

## FENUGREEK FREE

Our Milk It Lactation Blend uses traditional herbs like Moringa, Nigella Seed, and Blessed Thistle to help increase milk supply in breastfeeding mothers. Whether your supply has taken a dip due to sickness, teething, or going back to work, we have you taken care of, mama.

You're doing a good job, mama.

Let's Mother Together.

To learn about our other motherhood products visit:

[OATMAMA.COM](http://OATMAMA.COM)



# OAT MAMA™

## MILK IT LACTATION BLEND\*



SUPPORTS A HEALTHY MILK SUPPLY\*

60 VEGETARIAN CAPSULES  
DIETARY SUPPLEMENT

Suggested Use: Take two capsules, three times daily.

### Supplement Facts

Serving Size: 2 Capsules  
Serving Per Container: 30

	Amount Per Serving	%DV**
Blessed Thistle (Stem/Leaf/Flower) (Cnicus benedictus L.) Organic	250mg	**
Horseradish Tree (Leaf) (Moringa oleifera Lam.)	250mg	**
Nigella (Seed) (Nigella sativa L.)	200mg	**

\*\* (DV) Daily Value not established

Other Ingredients: rice flour, capsule (hypromellose, purified water)

MADE IN THE USA

Manufactured for  
Oat Mama  
P.O. Box 17250  
Seattle, WA 98127



Do not exceed recommended dose. KEEP OUT OF REACH OF CHILDREN. Do not use if safety seal is damaged or missing. Pregnant or nursing mothers, children under the age of 18, and individuals with a known medical condition should consult a physician before use.

\*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.