



# Nursing Mother's Support

by CEDAR BEAR NATURALES®

Great Tasting 100% Alcohol-Free Liquid Herbal Products

## Helps Increase Milk Production in Nursing Mothers

An herbal formula especially developed for nursing mothers that have difficulty starting or continuing to maintain milk flow.

While nursing is a very important part of the early bonding experience for both mother and child, nursing also supports a young child's immunity and overall health, especially during the first six months of her life. Breast milk has been shown to help protect against gastro-intestinal and respiratory illnesses, urinary tract inflammations, and other health problems.

For a first-time mother, nursing her newborn infant can be a difficult experience and she may find herself further challenged with lack of milk production. With today's stresses, even experienced mothers can have difficulty with producing enough milk for her child on a consistent basis.

Nursing Mother's Support formula is a unique blend of herbs made with the post-partum and nursing mother in mind. This herbal galactagogue formula (a galactagogue helps increase milk production) helps replace necessary and essential mineral and trace mineral levels that are depleted from pregnancy and delivery, supports lactation, and helps reduce post-partum moodiness. This formula is designed to enhance milk production and supply, promote a restoration to health after the intensity of labor, as well as to soothe and nourish the nursing mother, herself.

Herbs can be very beneficial when used while breastfeeding because nutrients taken by the mother pass on to the baby in small doses, benefiting the baby's health as well as the mother's.

(Also recommended is Cedar Bear Naturales® Female Toner formula to help tone the reproductive organs and bring the new mother's health back into balance, Antioxidant Berries Plus™ for necessary antioxidants, and Herbal Minerals™ for calcium and general mineral support.)

**CONTAINS:** Stinging nettle leaf, raspberry leaf, fennel seed, marshmallow root, and *mB!*™ Liquid Tract Minerals in a kosher certified vegetable glycerin/purified water TincTract® base.

**SUGGESTED USE:** 1/3–1/2 teaspoon (2–2.46 ml) one to three times a day or as needed.

### MORE ABOUT THE HERBS IN THIS FORMULA:

- Stinging Nettle Leaf (*Urtica dioica*) nettle leaf has an amphoteric effect (the word amphoteric means to have a balancing effect) that helps balance milk production. It is very effective at helping to increase milk production, and helps moderate milk production so there isn't too much milk produced.

This important herb is nourishing for both mother and baby as it is extremely nutritive and very high in tissue building mineral electrolytes. It has abundant amounts of vitamins A, C, D, K, potassium, calcium, phosphorus, iron, and sulphur. Nettle leaf also helps to diminish pain during and after birth, helps reduce problems with post partum bleeding, and helps reduce hemorrhoids.

- Raspberry Leaf (*Rubus idaeus*) enriches and promotes milk supply. Used during the last two months of pregnancy and during labor, it helps tone female reproductive organs, strengthen the uterus, and reduce cramping pain after delivery. Helps reduce problems with post partum bleeding.

- Fennel Seed (*Foeniculum vulgare*) helps increase milk production in nursing mothers and diminish afterbirth pains. Reduces gas and abdominal pain and aids in digestion as it settles the stomach for both mother and baby.

- Marshmallow Root (*Althaea officinalis*) helps increase milk production, as well as making the milk sweeter and more palatable to baby. Also soothes mucous membranes and assists with tissue repair.

- *mB!*™ Liquid Trace Minerals is a proprietary micro-fractionated liquid trace mineral supplement made using the exclusive CBN™ Citritol™ process that enriches and assists important enzymatic processes.

Works Well With These Cedar Bear Naturales® Products:

Antioxidant Berries Plus™, Herbal Minerals, Stomach Relief, Female Toner, Single TincTract® of Ginger Root, Fennel Seed

Item #748 2 oz; #749 4 oz

Claims and statements herein are for informational purposes only and have not been evaluated by the Food and Drug Administration. These statements and products are not intended to diagnose, treat, cure or prevent any disease.

Copyright © 2005 CEDAR BEAR NATURALES®

This handout was prepared by CBN and may be copied and reproduced for commercial-free distribution without alteration to content in any manner whatsoever.

www.cedarbear.com 1 888 85HERBS (1 888 854-3727)

Purchase CEDAR BEAR NATURALES® Products From: