



Herbs In Mother's Milk Tea That Improve Lactation



Alfalfa



Anise



Blessed thistle



Fennel



Fenugreek



Nettle



Ginger



Goat's rue

References:

1. A Review of Herbal and Pharmaceutical Galactagogues for Breast-Feeding; NCBI
2. The Effect of Ginger on Breast Milk Volume in the Early Postpartum Period: A Randomized, Double-Blind Controlled Trial; NCBI
3. Effect of a Galactagogue Herbal Tea on Breast Milk Production and Prolactin Secretion by Mothers of Preterm Babies; Nigerian Journal of Clinical Practice
4. Alfalfa - Drugs and Lactation Database (LactMed); NCBI