Milk Flow Formula



These herbs can be blended together and made into a tea, extract or powdered for capsules.

HERBS

3 parts red raspberry leaf
2 parts nettle
1 part blessed thistle
1 part dandelion leaf
1 part fennel

DOSAGE

Dosage will be different for each person, I started out with 2 capsules or a cup of tea with each meal, you can increase or decrease as you see how your body responds. These are all nutritive herbs so no worries about 'overdosing'.