

Suggested Use: Take 2 capsules 3 times daily. Take with food and drink to thirst.

Supplement Facts

Serving Size: 2 Capsules

Servings Per Container: 30

	Amount Per Serving	% Daily Value
Proprietary Blend	1,040 mg	**
Organic Goat's Rue (Galega Officinalis) Herb*		
Organic Milk Thistle (Silybum Marianum) Seed*		
Organic Shatavari (Asparagus Racemosus) Root*		
Organic Fennel (Foeniculum Vulgare) Seed*		
Organic Alfalfa (Medicago Sativa) Leaf*		
Organic Anise (Pimpinella Anisum) Seed*		

*Certified Organic Ingredient **Daily Value (DV) not established.

Other Ingredients: Vegetarian Capsule (Pullulan)

MANUFACTURED FOR LEGENDAIRY MILK, LLC
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Certified Organic by QAI

HEADS UP MAMA!

Do not use during pregnancy. Keep away from children.
Store in cool, dry place. May lower blood sugar - if you are
diabetic or hypoglycemic, consult with your doctor before use.
Hypersensitivity, such as allergy, may occur; in which case,
discontinue use. Take with food and stay hydrated.



LEGENDAIRY Milk®

LIQUID GOLD®



- ✦ Made with Organic Herbs
- ✦ Optimizes Breast Milk Production*
- ✦ Contains Goat's Rue Herb, Milk Thistle Seed and Other Supportive Herbs*

DIETARY SUPPLEMENT

10-DAY SUPPLY / 60 VEGETARIAN CAPSULES

LIQUID GOLD® is designed to support your natural milk production* with ingredients that have been traditionally used amongst lactating women all around the world.



goat's rue

FUN FACT

Its botanical name is derived from the Greek words "gala" = milk and "agein" = to drive.



Share your journey!

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www.fenugreekfree.com

*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.