

earth
mama®

· ORGANICS ·

100% Organic
**No More Milk
Tea**

Helps Reduce
Breast Milk Production*

Refreshing
Hibiscus Sage

Caffeine Free
16 Tea Bags
1.07 oz. net wt. (30.4 g.)

Herbal Tea Supplement

Grounded in Nature, Powered by Love.™

NO MORE MILK TEA

Sometimes a soothing cup of tea is just the thing when you are pondering a word as weird as “weaning.” And then it’s emotional too. Right? Is it just us? In any case, excess or unwanted breast milk can intensify discomfort during an emotional time and cause sore, aching, engorged breasts. Comforting *Organic No More Milk Tea* is formulated with anti-galactagogue herbs including sage, peppermint and parsley, traditionally used to help reduce the production of breast milk when it is no longer desired. Bonus: a tangy note in the form of Hibiscus flower.

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.

SAGE ADVICE

Sage's (*Salvia officinalis*) culinary uses are well known (and delicious!), from pizza to stuffing. But this spectacular spice, whose Latin name means “to heal,” is traditionally recommended for complaints from head to toe, and is a trusted friend in the slowing down of breast milk supply.*

Supplement Facts

Serving Size 1 tea bag (1.9g)
Servings Per Container 16

	Amount Per Serving	% Daily Value
Calories	0	
Proprietary Blend	1.9g	
Organic Peppermint (<i>Mentha Piperita</i>) Leaf		†
Organic Parsley (<i>Petroselinum Crispum</i>) Leaf		†
Organic Hibiscus (<i>Hibiscus Sabdariffa</i>) Flower		†
Organic Sage (<i>Salvia Officinalis</i>) Leaf		†

† Daily Value not established

NOT FOR USE DURING PREGNANCY. Many anti-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**, or if symptoms persist or worsen.



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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

Need to reduce your milk supply?
Listen: a lactation consultant can nurture you through this transition. Don't hesitate to ask for help and extra care. Because you deserve it.

A time-honored tip to help engorgement is to tuck a cabbage leaf in your bra. Seriously. We don't know why, but it works.

*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.