

Supplement Facts

Serving Size: 2 Capsules
Servings Per Container: 60

Amount Per Serving		%DV
Vitamin C (as Ascorbic Acid)	50 mg	50%
Vitamin D (as D3 (Cholecalciferol))	10 mcg	50%
Thiamin	1.7 mg	100%
Riboflavin	1.8 mg	100%
Vitamin B6 (as Pyridoxine HCl)	5 mg	100%
Folate (400 mcg Folic Acid)	667 mcg DFE	167%
Vitamin B12 (as Methylcobalamin)	5 mcg	100%

Organic Herb Blend	1,180 mg	
Fenugreek Seed†, Milk Thistle Seed†, Flaxseed, Fennel Seed†, Goat's Rue† (Galega officinalis Whole Herb), Anise Seed†, Ginger Root†, Black Thistle (Whole Herb)†, Stinging Nettle Leaf		
Docosahexaenoic Acid (DHA)	10 mg	

** Based on reference values for pregnant & lactating women
† Organic Ingredient ‡ Daily Value (DV) not established

Other Ingredients: Vegetable Cellulose Capsule



HEART | MIND | SOUL
NUTRITION

LACTATION SUPPORT

- 7 Nourishing Vitamins
- 9 Premium Herbs
- Added DHA

Dietary Supplement

SUGGESTED USE: Nursing mothers, take 2 capsules daily, preferably with food, or as directed by a healthcare practitioner.

CAUTION: Do not exceed recommended dose. Pregnant and nursing mothers, children under the age of 18, and individuals with a known medical condition or who are taking prescription medication should consult a physician before taking this or any dietary supplement.

*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.

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120
Capsules

MADE IN THE
FDA
REGISTERED



Manufactured For:
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