

**LECHITA®** is designed to support your natural milk production\* with ingredients that have been traditionally used amongst lactating women all around the world.



*fennel*

FUN FACT

Flasks of fennel tea are common in German postpartum floors.



Share your journey! @legendairemilk   

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[www.fenugreekfree.com](http://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*®

**LECHITA®**



- ✦ Promotes Milk Flow\*
- ✦ Digestive Support for Mom/Baby\*
- ✦ Contains Fennel Seed, Anise Seed and Other Supportive Herbs\*

**DIETARY SUPPLEMENT**

10-DAY SUPPLY / 60 VEGETARIAN CAPSULES

Suggested Use: Take 2 capsules 3 times daily. Take with food and drink to thirst.

## Supplement Facts

Serving Size: 2 Capsules

Servings Per Container: 30

|                                                        | Amount Per Serving | % Daily Value |
|--------------------------------------------------------|--------------------|---------------|
| Proprietary Blend                                      | 1,060 mg           | ++            |
| Organic Fennel ( <i>Foeniculum Vulgare</i> ) Seed*     |                    |               |
| Organic Anise ( <i>Pimpinella Anisum</i> ) Seed*       |                    |               |
| Organic Goat's Rue ( <i>Galega Officinalis</i> ) Herb* |                    |               |
| Organic Caraway ( <i>Carum Carvi</i> ) Seed*           |                    |               |

\*Certified Organic Ingredient \*\*Daily Value (DV) not established.

Other Ingredients: Organic Vegetarian Capsule (Pullulan)

MANUFACTURED FOR LEGENDAIRY MILK, LLC  
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**Certified Organic by QAI**

**HEADS UP MAMA!**

Not for use during pregnancy. Keep away from children.  
Store in cool, dry place. May lower blood sugar - if you are diabetic or hypoglycemic, consult with your doctor before use.  
Hypersensitivity, such as allergy, may occur; in which case, discontinue use. Take with food and stay hydrated.

