

Which Motherlove product is best for me?

More Milk Plus liquid herbal extracts

Motherlove's best selling product to increase breast milk. Fenugreek, the dominant herb in this blend, is highly recommended by lactation consultants. This product works for most women whose milk supply has decreased due to growth spurts, separation, illness or stress. Available in a grain alcohol or alcohol-free (glycerine) base. Not for use during pregnancy.

More Milk Plus vegetarian capsules

A liquid extract concentrate in vegetarian capsules, alcohol free, convenient and easy to use. Not for use during pregnancy.

More Milk

This blend does not contain fenugreek for those who may be sensitive to its potential side effects. This sensitivity, usually gastric upset, may occur in either mother or baby.

More Milk Special Blend

Specially formulated at the request of lactation consultants, this blend adds goat's rue to our popular More Milk Plus formula. Goat's rue helps develop mammary tissue for women who may have PCOS (Polycystic Ovarian Syndrome), those who have had breast reduction surgery, adoptive mothers, as well as women who need extra support in boosting milk supply. Available in grain alcohol or alcohol-free (glycerine) base. Not for use during pregnancy.

Goat's Rue

This is one of the most potent herbs to increase breast milk. By stimulating the development of mammary tissue, it allows adoptive mothers to successfully breastfeed, as well as women with PCOS (Polycystic Ovarian Syndrome) and women who have had breast reduction surgery. It is also used to increase breast size in non-lactating women. Available in a liquid extract or vegetarian capsules.

What is the suggested use for these products?

Liquid Extracts

Under 175 lbs: 1/4 tsp (1ml) 4 times a day

Over 175 lbs: 1/2 tsp (2ml) 3 times a day

Vegetarian Capsules:

Under 175 lbs: 1 capsule 4 times a day

Over 175 lbs: 2 capsules 3 times a day

These products can be taken with a small amount (1-2 oz.) of liquid. For maximum effectiveness, avoid drinking liquids 20 minutes before or after each use. Most women see an increase in milk supply with the More Milk Plus products within 1-2 days. It does take longer, usually 2-3 weeks, to see an effect if taking goat's rue to support mammary tissue development.

How long will my Motherlove product last at the suggested amounts?

This depends on dose and body weight, here is the approximate time each size will last:

60 caps 10 days - 2 weeks

120 caps 20 days - 4 weeks

2 oz. 10 days - 2 weeks

4 oz. 20 days - 4 weeks

8 oz. 40 days - 8 weeks

What can be done to help ensure Motherlove product effectiveness?

Be sure you are taking the correct amount for your body weight according to the suggested use on the label. These products may be taken with 1-2 oz. of liquid. Although it is important to drink plenty of fluids throughout the day, for maximum effectiveness avoid drinking liquids 20 minutes before or after each dose. Drinking more liquids than specified with each use may dilute the herbs in your system. If your supply still is not adequate, you may add 1 or 2 doses a day, up to 6 times a day. And, if after following these guidelines, you do not see an increase, there may be a more appropriate Motherlove formula for you.

Which works better, liquid extracts or vegetarian capsules?

Both should be equally effective. Liquid extracts are more quickly absorbed through the mucus membranes in the mouth than the capsules, which take about 1/2 hour to digest and enter the system. The extracts cost less, but many women prefer the vegetarian capsules for convenience and ease of use.

What is the difference between Motherlove alcohol based extracts and the alcohol-free extracts?

Initially, both products are extracted in alcohol and water. An alcohol/water blend is the preferred medium as it extracts the widest range of constituents from the herbs. The amount of alcohol in the finished extract is minimal and is not contraindicated in breastfeeding, but it does have a sharp taste.

In the alcohol-free products, the alcohol is slowly steamed away, without removing the important constituents. Glycerine, a sweet syrup derived from coconuts, is then added to replace the alcohol.

We offer alcohol-free choices in the More Milk Plus and More Milk Special Blend products. Our More Milk Plus Vegetarian Capsules and Goat's Rue Vegetarian Capsules are also alcohol-free.

Does the alcohol affect my baby?

The American Academy of Paediatrics states that a small amount of alcohol is compatible with breastfeeding, and that any alcohol is out of the breast milk within two hours after consuming. A good time to take the extract, therefore, is right after breastfeeding. Dispensing each amount in 1-2 oz. hot water removes much of the alcohol. Motherlove does have alcohol-free liquid extracts and vegetarian capsules available.

How long should I use Motherlove liquid extracts or vegetarian capsules?

Every mother's needs vary. Some women are able to use these products for a short time to increase their milk supply, and when supply and demand takes over, no additional product is needed. Others, once their milk supply increases to the desired level, are able to decrease the amount or number of doses per day to maintain the desired supply of breast milk. Some women may need to use Motherlove's lactation products the entire time they are nursing to maintain their milk supply. We encourage women to use the amount that best meets their baby's growing demands.

What is the difference between Motherlove herbal liquid extracts and capsules and dried powdered herb teas and capsules?

Motherlove liquid extracts are made with certified organic herbs picked and processed at peak potency. A liquid extract maintains this quality and has a high rate of absorbability. Dried powdered herbs lose potency over time, making them less effective.

Are these herbs safe?

These are herbs that are used daily for food in many countries. Fenugreek and fennel are in Middle Eastern cuisine. Fenugreek is also used to make imitation maple flavouring. Nettle, called a "storehouse of nutrition", is a wonderful spring green when cooked and is full of valuable minerals such as iron, calcium and other trace minerals. Goat's rue and fenugreek are fed to animals as fodder. Blessed thistle is most often recommended to strengthen the liver.

Are there any known side effects from Motherlove products?

Fenugreek may cause increased perspiration, gas and/or loose stools, and the body may excrete a maple syrup-like smell. Fenugreek and goat's rue can lower blood sugar levels, but it usually takes much larger amounts than those contained in our products. Women who are insulin dependent or hypoglycemic may want to consult with a health care practitioner. As with any ingested food or product, if adverse effects appear in mother or baby, discontinue use.

Are allergic reactions to Motherlove herbal extracts possible?

Any ingested food has the potential for allergic reaction. The liquid extracts do not contain any milk, dairy, egg, fish, shellfish, tree nuts, peanuts, wheat, gluten or soy. The vegetarian capsules do contain non-GMO soy lecithin. Fenugreek and goat's rue are in the legume family, as are soy and peanuts. Those with allergies to plants in this family should use these products with caution. Discontinue use if side effects appear in mother or baby.

Are Motherlove products gluten-free?

Yes, all Motherlove products are gluten-free.