



**Lactation 6** is a natural propriety herbal remedy that can be used during the entire lactation period for increasing the milk flow in lactating mothers. It is a natural remedy that consists of six lactogenic herbs that are used as a galactagogue to increase milk supply. Most of these ingredients have a long history of use by Chinese, Indian and Arab- folk cultures for increasing milk secretion.

**Composition:** This product contains natural ingredients that are safe and effective. Lactation6 consists of six pharmacopoeial herbs mixed at different ratios; these are:

- ❖ Pimpinella anisum powder
- ❖ Carum carvi powder
- ❖ Cuminum cyminum powder
- ❖ Foeniculum vulgare powder
- ❖ Trigonella foenum-graecum powder
- ❖ Cinnamomum verum powder Properties: • Helps in increasing milk secretion • Helps lactating mothers to increase their milk supply
- ❖ Support digestion
- ❖ Promote healthy liver
- ❖ Helps in stimulating appetite Indications: For lactating mothers.

**Results:** According to some limited clinical studies conducted on this product, it has been observed that Lactation6 has the following characteristics:

- ❖ Used as a galactagogue to increase milk supply
- ❖ Has some mild estrogenic properties
- ❖ Has some relaxing activity
- ❖ Support digestion Side effects: Well- tolerated and has no side effects.

Contra- Indications: None reported so far. Dose: Three capsules daily.

**Note:** Can be supplied as powder and herbal tea bags.