

Suggested Use:

As a dietary supplement, adults take one (1) capsule 4 times spread out throughout the day. Women over 180 lbs take two (2) capsules 3 times per day. Each capsule should be taken with only 1-2 oz of liquid.

*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.

Exclusively Manufactured For:

Mommy Knows Best
224 W Judd St., Suite 7B
Woodstock, IL 60098
(800) 323-2510

To reorder: visit mommyknowsbest.com



Mommy Knows Best®

Lactation Support

Breastfeeding Supplement

Blessed Thistle | Fenugreek
Fennel Seed | Milk Thistle

For Increased Milk Supply

120 Vegetarian Capsules | Dietary Supplement

Supplement Facts

Serving Size: 4 capsules
Servings Per Container: 30

	Amount Per Serving	% Daily Value
Proprietary Lactation Enhancing Blend	2400mg	**
Containing Blessed Thistle (root) 4:1, Fenugreek (seed) powder, Fennel Seed powder, and Milk Thistle.		

**Daily Value Not Established

Other Ingredients:

Vegetable cellulose, Magnesium stearate, Silicon dioxide

Warning: Do not use if safety seal under the cap is missing. Do not use if you are under the age of 18. Do not exceed recommended serving. Consult your Physician prior to using any dietary supplement. Keep out of reach of children.

