

# upSpring. milkflow.

orange mango  
flavored drink mix

fenugreek +  
blessed thistle



vitamins C + D for  
immune support\*



natural  
orange mango  
flavor



UpSpring's milkflow® drink mix contains concentrated fenugreek and blessed thistle herbs that can help support the hormones that naturally support breast milk supply.\*

- **lactation consultant recommended ingredients**
- **can be used when pumping**
- **mix with water or juice**

naturally sourced herbs  
gluten free  
non GMO

## ♥ milkflow.?

At UpSpring, we nurture the nurturers™. Try our other great tasting milkflow® breastfeeding supplements or stomach settle® digestive supplements at [myupspring.com](http://myupspring.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.

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supports breast milk supply\*

+ **immune support\***  
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DIETARY SUPPLEMENT

16 - 10 g PACKETS

NET WT 5.64 oz (160 g)

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**DIRECTIONS:** Stir packet into 8 oz of cold water or beverage of your choice and mix vigorously. Take up to 2 per day.

## Supplement Facts

Serving Size 1 Packet (10 g)

Servings Per Container 16

Amount Per Serving	% Daily Value
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Calories 40

Total Carbohydrate 9 g 3%\*\*

Total Sugars 9 g †

Including 9 g Added Sugars 18%\*\*

Vitamin C (as ascorbic acid) 120 mg 100%

Vitamin D (as cholecalciferol) 25 mcg 167%

Proprietary Blend 125 mg †

Fenugreek seed 8:1 concentrate (*Trigonella foenum graecum*), Blessed Thistle 4:1 concentrate (aerial parts) (*Cnicus benedictus*), and 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, Citric Acid, Maltodextrin, Modified Food Starch, Natural Flavor, Dextrin, Gum Arabic, Steviol Glycosides (extracted and purified from natural stevia leaf), Triacetin, Beet Juice Concentrate (color), Beta-Carotene (color), Silicon Dioxide, Rice Hulls.

Exclusively manufactured for and distributed by: UpSpring LLC, 4209 South Industrial Drive, Suite 200 Austin, TX 78744  
[myupspring.com](http://myupspring.com)

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.

STORE IN A COOL, DRY PLACE. AVOID EXCESSIVE HEAT.

KEEP OUT OF REACH OF CHILDREN.



Made with love.  
Backed by science.