

glow with the flow!

Breastfeeding support, feed with ease! Berry flavored drink mix features naturally sourced herbs such as fenugreek to support healthy breast milk production for mamas.* Plus an extra boost of electrolytes to offer hydration 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®

berry

drink mix

supports breast milk supply*

fenugreek + electrolytes

boosts healthy hydration*

with essential minerals

16 SINGLE SERVE
10 g PACKETS
NET WT 5.64 OZ (160 g)

dissolvable
lactation
powder



DIETARY
SUPPLEMENT

better wellness for the next generation of mamas!



Scan for More

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

Supplement Facts

Serving Size 1 Packet (10g)
Servings Per Container 16

Amount Per Serving		% Daily Value
Calories	40	
Total Carbohydrate	10g	4%**
Total Sugars	9g	†
Including 9g Added Sugars		18%**
Magnesium (as magnesium citrate)	40 mg	10%
Potassium (as potassium citrate)	100 mg	2%
Proprietary Blend	125 mg	†
Fenugreek Seed 8:1 concentrate (<i>Trigonella foenum graecum</i>), Blessed Thistle 4:1 concentrate (aerial parts) (<i>Cnicus benedictus</i>), Anise Seed (<i>Pimpinella anisum</i>) (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, Maltodextrin, Vegetable Concentrates (beet, carrot) (color), Citric Acid, Malic Acid, Natural Flavor, Dextrin, Steviol Glycosides (extracted and purified from natural stevia leaf), Rice Hulls.

*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.