



How to Increase Lactation with Galactagogues

One of the greatest concerns of any mother is ensuring her baby is sufficiently nourished. If she is uncertain whether she is providing enough milk while breastfeeding, she should check with a lactation consultant and/or the baby's doctor to determine whether the supply is low. If there truly is a milk supply issue unrelated to lactation management, mothers may turn to galactagogues—plants, supplements, and foods that can support milk production. The following articles share possible galactagogues for mothers to consider.

Selection and Use of Galactagogues – This article lists herbs and foods that may increase a milk supply when non-medical interventions do not help.

<https://www.llli.org/selection-and-use-of-galactagogues-2/>

10 Herbs to Increase Breast Milk Supply – There are several plants that are believed to promote breastfeeding and boost milk production.

<https://www.verywellfamily.com/herbs-to-increase-breast-milk-supply-431855>

8 Great Lactogenic Foods for Increasing Milk Supply – This article lists foods that contain substances that help support the chemistry of lactation. They also contain vital minerals and healthy fats that are vital to the process.

<https://www.nourisher.co/blogs/the-milkful-blog/8-great-lactogenic-foods-for-increasing-milk-supply>

To learn more about breastfeeding, relactation, and how to produce homemade baby formula, please visit the following article:

Homemade Solutions to the Baby Formula Shortage

<https://corac.co/2022/06/04/homemade-solutions-to-the-baby-formula-shortage/>

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