

Lactation Support®

An ample supply of breast milk is critical for the health of your nursing child. Made with certified organic herbs, Lactation Support™ promotes healthy lactation and optimal nutrient composition of breast milk.* Herbs such as Fenugreek seed and Red Raspberry leaf are included in this formula to support milk flow and provide a natural source of nutrients*

Suggested Use

Adults take 1 capsule 3 times daily between meals

*Not to be used during pregnancy. If you have a medical condition or take medications please consult with your doctor before using this product. **Keep away from children.** Use only as directed on label. Safety sealed for your protection. Keep bottle capped at all times and store in a cool dry place. Natural separation may occur. This does not affect product quality.*



Fennel

gaia[®]
HERBS

VALUE
SIZE

SystemSupport™

Lactation
Support™

Optimizes
healthy lactation*
meetyourherbs®

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VEGETARIAN LIQUID PHYTO-CAPS™
DIETARY SUPPLEMENT

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Supplement Facts

Daily Serving Size 3 Capsules
Servings Per Container 40

AMOUNT PER SERVING

Calories 30

PROPRIETARY EXTRACT BLEND: 1296 mg†

Fenugreek seed ▲ (*Trigonella foenum-graecum*),
Fennel seed ▲ (*Foeniculum vulgare*), Red
Raspberry leaf ▲ (*Rubus idaeus*), Blessed
Thistle herb ▲ (*Cnicus benedictus*),
Marshmallow root fresh ▲ (*Althaea officinalis*)

†Daily Value not established

Other ingredients: Vegetable glycerin, capsule
(vegetable cellulose)

▲ = Certified Organic Ingredient

Each 3 capsules contain 3,345 mg dry herb equivalent.



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HERBS

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*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.