**Herbal Supplements & Food**

Galactologues (increases milk supply) Antigalactologues (decreases milk supply)

 Alfalfa Cabbage (external)

 Barley Chocolate

 Black cumin seed Peppermint

 Caraway seed Parsley

 Coconut seed Sage

 Coriander seed Jasmine Flower (external)

 Cumin seed Periwinkle leaf/stem

 Dill seed Caffeine

 Fennel seed

 Fenugreek

 Fig

 Ginger root

 Goat’s Rue (diced herb or tincture)

 Hops

 Marshmallow root

 Milk thistle seed/stem

 Maringa fruit

 Oats

 Okra

 Papaya fruit

 Potato

 Probiotics

 Radish seed

 Raspberry leaf

 Sesame seed

 Sweet potato

**Cornerstone Lactation Services**

**Savannah Pressley, IBCLC**

[**www.cornerstonepediatrics.org**](http://www.cornerstonepediatrics.org) **🏵 (919) 460-0993**