

earth
mama[®]
· ORGANICS ·

100% Organic
Milkmaid
Tea

Helps Support Breast
Milk Production*

Fragrant
Fennel Herb

Caffeine Free
16 Tea Bags
1.23 oz. net wt. (35 g.)

Herbal Tea Supplement

Grounded in Nature, Powered by Love.™

MILKMAID TEA

Who knew that one day you'd be thinking about your own milk production — a lot? (Besides us... we definitely get 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!

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.

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.

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 Foeniculum-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



B10-181-13

Remember:
you WILL sleep again.

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

EARTH MAMA TEAS

Formulated for pregnancy plus!

Organic Morning Wellness Tea
Organic Heartburn Tea
Organic Peaceful Mama Tea
Organic Raspberry Leaf Tea
Organic Third Trimester Tea

NOT for use during pregnancy

Organic Periodic Tea
Organic Milkmaid Tea
Organic No More Milk Tea

*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.