

upSpring®

# milkflow®

supports breast milk supply\*

fenugreek & blessed thistle

lactation consultant recommended ingredients

berry naturally flavored soft chews with other natural flavors

DIETARY SUPPLEMENT

28 SOFT CHEWS

NET WT 5.14 oz (145.6 g)

\*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.



DIRECTIONS: Take two (2) chews up to twice daily.

## Supplement Facts

Serving Size 2 Soft Chews  
Servings Per Container 14

Amount Per Serving	% Daily Value for Pregnant Women and Lactating Women
Calories 45	
Total Fat 0.5 g	<1%**
Total Carbohydrate 9 g	3%**
Total Sugars 6 g	†
Including 6 g Added Sugars	12%**
Potassium 4 mg	<1%**
Proprietary Blend 125 mg	†
Fenugreek ( <i>Trigonella foenum-graecum</i> ) seed extract, Blessed Thistle ( <i>Cnicus benedictus</i> ) aerial parts extract, Anise ( <i>Pimpinella anisum</i> ) seed powder	

\*\*Percent Daily Values are based on a 2,000 calorie diet.  
†Daily Value not established.

Other Ingredients: Cane Sugar, Brown Rice Syrup, Palm Oil (unhydrogenated), Sunflower Lecithin, Natural Flavors, Citric Acid, Glycerin, Tapioca Starch, Fruit and Vegetable Juice (carrot and blueberry) (color), Maltodextrin, Dextrin, Stevia Leaf Extract, Rice Hulls

Exclusively manufactured for and distributed by: UpSpring LLC, 4209 South Industrial Drive, Suite 200 Austin, TX 78744  
Questions? 1-800-526-6251 [myupspring.com](http://myupspring.com)

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.

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upSpring  
milkflow®

berry naturally flavored soft chews with other natural flavors

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

fenugreek + blessed thistle



natural berry flavor with other natural flavors

- lactation consultant recommended ingredients
- can be used when pumping

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)



Made with love.  
Backed by science.