



100% ORGANIC Milkmaid Tea

Helps Support
Breastmilk Production*

..... FRAGRANT FENNEL HERB



HERBAL TEA SUPPLEMENT
CAFFEINE FREE
1 TEA BAG

NPN 80083585



ORGANIC Milkmaid Tea™

Organic Herbal Tea
Tisane Biologique

..... FRAGRANT
FENNEL HERB

Fenouil Aromatique

Caffeine Free/
Sans Caffeine

16 Tea Bags/Sachets de Thé

1.23 oz. net wt. (35 g)

Here. Drink this. It'll help.♥

A fragrant, comforting blend of organic herbs traditionally used to help support healthy breast milk production and promote healthy lactation.*

Pour boiling water over one tea bag. Steep 5-10 minutes.
Sip 1-3 cups per day, or as recommended by your healthcare provider.

Supplement Facts Serving Size 1 tea bag,
Serving Per Container 1, Amount per serving: Calories 0, Proprietary
Blend (2.2g): Trigonella Foenum-graecum (Fenugreek) Seed* (%DV †),
Foeniculum Vulgare (Fennel) Seed* (%DV †), Rubus Idaeus (Red
Raspberry) Leaf* (%DV †), Urtica Dioica (Stinging Nettle) Leaf* (%DV †),
Silybum Marianum (Milk Thistle) Seed* (%DV †), Citrus Sinensis (Orange)
Peel* (%DV †), Pimpinella Anisum (Anise) Seed* (%DV †), Carum Carvi
(Caraway) Seed* (%DV †), Medicago Sativa (Alfalfa) Leaf* (%DV †)
*Organic † Daily value (DV) not established

NOT FOR USE DURING PREGNANCY. Many galactagogue herbs are not recommended for use during pregnancy for greater than culinary amounts. Do not use this product if you are allergic to plants in the parties (dipsacae) family, such as fennel or caraway. Consult your healthcare provider before using this product when breastfeeding.

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9866 SE Empire Ct., Clackamas, OR, 97015 USA • 503-607-0607 • EarthMama.com
Certified Organic by Oregon Tilth • Certified Kosher by EarthKosher

*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.

THIS UNIT NOT LABELED FOR INDIVIDUAL RETAIL SALE. W10-181-04

TISANE MILKMAID

Dose recommandée: Utilisée traditionnellement en phytothérapie comme galactogogue/galactogène pour aider à favoriser la production/sécrétion de lait.

Durée d'utilisation recommandée: Mode d'emploi (femmes): Verser de l'eau bouillante sur un sachet de thé. Infuser pendant 5 à 10 minutes. Boire 4 tasses par jour ou selon l'avis d'un praticien de soins de santé. Consulter un praticien de soins de santé pour un usage de plus de 2 semaines.

Ingédients médicinaux: Chaque sachet de thé contient: Trigonella Foenum-graecum (Graines de fenugrec)* Seed 530 mg (2,120 mg daily dose), Foeniculum Vulgare (Graines de fenouil)* Seed 530 mg (2,120 mg daily dose), Rubus Idaeus (Feuille de framboise rouge)* Leaf 270 mg (1,080 mg daily dose), Urtica Dioica (Feuille d'ortie commune)* Leaf 200 mg (1,000 mg daily dose), Silybum Marianum (Graine de chardon-Marie)* Seed 200 mg (1,000 mg daily dose), Citrus Sinensis (Zeste d'orange)* Peel 130 mg (520 mg daily dose), Pimpinella Anisum (Graines d'anis)* Seed 130 mg (520 mg daily dose), Carum Carvi (Graines de carvi)* Seed 130 mg (520 mg daily dose), Medicago Sativa (Feuille de luzerne)* Herb Top 40 mg (160 mg daily dose)

*Biologique

Ingédients non médicinaux: aucun.

Mises en garde: Consulter un praticien de soins de santé si les symptômes persistent ou s'aggravent. Consulter un praticien de soins de santé avant d'en faire l'usage si vous êtes enceinte ou allaitante, ou si vous avez le diabète. Ne pas utiliser si vous êtes allergique aux plantes de la famille des Apiacées/Carotte. En cas d'hypersensibilité, telle une allergie, cesser l'utilisation.

IMPORTED BY / IMPORTÉ PAR:

NPN NATURALS RICHMOND HILL, ON, L4B1A3, CANADA

ORGANIC MILKMAID TEA

Recommended use: Traditionally used in Herbal Medicine as a galactogogue/lactagogue to help promote milk production/secretion.

Directions for use: Women pour boiling water over one tea bag. Steep 5-10 minutes. Sip 4 cups per day, or as recommended by your healthcare provider. Consult a health care practitioner for use beyond 2 weeks.

Medicinal Ingredients: Each tea bag contains: Trigonella Foenum-graecum (Fenugreek/Graines de fenugrec)* Seed 530 mg (2,120 mg daily dose), Foeniculum Vulgare (Fennel/Graines de fenouil)* Seed 530 mg (2,120 mg daily dose), Rubus Idaeus (Red Raspberry/Feuille de framboise rouge)* Leaf 270 mg (1,080 mg daily dose), Urtica Dioica (Stinging Nettle/Feuille d'ortie commune)* Leaf 200 mg (1,000 mg daily dose), Silybum Marianum (Milk Thistle/Graine de chardon-Marie)* Seed 200 mg (1,000 mg daily dose), Citrus Sinensis (Sweet Orange/Zeste d'orange)* Peel 130 mg (520 mg daily dose), Pimpinella Anisum (Anise/Graines d'anis)* Seed 130 mg (520 mg daily dose), Carum Carvi (Caraway/Graines de carvi)* Seed 130 mg (520 mg daily dose), Medicago Sativa (Alfalfa/Feuille de luzerne)* Herb Top 40 mg (160 mg daily dose) *Organic

Non-Medicinal ingredients: None.

Caution: Consult a health care practitioner if symptoms persist or worsen. Consult a health care practitioner prior to use if you are pregnant or breastfeeding, or if you have diabetes. Do not use if you are allergic to anethole or plants of the Apiaceae/Carrot family. Hypersensitivity, such as allergy, has been known to occur; in which case, discontinue use.



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Certified Organic by/Certifié biologique par Oregon Tilth
Certified Kosher by/Certifié Kashar par EarthKosher
Made in the USA/Fait aux É.-U.A.

Milk dwindling? Sigh. It happens —and we've been there before. So we brewed up this delightful concoction to help.

FENNEL FRIEND:
9 out of 10 culinary artists agree: the lovely licorice-like taste of fennel seed (Foeniculum Vulgare) brightens up any dish.

B20-181-11



Here. Drink this.
It'll help.



MILKMAID TEA

Who knew that one day you'd be thinking about your own milk production — a lot? (Besides us... we definitely get it.) Organic Milkmaid Tea is a fragrant, comforting blend of organic herbs traditionally used to help support healthy breast milk production and promote healthy lactation.* Tasty iced or hot, with organic fenugreek, fennel, milk thistle and other galactagogues (not space travel, which would be cool, but hey... breastfeeding's pretty downright cool).

Grounded in Nature, Powered by Love.™