

COMMONLY USED HERBAL GALACTOGOGUES

HERB	Tea	Tincture	Capsule	Possible side-effects	Comments	References
Alfalfa <i>Medicago sativa</i>	1-2 T leaves; 2-4 cups per day	1-4mls 3-4x/day	1-2 capsules 4 times per day	Loose stools	GRAS. Class I. A for plant, C for seeds. Related to peanuts and legumes. Avoid if hx of lupus. Contains large amounts of Vit K; consider another herb if taking warfarin, or azathioprine or cyclosporine for transplant maintenance.	3, 5, 6, 12, 13, 14, 15, 18, 19, 23,
Blessed thistle <i>Cnicus benedictus</i>	1-2 tsp dried herb, 5-6 cups per day (bitter)	1-3 ml 2-4x/day	1-3 250-300g TID w/ fenugreek; up to 6g if used alone	Gastric irritation	Class 2b. B- Not for use during pregnancy	3, 5, 6, 12, 13, 14, 15, 16, 18, 19, 23,
Fenugreek <i>Trigonella foenum-graecum</i>	2 tsp crushed whole seeds or ¼ tsp powder, 2-3 cups per day	1-2mls 3x/day	1-4 capsules 580-610mg 3-4x/day	Maple smell in urine, sweat; loose stools; light-headedness	GRAS. Class 2b. B- Not for use during pregnancy. May work via growth hormone. Reduces T3 in mice and rats; related to peanut family. Powdered herb has triggered asthma in some allergic individuals. Observe for hypoglycemia if taken together w/anti-diabetic meds. Choose another herb if taking anticoagulants, ticlopidine, glipizide. Protocols established for use in some hospitals	1, 2, 3, 4, 5, 6, 7, 9, 12, 13, 13, 15, 16, 17, 18, 19, 20, 23, 26, 27, 28,
Goat's Rue <i>Galegas officinalis</i>	1 tsp dried herb, 2-5 cups (bitter)	2-4 mls 3-4x/day	1-2 capsules (Motherlove) 3-4x/day		B. Variable toxicity for sheep, but long historical human use in France and Europe. Has been used in last trimester to bolster breast tissue development, but no research on pregnancy use. Constituent galegin the origin of metformin. Observe for hypoglycemia if taken together w/antidiabetic meds such as metformin; May be especially appropriate for mothers with PCOS. No reported human adverse reactions.	1, 5, 7, 12, 13, 14, 15, 16, 17, 18, 19, 23, 28, 29
Milk thistle <i>Silybum marianum</i>	1 tsp crushed seeds, 5-6 cups per day	3-5mls 3x/day	2 500mg standardized caps 3x/day	Laxative effect first few days	Class I. A. Increases clearance of metronidazole.	1, 3, 5, 6, 12, 13, 14, 15, 16, 17, 18, 19, 23,
Shatavari <i>Asparagus racemosus</i>	2 tsp powdered root stirred into warm milk 1-2x/day		1-2 500mg capsules (Ayurceutics) 2-3x/day	Laxative effect	B. Traditionally used for pregnancy and lactation in Ayurveda, though teratological effects observed in recent rat research.	5, 8, 10, 11, 14, 15, 18, 21, 22, 24, 25,

NOTE: Few products are manufactured specifically for lactation and so most manufacturer instructions are generic. All amounts here are approximate and should be titrated upward or downward as concentrations and potencies can vary by manufacturer. Results may also vary according to form of herb used.

GRAS: Generally Recognized As Safe. See <http://www.accessdata.fda.gov/scripts/cdrh/cfdocs/cfcfr/CFRSearch.cfm?fr=582.10&SearchTerm=herb>

Safety rating from Botanical Safety Handbook (ref 3):

Class I: Herbs that can be safely consumed when used appropriately

Class 2: Herbs with qualifying restrictions. 2B= not to be used during pregnancy

Safety rating for lactation, adapted from above by Sheila Humphrey, BSc, RN, IBCLC (ref 15)

A- No contraindications, side effects, drug interactions, or pregnancy-related safety issues have been identified. Generally considered safe when used appropriately.

B- May not be appropriate for self-use by some individuals or dyads, or may cause adverse effects if misused. Seek reliable safety and dose information.

C- Moderate potential for toxicity, mainly dose related. Seek an expert herbalist as well as a lactation consultation before using. Consider safer herbs.

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CULINARY HERBS

Spice foods moderately to support milk production. To increase milk production, can use singly or combined in more therapeutic amounts as tea

Herb	Tea	Tincture	Notes
Anise <i>Pimpinella anisum</i>	1-2 tsp seeds, crushed 3-6 cups per day	3ml 2-4x/day	Therapeutic amounts not for use during pregnancy. <i>GRAS. Humphrey B</i>
Blackseed/ Black cumin <i>Nigella sativa</i>	1 tsp seeds, crushed 4-6 cups per day	1 T seed oil daily	Therapeutic amounts not for use during pregnancy or with bleeding disorders. <i>GRAS. Humphrey A</i>
Caraway <i>Carum carvi</i>	1-2 tsp seeds, crushed 5-6 cups per day	3ml 3x/day	<i>GRAS. Humphrey A</i>
Coriander <i>Coriandrum sativum</i>	1 T seeds 3-5 cups per day		<i>GRAS. Humphrey A</i>
Dill <i>Anethum graveolens</i>	2 tsp seeds, crushed 2-3 cups per day	2.5-5ml 1-3x/day	<i>GRAS. Humphrey A</i>
Fennel <i>Foeniculum vulgare</i>	1-3 tsp seeds, crushed 2-6 cups per day	3 mls 3x/day	Related to celery. May decrease absorption of ciproflaxin. Essential oil may be toxic in large amounts. <i>GRAS. Humphrey A</i>

GRAS: Generally Recognized As Safe. See <http://www.accessdata.fda.gov/scripts/cdrh/cfdocs/cfcfr/CFRSearch.cfm?fr=582.10&SearchTerm=herb>

PHARMACEUTICAL GALACTOGOGUES

Medication	Dosage	Notes	References
Metoclopramide (Reglan, Maxeran)	10-15mgs 3x/day for 7-10 days; taper off gradually Not good for long-term use	Increases prolactin Dose-response effect Possible side effects: Tiredness, nausea, headache, anxiety; more rarely, extrapyramidal symptoms, tardive dyskinesia. Can induce depression in postpartum mothers, especially after 3-4 wks. Contraindicated with epilepsy, concurrent antiseizure or antidepressants drugs, medications, history of depression, pheochromocytoma or uncontrolled hypertension, intestinal bleeding or obstruction, or known allergy or prior reaction to metoclopramide. Hale: L2 (Safer) AAP: Drugs whose effect on nursing infants is unknown but may be of concern	1, 2, 3, 6, 7, 9, 11,
Domperidone (Motilium)	10-20 mg 3- 4x/day or 30mg 3x/day. Can be used longer-term	Increases prolactin Possible side-effects: Occasional headaches, dry mouth, abdominal cramps Contraindications: situations in which gastrointestinal stimulation might be dangerous; concurrent ketoconazole. RCT: daSilva Hale: L1 (Safest) AAP: Maternal medication usually compatible with breastfeeding <i>For discussion of FDA concerns:</i> http://neoreviews.aappublications.org/cgi/eletters/5/4/e164 http://www.lowmilksupply.org/domperidone-safe.shtml Medications and Mother's Milk 2008, p302-304 ABM Protocol #9	1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 12
Sulpiride	50mg 2x/day	Anti-psychotic, chemically similar to metoclopramide. Possible side-effects: sedation, weight gain; rarely, extrapyramidal symptoms, tardive dyskinesia. Hale: L2 (Safer) AAP: No rating	1, 2, 6, 7,

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