

Low Breast Milk Supply

Common reasons:

- Poor latch
- Long stretches in between breastfeeding
- Pumping
- Poor nutrition/fluid intake
- Stress

Solutions:

- Breastfeed more often
- Relax, get comfortable
- Newborn Club lactation help: 408-236-5650

Herbal remedies:

- Fenugreek Seed - increases milk production, fortifies milk with additional vitamins, may help infant colic
 - Available at Trader Joes, GNC, Whole Foods as capsules (580-610 mg)
 - Start with 3 capsule 3 times a day with water/food, increase to 4-5 capsules 3 times a day.
 - May instead use as tea (or Mother's Milk Tea) 3-4 cups/day
 - Do not take if pregnant, asthmatic, or diabetic (may lower glucose)
 - Side effect: diarrhea, maple odor to urine or sweat

Brewer's Yeast (try if Fenugreek doesn't help after 1 month)

- Start with 3 capsules 3 times a day, and work up to 5 capsules 3 times a day
- Do not use with fenugreek