



How To Consume *Alfalfa* During Breastfeeding Safely?

Safe consumption of alfalfa



Make concoctions or tea from its dried leaves

Include freshly cooked leaves and sprouts in salads, soups, and other foods



Mix cooked alfalfa sprouts in gravies in small amounts

Include alfalfa supplements after the doctor's consultation



Precautions

Buy alfalfa products from reputable brands and sellers



Consume recommended amounts for the instructed duration

Do not take any alfalfa product with hypoglycemic drugs



Do not take any alfalfa product with immunosuppressants or birth control pills