

BLESSED THISTLE

NETTLE

ANISE

MORINGA

GOAT'S RUE

Our "Milk It" blend is an all-natural proprietary blend of the most popular traditional herbs used for increasing milk supply in breastfeeding mothers: Moringa, Goat's Rue, Anise, Nettle, and blessed thistle. Whether your supply has taken a dip due to sickness, teething, or going back to work, this powerful blend will get you and baby back on track in no time.

FENUGREEK FREE

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OATMAMA.COM

MADE WITH ORGANIC INGREDIENTS

MILK IT



OAT MAMA™



LACTATION BLEND
SUPPORTS A HEALTHY MILK SUPPLY*

40 VEGETARIAN CAPSULES
DIETARY SUPPLEMENT

Suggested Use: Take two capsules, three times daily.
10 day supply.

Supplement Facts

Serving Size: 2 Capsules Servings Per Container: 30

Amount Per Serving %DV*

Proprietary Milk It Blend: 700 mg*

Organic Goat's Rue, Organic Nettle, Organic Anise,
Organic Moringa, Organic Blessed Thistle

* Daily Value not established

** Percent Daily Values based on a 2,000 calorie diet.

Other Ingredients: Cellulose (Vegetarian Capsule),
Rice Flour.



Manufactured for: Oat Mama
P.O. Box 43944, Tucson, AZ 85733

Do not exceed recommended dose. KEEP OUT OF REACH OF CHILDREN. Do not use if safety seal is damaged or missing. Fragrant or staining material, obtain under the age of 18, and individuals with a known medical condition should consult a physician before use.

*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.