

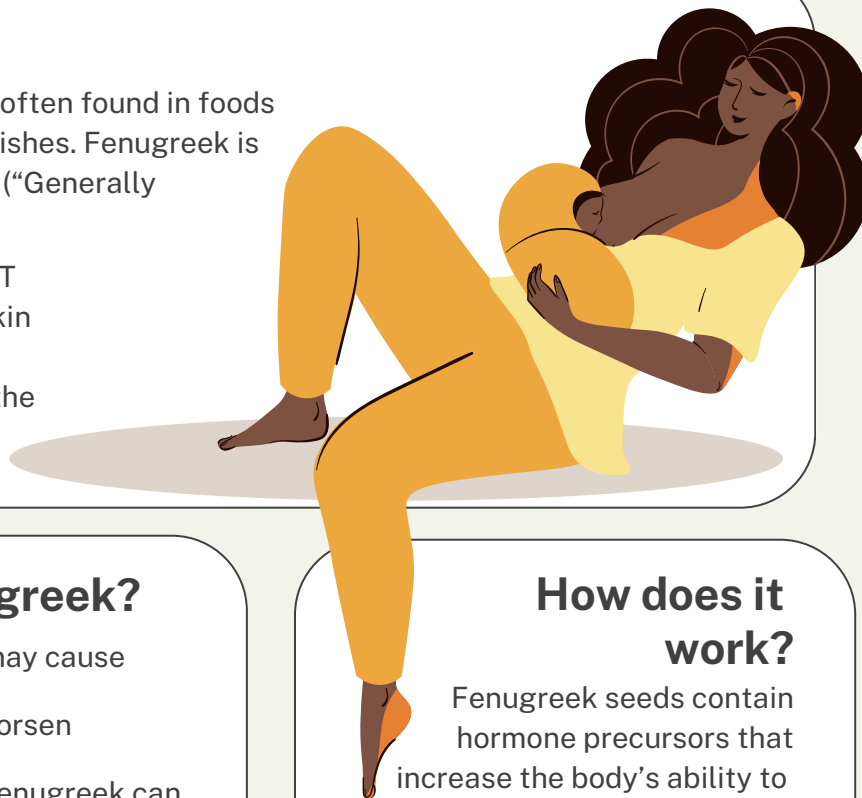
FENUGREEK

USE IN BREASTFEEDING

What is fenugreek?

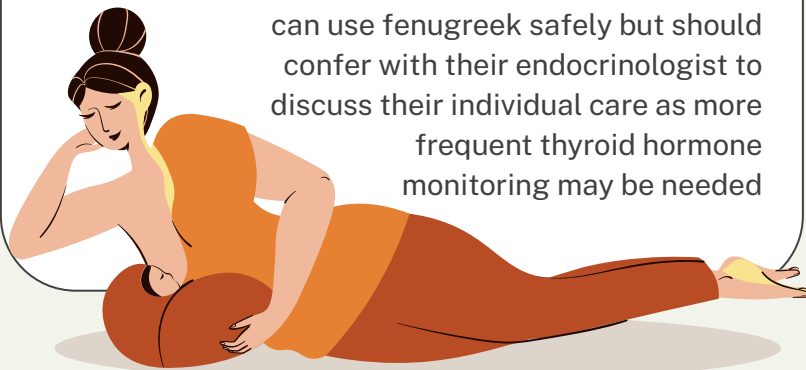
Fenugreek seeds are a supplement often found in foods such as pancake syrups and curry dishes. Fenugreek is on the U.S. government “GRAS” list (“Generally Regarded as Safe”).

Fenugreek helps **PROMOTE BREAST MILK SUPPLY**. It may also reduce skin blemishes, promote healthy hair, improve cholesterol, and decrease the risk of low iron (anemia).



Who should avoid fenugreek?

- Pregnant women, as fenugreek may cause uterine contractions
- Patients with asthma, as it can worsen symptoms
- Diabetics should use caution as fenugreek can cause hypoglycemia (low sugar)
 - Patients on thyroid medication generally can use fenugreek safely but should confer with their endocrinologist to discuss their individual care as more frequent thyroid hormone monitoring may be needed



How does it work?

Fenugreek seeds contain hormone precursors that increase the body's ability to secrete the hormone prolactin. Prolactin is necessary to produce breastmilk. Fenugreek stimulates the mammary glands and greatly improves breast milk supply. It further helps in easing milk “let-down”. The benefits are often noticed within 3 days of starting fenugreek.

In general, fenugreek:

- Improves breastmilk production
- Promotes breastmilk “let down” and “ejection”
- Aids in your baby's digestion (and may improve infant colic)

Suggested dosage

Fenugreek capsules (580 mg - 610 mg)

- Start by taking 1-2 capsules 3x/day with fluids and a meal
- Then, increase to 3-4 capsules 3x/day (maximum of 15 capsules daily)
- Skipping doses will decrease efficacy

Fenugreek tea (alone, or in “Mother's Milk Tea”)

- Minimum of 3-4 cups per day are needed to increase milk volume