

A pain in the boob!

If you've ever had a plugged duct before, you know it hurts like heck. Once milk gets backed up in the breast, it can quickly become engorged, and if left untreated, develop into the dreaded mastitis.

The solution is to get the milk flowing as quickly and completely as possible so the blockage can be flushed out. **LIQUID SUNFLOWER LECITHIN** is a natural fat emulsifier that can help to reduce the "stickiness" of the milk and deter fats from clumping together.*



Share your journey!

@legendairstmilk



LEARN WHY WE'RE FENUGREEK FREE AT
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.

LEGENDAIRY Milk®

LIQUID

SUNFLOWER LECITHIN



- + May Loosen Existing Fatty Clogs and Improve Milk Flow*
- + A Rich Source of Fatty Acids and Choline*

NET 12 FL. OZ. (355 mL)

Nutrition Facts

64 servings per container
Serving size 1 Teaspoon (5mL)

Amount per serving
Calories 50

	% Daily Value*
Total Fat 5g	8%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 3.5g	
Monounsaturated Fat 1.5g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	
Total Sugars 0g	0%
Includes 0g Added Sugars	
Protein 0g	
Vitamin D 0mcg	0%
Calcium 15mg	2%
Iron 0mg	0%
Potassium 52mg	2%
Phosphorus 152mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 1,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrates 4 • Protein 4

INGREDIENTS:
Organic Liquid Sunflower Lecithin

SUGGESTED USE:
For plugged ducts, take 1 teaspoon daily. For daily maintenance, take a half teaspoon daily. If preferred, add to your beverage of choice.

MANUFACTURED FOR
LEGENDAIRY MILK, LLC
1007 S. HEATHERVILLE BLVD.,
SUITE 100
PFLUGERVILLE, TEXAS 78060
WWW.LEGENDAIRYMILK.COM

Certified Organic by QAI

HEADS UP MAMA!
Not for use during pregnancy. Keep away from children. Store in cool, dry place. Hypersensitivity, such as allergies, may occur; in which case, discontinue use.

1-811-334-1212 821-05

