

# VITANICA® ~ LACTATION BLEND™



One of the most complete, natural breastfeeding support formulas featuring time honored herbs and researched ingredients.

## Featured Ingredients:

- Every single ingredient in Lactation Blend lends supportive function towards increasing or enhancing milk flow, as well as secondary and tertiary supportive functions for the mother and/or nursing infant
- Digestion support for both mother and baby comes from **Fennel** and **Milk thistle**; Milk thistle also supports the liver for mother and baby
- Enrichment of the milk with nutrient dense **Nettles** and **Raspberry**
- Calming support for both mother and baby from **Hops** and **Oatstraw**
- Time honored herbs supporting lactation: **Fenugreek**, **Vervain**
- **Chaste Tree Berry** promotes prolonged milk production, especially after the first two weeks of supplementation

**Indications:** Promotes increased and enriched milk flow with supportive botanicals. This formula features herbs with centuries of experience from midwives as well as modern clinical research results.

**Suggested Use:** 1 capsule, up to twice daily, or as directed by your healthcare practitioner.

## Supplement Facts

Serving Size 1 Capsule, 60 Servings per Container

Amount per Serving	% Daily Value
Fennel seed ~ Foeniculum vulgare	100mg †
Nettle leaf ~ Urtica dioica	70mg †
Blessed thistle aerial parts ~ Cnicus benedictus	70mg †
Vervain aerial parts ~ Verbena spp.	70mg †
Fenugreek seed extract (5:1) ~ Trigonella foenum-graecum	50mg †
Hops flower ~ Humulus lupulus	45mg †
Oatstraw aerial parts ~ Avena sativa	45mg †
Red raspberry leaf ~ Rubus idaeus	40mg †
Borage seed oil ~ Borago officinalis	35mg †
Chaste tree berry ~ Vitex agnus-castus	75mg †
Milk thistle seed extract ~ Silybum marianum	20mg †

† Daily Value not established

Other ingredients: Vegetarian capsule (cellulose and water).

LactationBlend™ is suitable for vegetarians and vegans.

\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Size ~ 60 caps; UPC code ~ 7-08118-01190-0

Contact ~ 800.572.4712; email ~ info@vitanica.com