Herbal Galactagogues

NONPROFIT BREASTFEEDING CENTER
MilkWorks

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A galactagogue is an herb or medication taken by a breastfeeding mother to increase her milk supply. For centuries mothers around the world have sought out remedies to increase their milk supply. However, **there is limited research on the safety and effectiveness of herbal galactagogues, which makes it hard for us to endorse them.** It is not known if any of these herbs are truly effective, and it is difficult to predict how a specific herbal galactagogue will affect an individual, requiring trial and error in many situations. When effective, results are generally seen within 24-72 hours of starting an herbal galactagogue.

Many of these herbs are used to decrease high blood sugar. **If you are diabetic or have problems with low blood sugar,** we recommend that you discuss the use of an herbal galactagogue with your health care provider.

Not all women can increase their low milk supply with a galactagogue due to the many underlying causes of low milk production. Prior to taking a galactagogue, MilkWorks highly recommends a feeding assessment by an IBCLC to identify possible causes and solutions. When taking a galactagogue, remember that **frequent milk removal is still the most effective way to increase supply.**

If you decide to take a galactagogue, we suggest:

- Do not take a dose higher than what is recommended by the manufacturer of the product.
- Watch for potential side effects.
- Some herbs may interact with other herbs or medications. If you are taking any prescription or over the counter medications, we highly recommend you check with your health care provider, or one of the following resources, for possible interactions:
    - LACTMED NIH Database: https://www.ncbi.nlm.nih.gov/books/NBK501922/ (FREE)
    - MommyMeds APP from Texas Tech University ($9.99)
    - E-lactancia (English and Spanish): http://www.e-lactancia.org (FREE)
- Stop taking a galactagogue immediately if you develop any signs of an allergic reaction, such as hives and/or wheezing.
- Do not continue to take a galactagogue if you do not feel it is helping your milk supply.
- Once supply is adequate you may stop taking a galactagogue. . Discontinue the herb gradually and watch how your supply responds.

MilkWorks carries two brands of herbal galactagogues. We have attempted to gather all information regarding their ingredients as of November 2026. Sources of information: Product websites, LACTMED, *Medications and Mother's Milk* Online, and Natural Medications Database. For additional up-to-date information, please visit the brand's website, or one of the references mentioned above.

LEGENDAIRY (www.legendairymilk.com)

Liquid Gold

- **Herbal Ingredients:** Goat's rue, milk thistle, shatavari (wild asparagus), fennel, alfalfa and anise.
- **Cautions:** Do not take during pregnancy or if allergic to anethole or plants of the Apiaceae/Carrot, Compositea or Astonaceae (daisies, artichokes, kiwi or ragweed) families. **Goat's Rue** is related to peanuts; may lower blood sugar; may inhibit platelet aggregation, so do not take within two weeks before surgery. **Fennel** may decrease levels of ciprofloxacin and increase levels of other medications, such as fluconazole and erythromycin. **Milk Thistle** may lower blood sugar. **Anise** may decrease levels of fluoxetine. **Alfalfa** is in the legume family - avoid if you have a peanut allergy; avoid if you have lupus as it may stimulate the

immune system; high in vitamin K - if you take a blood thinner, discuss use with your health care provider.
- **Dose:** per directions on bottle.

Pump Princess
- **Herbal Ingredients:** Black seed, fennel, and dill.
- **Cautions:** Do not take during pregnancy or if allergic to anethole or plants in the Apiacea/Carrot family. **Black seed** may lower blood sugar, lower blood pressure, interact with sedatives, increase the effect of diuretics, and/or stimulate or suppress immune function. **Fennel** (see information in Liquid Gold above).
- **Dose**: per directions on bottle.

Lactavist
- **Herbal Ingredient:** Torbangen/Coleus ambionics (traditional Indonesian galactagogue)
- **Cautions:** Store in a cool, dry place. May lower blood sugar.
- **Dose:** per directions on bottle.

She's Flowing
- **Herbal Ingredients: Moringa, Goat's Rue, Milk Thistle, Coconut Water**
- **Cautions: Moringa** can cause possible stomach upset, gas, bloating, or loose stools; may lower blood sugar levels and blood pressure; has potential anti-thyroid properties and can interact with blood thinners. Moringa may stimulate blood clotting, so caution is advisable for anyone at high risk for blood clots. **Goat's Rue** is related to peanuts; may lower blood sugar; may inhibit platelet aggregation, so do not take within two weeks before surgery. **Milk Thistle** may lower blood sugar.
- **Dose:** per directions on the package

MOTHERLOVE (www.motherlove.com)

Goat's Rue Capsules (525 mg)
- **Herbal ingredient:** Goat's rue.
- **Cautions**: Related to peanuts. May lower blood sugar. Do not take with blood thinners, or for two weeks before surgery, as herb may inhibit platelet aggregation.
- **Dose**: per directions on bottle.

More Milk Special Blend Capsules OR Tincture
- **Herbal Ingredients:** Goat's rue, fenugreek, blessed thistle, nettle leaf, fennel (capsules also contain soy lecithin and tincture also contains grain alcohol).
- **Cautions:** Do not take during pregnancy. **Goat's Rue** (see information above). **Fenugreek** may interact with prescription antidepressants that increase serotonin; may cause excess gas in mom or baby; may lower blood sugar, cause break through menstrual bleeding, or lower thyroid hormone (T3); do not take if you have hypothyroidism or take a blood thinner. **Blessed Thistle** may increase stomach acid.
- **Dose:** per directions on bottle.

No longer available at MilkWorks but you may hear about:

GO LACTA (www.golacta.com)

Moringa Capsules OR Individual Powder Packets OR Tea
- **Herbal ingredient:** Malungaay or moringa oleifera (tea also contains roasted brown rice)
- **CAUTION:** Moringa may stimulate blood clotting, so caution is advisable for anyone at high risk for blood clots. Animal research suggests it may lower thyroid levels or decrease blood sugar. If you are on a blood thinner, check with your health care provider.
- **Dose:** per directions on product.

NATURE'S ANSWER (www.naturesanswer.com)

Fenugreek Capsules (600 mg)

- **Herbal ingredient:** fenugreek (also contains rice flour)
- **Cautions:** May interact with prescription antidepressants that increase serotonin. May cause excess gas in mom or baby. May lower blood sugar, cause break through menstrual bleeding, or lower thyroid hormone (T3). Do not take if you have hypothyroidism or take a blood thinner. Allergic reactions have been reported in patients sensitive to chickpea and peanuts.
- **Dose:** 3 – 4 capsules, 3 – 4 times a day. (This is MORE than directed on bottle.)

Reviewed: November 2026