

Grounded in Nature, Powered by Love.\*

## MILKMAID® TEA

Who knew that one day you'd be thinking about your own milk production — a lot? (Besides us...we definitely get it.) Organic Milkmaid Tea is a fragrant, comforting blend of organic herbs traditionally used to help support healthy breast milk production and promote healthy lactation.\* Tasty iced or hot, with organic fenugreek, fennel, milk thistle and other galactagogues (not space travel, which would be cool, but hey... breastfeeding's pretty downright cool).

### HERBAL TEA HOW-TO

Pour 8 oz. of boiling water over one tea bag. Cover and steep at least 5-10 minutes. Squeeze teabag to release all the herbally goodness. Sip and enjoy!

### TEAM WORK MAKES THE DREAM WORK

Each herb in this tea was intentionally chosen because of how it works synergistically with the others in the formulation, amplifying their efficacy like a little symphony. It's like the colleagues who hang out together after work. They like each other — and that makes their job seamless.

\*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.



## ORGANIC Milkmaid® Tea

Helps Support Breast Milk Production\*

FRAGRANT FENNEL HERB

Caffeine Free  
16 Tea Bags



Herbal Tea Supplement

1.23 oz. net wt. (35 g)

Here. Drink this.  
It'll help.



### EARTH MAMA ORGANIC TEAS

- These teas are formulated for pregnancy + everyone:
- Organic Elderberry Immune Tea
  - Organic Ginger Nausea™ Tea
  - Organic Heartburn Tea
  - Organic Peaceful™ Tea
  - Organic Raspberry Leaf Tea
  - Organic Third Trimester Tea
  - Organic Throat Soothie Tea

- These teas are NOT for use during pregnancy:
- Organic Periodic Tea
  - Organic Milkmaid® Tea
  - Organic No More Milk Tea

## ORGANIC MILKMAID® TEA

### Supplement Facts

Serving Size 1 tea bag per 8 fl. oz. of water  
Servings Per Container 16

	Amount Per Serving	% Daily Value
Calories	0	
Proprietary Blend	2.2 g	
Trigonella Foenum-graecum (Fenugreek) Seed*		†
Foeniculum Vulgare (Fennel) Seed*		†
Rubus Idaeus (Red Raspberry) Leaf*		†
Urtica Dioica (Stinging Nettle) Leaf*		†
Silybum Marianum (Milk Thistle) Seed*		†
Citrus Sinensis (Orange) Peel*		†
Pimpinella Anisum (Anise) Seed*		†
Carum Carvi (Caraway) Seed*		†
Medicago Sativa (Alfalfa) Leaf*		†

\*Organic † Daily Value not established

**NOT FOR USE DURING PREGNANCY.** Many galactagogue herbs are not recommended for use during pregnancy in greater than culinary amounts. Do not use this product if you are allergic to plants in the parsley (Apiaceae) family, such as fennel or coriander. Consult your healthcare provider before using this product when breastfeeding.



Distributed by Earth Mama Angel Baby® LLC  
9866 SE Empire Ct. Clackamas, OR, 97015  
USA • 503-607-0607 • EarthMama.com  
Certified Organic by Oregon Tilth  
Certified Kosher by EarthKosher