

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. **ORGANIC 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! @legendairemilk



WHY WE'RE FENUGREEK FREE
Learn more 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.

LEGENDARY *Milk*®

SUNFLOWER LECITHIN



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

DIETARY SUPPLEMENT
200 SOFTGELS

Suggested Use: For plugged ducts, take 1 softgel 3-4 times daily.
For daily maintenance, take 1 softgel 2 times daily.

Supplement Facts

Serving Size: 1 Softgel

Servings Per Container: 200

	Amount Per Serving	% Daily Value
Calories	12	**
Calories from Fat	11	**
Total Fat	1.2 g	1.9%
Organic Sunflower Lecithin	1,200 mg	**

Percent Daily Values are based on a 2,000 calorie diet

*Daily Value (DV) not established.

Other Ingredients: Gelatin, Vegetable Glycerin, Purified Water.

MANUFACTURED FOR LEGENDARY MILK, LLC
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HEADS UP MAMA!

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

