

Herbs for Increasing Milk Supply

Two herbal treatments that seem to increase milk supply are fenugreek and blessed thistle.

Fenugreek: 610mg – 3 capsules, 3 times a day

Blessed Thistle: 390mg – 3 capsules, 3 times a day

- Fenugreek and blessed thistle seem to work better if you take both, not just one or the other
- You can take fenugreek and blessed thistle together with Motilium (Domperidone)
- Fenugreek and blessed thistle work quickly. If they are going to work, you will usually notice a difference within 3-4 days of starting them
- Fenugreek is often sold as a combination with thyme. Do not buy this combination, try to get the capsules with fenugreek alone
- Fenugreek has a distinctive smell – if you cannot smell it on your skin then you are not taking enough

Other herbal remedies that have been used are: raspberry leaf, fennel, goat's rue, brewer's yeast, alfalfa, nettle tea, moringa and many others but their effectiveness has not been proven.

Where to get the herbs:

Westglen Medical Centre – 30 Springborough Blvd S.W.

P: (403) 240-2221

Bluebottle Pharmacy – 148 – 17th Ave N.E.

P: (403)-276-3364

Cambrian Pharmacy – 728 Northmount Dr. N.W. #9

P: (403)-289-9181

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