

Formulated by Dr. Tori Hudson, a Naturopathic Physician specializing in women's natural health.

LactationBlend™ provides the benefit of centuries of experience with lactation supporting herbs and modern clinical research to naturally promote healthy lactation while nursing.*

Suggested Use: One (1) capsule daily, or as directed by your health care practitioner.

Avoid use of this product during pregnancy. Caution if taking prescription hypoglycemic medications.

This product contains no: preservatives, binders, artificial colorings or flavorings, sugars, starch, lactose, salt, corn, wheat, soybeans, milk derivatives, eggs, peanuts, tree nuts, fish or shellfish.

Tamper resistant: please do not use if safety seal is broken or missing.

Keep in a cool, dry place out of reach of children.



Actual Size

VITANICA®



LACTATIONBLEND™

NURSING SUPPORT*

FORMULATED BY DR. TORI HUDSON
Dietary Supplement
60 Vegetarian Capsules

VITANICA® 10347 SW Spokane Ct., Tualatin, OR 97062 • www.vitanica.com

Supplement Facts

Serving Size 1 Capsule

Amount per Serving	% Daily Value
Borage seed oil extract	35mg †
Fenugreek seed extract (10:1) ~ Trigonella foenum-graecum	50mg †
Milk thistle seed extract ~ Silybum marianum	20mg †
Fennel seed ~ Foeniculum vulgare	100mg †
Nettles leaf ~ Urtica dioica	70mg †
Blessed thistle aerial parts ~ Cnicus benedictus	70mg †
Vervain aerial parts ~ Verbena officinalis	70mg †
Hops flower ~ Humulus lupulus	45mg †
Oatstraw aerial parts ~ Avena sativa	45mg †
Red raspberry leaf ~ Rubus idaeus	40mg †
Goat's rue aerial parts ~ Galega officinalis	40mg †
Chaste tree berry ~ Vitex agnus-castus	35mg †

† Daily Value not established

Other ingredients: vegetarian capsule (cellulose and water).
May contain gluten.

LactationBlend™ is suitable for vegetarians and vegans.

* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.