



upSpring®

milkflow®

supports breast milk supply*

fenugreek & blessed thistle

lactation consultant recommended ingredients

chocolate raspberry 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 30 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, Cocoa Powder (processed with alkali), Palm Oil (unhydrogenated), Sunflower Lecithin, Natural Flavors, Rebaudioside A (from stevia leaf extract), Glycerin, Tapioca Starch, Maltodextrin, Citric Acid, 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

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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FG0660-01 | 9F0801CRG23

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naturally flavored soft chews
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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
chocolate raspberry
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



Made with love.
Backed by science.