted herbal products that work, naturally. If it doesn't measure up to Mama's standards, it doesn't leave the building. Promise. (*Seriously!*)

Remember:
you WILL sleep again.

earth
mama®

• ORGANICS •

100% Organic
Milkmaid
Tea

Helps Support Breast
Milk Production*

Fragrant
Fennel Herb

Herbal Tea Supplement

Caffeine Free

16 Tea Bags

1.23 oz. net wt. (35 g.)



Grounded in Nature, Powered by Love.™



HERBAL TEA HOW-TO

Pour boiling water over one tea bag. Steep 5-10 minutes. Sip 1-3 cups per day, or as recommended by your healthcare provider.

MILKMAID TEA

Who knew that one day you'd be thinking about your own milk production — a lot? (Besides us... we definitely got it.) Our *Organic Milkmaid Tea* is a fragrant, comforting blend of organic herbs traditionally used to help support healthy breast milk production and promote healthy lactation.* Tasty iced or hot, with fenugreek, fennel, milk thistle and other galactagogues (not space travel, which would be cool, but hey ... breastfeeding's pretty cool too!) — plus the power of nettle and red raspberry leaf. Yes please!

FENNEL FRIEND

9 out of 10 culinary artists agree: the lovely licorice-like taste of *fennel seed* (*Foeniculum vulgare*) brightens up any dish. And yes, the flavor is great, but we're all about fennel's long history of helping boobs — and the gastrointestinal tract — do their respective jobs.

Milk dwindling? Sigh. It happens — and we've been there before. So we brewed up this delightful concoction to support healthy breast milk production.