

glow with the flow!

Breastfeeding support, feed with ease! Chocolate flavored drink mix features naturally sourced herbs such as fenugreek to support healthy breast milk production for mamas.* Plus an extra boost of essential B-vitamins to offer energy when you need it most.

♥ ingredients recommended by lactation consultants

♥ mix with water or your favorite beverages

♥ made with natural flavors



myupspring.com

Manufactured in a GMP-certified facility for & distributed by UpSpring LLC, 4209 South Industrial Dr. Suite 200, Austin, TX 78744. Questions? 1-877-449-4647.

Store in a cool, dry place. Avoid excessive heat. **KEEP OUT OF REACH OF CHILDREN.**

DO NOT USE THIS PRODUCT DURING PREGNANCY. In rare occasions, individuals allergic to peanuts or other legumes may experience allergic/asthma symptoms due to fenugreek. If breastfeeding, taking medication, or have medical conditions (allergic individuals or diabetes), consult your healthcare professional prior to use. Discontinue use and consult your healthcare professional if any adverse reactions occur. Not intended for use by persons under the age of 18 years old.

upSpring®

milkflow® chocolate

drink mix

supports breast milk supply*

fenugreek + electrolytes

provides essential B-vitamins

for energy*

dissolvable
lactation
powder



DIETARY
SUPPLEMENT

16 SINGLE SERVE
15 g PACKETS
NET WT 8.5 OZ (240 g)



SUGGESTED USE: Stir packet into 8 oz of cold water or your favorite beverage and mix vigorously. Take up to 2 per day.

Supplement Facts

Serving Size 1 Packet (15g)

Servings Per Container 16

Amount Per Serving		% Daily Value
Calories	70	
Total Fat	2g	2%**
Total Carbohydrate	12g	4%**
Dietary Fiber	1g	4%**
Total Sugars	10g	†
Including 10g Added Sugars		20%**
Riboflavin	2mg	125%
Vitamin B12 (as cyanobalamin)	11.2 mcg	400%
Biotin	60 mcg	170%
Potassium	90 mg	2%
Sodium	20 mg	9%

Proprietary Blend 125 mg †
Fenugreek Seed 8:1 concentrate (*Trigonella foenum graecum*), Blessed Thistle 4:1 concentrate (aerial parts) (*Cnicus benedictus*), Anise Seed (*Pimpinella anisum*) (Concentrates equivalent to 860 mg dried herb/serving)

**Percent Daily Values are based on a 2,000 calorie diet.

†Daily Value not established for Pregnant and Lactating Women.

OTHER INGREDIENTS: Cane Sugar, Medium Chain Triglycerides, Cocoa (processed with alkali), Non-Fat Dry Milk, Dextrose, Disodium Phosphatase, Silicone Dioxide, Maltodextrin, Natural Flavor, Dibasic Calcium Phosphate, Steviol Glycosides (Extracted and Purified from natural stevia leaf), Guar Gum, Salt, Propylene Glycol, Citric Acid, Dextrin, Rice Hulls.

CONTAINS MILK. Manufactured in a facility that processes Milk, Soy, Eggs, Nuts, and Wheat.

*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.