

HERBS FOR BREASTFEEDING MAMAS



This is a list I've compiled of herbs that are generally considered safe to use while breastfeeding. They do not necessarily support breastfeeding/milk production directly. As usual, please do your own research before taking or recommending herbs. Idiosyncratic reactions are always possible! ~ Camille

Alfalfa	Cleavers	Mullein
Astragalus	Cynara	Oats
Bacopa monnieri	Dandelion leaf/flower	Peppermint leaf
Baical skullcap	Dill	Psyllium
Bilberry fruit	Echinacea	Raspberry leaf
Black pepper	Elder flower & berry	Reishi
Blueberry leaf/fruit	Eleuthero	Rooibos
Burdock	Eyebright	Rose hips
Calendula	Fennel	St. John's wort <i>Schizandra</i>
Canada fleabane	Fenugreek	Saw palmetto <i>SAGE *</i>
Catnip	Fringe tree	Self-heal
Cardamom	Geranium maculatum	Shatavari
Cayenne	Garlic - <i>ginger</i>	Shiitake
Chamomile	Gotu kola	Slippery elm
Chickweed	Hawthorn	Solomon's seal
Chicory	Hibiscus	Spearmint
Chionanthus	Hops	Spilanthes
Clary sage	Kudzu	Stevia
Cleavers	Lavandula	Stinging nettle
Clove	Lemon balm	Sweet orange
Collinsonia	Linden	Turmeric
Cordyceps	Maitake	Usnea
Corn silk	Marshmallow	Valerian
Couch grass	Milk Thistle	Viola tricolor
Cramp bark	Mitchella	White Peony
Cranberry	Motherwort	<i>Urtica in small amounts</i>

Mignone as family only

Provided by Camille Freeman, LDN
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