



Directions

Mix one packet per day with at least 12 oz of water or any non-carbonated beverage.

Stir or blend well to completely dissolve.



Fennel Seed, Fenugreek and Blessed Thistle support healthy breast milk production.*



Essential vitamins to boost breast milk nutrition.*

drinkpremama.com

Consistent use will best support milk production.
Should not be taken while pregnant or trying to conceive.

*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.



28 DAY

Lactation Support

Mixed Berry Drink Mix Formulated to Boost Milk Production

STAGE 4

Care

MULTIVITAMIN SUPPLEMENT
GLUTEN FREE • VEGETARIAN • NON-GMO
NET WT 2.5 OZ (70g)

Supplement Facts

Serving Size: 1 Packet (2.5g)
Servings Per Container: 28

Amount Per Serving		% Daily Value for Pregnant & Lactating Women
Calories	5	
Total Carbohydrate	1g	<1%
Vitamin D3 (as cholecalciferol USP-FCC)	20mcg (800 IU)	133%
Folate (USP)	1143 mcg DFE (800mcg Folic Acid)	190%
Calcium (as calcium lactate, FCC)	100mg	8%
Proprietary Blend	245mg	†
Blessed Thistle (aerial parts) (Extract 4:1)		†
Fennel (seed) (Foeniculum Vulgare)		†
Fenugreek (seed)		†
Raspberry (leaf) Powder		†

*Percent Daily Values are based on a 2,000 calorie diet
† Daily Value Not Established

Other Ingredients: Natural Flavors, Stevia (Leaf) Extract

CONTAINS TRACES OF SOY

Fenugreek may cause upset stomach or excessive gas in mother or baby, may lower blood sugar, may cause breakthrough menstrual bleeding, may lower the thyroid hormone T3, and should be avoided by women with hypothyroidism.

As with any supplement, if you are pregnant, breastfeeding or taking medication, consult your doctor before use.
Store at room temperature. Avoid excessive heat.

KEEP OUT OF REACH OF CHILDREN.
Do not use this product if safety seal on flap is torn or missing.