

Suggested use: Take 1 capsule daily. For maximum effectiveness, avoid more than 1-2 oz. of liquid before and after each dose.

*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
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Mommy Knows Best®

Fenugreek Free

Breastfeeding Supplement

Blessed & Milk Thistle | Goat's Rue Herb
Marshmallow Root | Shatavari Root

For Increased Milk Supply

30 Vegetarian Capsules | Dietary Supplement

Supplement Facts

Serving Size: 1 capsule

Servings Per Container: 30

	Amount Per Serving	% Daily Value
Blessed Thistle Herb	800 mg	**
Milk Thistle Seed	300 mg	**
Goat's Rue Herb	200 mg	**
Shatavari Root	100 mg	**
Marshmallow Root	100 mg	**

* Daily Value Not Established

Other Ingredients:

Veggie capsule, Microcrystalline cellulose, Silicon dioxide, Vegetable magnesium stearate

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.

