



# Breastfeeding Mix

Naturally promotes milk production and soothes both nursing mothers and babies. Perfect hot as a much needed cuppa, or chilled from a travel flask for busy mothers on the go!

**best brewed at 100°C | caffeine free | hand blended in Tasmania**

**Organic Chamomile:** a wonderful relaxant for both the nervous and digestive systems and a perfect calming remedy for nursing mothers and babies. It can relieve nervous tension, colic, wind and distension.

**Organic Fennel:** promotes the secretion of breast milk in nursing mothers and soothes digestive troubles. May increase appetite and relieve wind, colic and hiccoughs. May also help regulate the menstrual cycle and relieve after birth pains, as well as helping to relieve fluid retention and urinary infections.

**Organic Fenugreek:** historically used as a galactagogue (to increase milk supply) for nursing mothers, it is also beneficial for stomach ailments, due to its soothing mucilaginous properties. Freshens bad breath and helps to restore a dulled sense of taste. Fenugreek may also help lower blood cholesterol levels.

**Organic Rosehip:** rich in vitamin C, this uplifting herb may relieve fatigue and boost the immune system.

**Organic Rose Petals:** may help relieve uterine contractions causing pain and heavy blood loss, as well as irregular menstrual cycles. Rose petals may also aid digestion and help to relieve irritability and fatigue.