Thinking About Herbs for Milk Supply?

Questions to ask first | Bloom Therapy Group

Many parents look into herbs, teas and supplements to support milk supply. It makes sense to want a natural option. But natural does not always mean risk-free, and herbs work best when they match the real reason supply is low. Start with the why.

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Low supply has many possible causes. A few common questions your providers may look at:

- Is milk being removed often enough, and well, by baby or the pump?
- Is baby latching and feeding effectively? Tongue movement, endurance and breathing all play a part.
- How did feeding start in the first days and weeks? Early milk removal shapes supply.
- Are there health factors in your own history that your doctor should know about?

Before you try an herb, ask

Question	Why it matters
What do you think is causing my low supply?	An herb cannot fix a latch or milk removal problem.
Is this herb safe with my health history and medications?	Some herbs are not advised with certain conditions, such as bleeding or blood pressure concerns, or during pregnancy.
How much, and in what form?	Teas, powders, capsules and tinctures differ in strength.
How long should I try it, and what should I track?	Give one change about a week, and track pumping output, diapers and baby's weight.

Good habits

- Change one thing at a time so you can tell what is helping
- Buy from reputable brands with clear labels
- Tell your doctor, your baby's pediatrician and your lactation provider what you take
- Stop and call your provider if you or baby have a reaction

Trusted places to check

- **LactMed** from the National Library of Medicine: safety information on medications and supplements while breastfeeding
- **American Botanical Council** and the **American Herbal Products Association (AHPA):** botanical safety information

How Bloom can help

Supply and feeding are closely linked. Our infant feeding team looks at latch, oral function, positioning and how well milk is being removed, and we work with your lactation and medical providers so the whole plan fits together.

This handout is for general education and does not replace care from your own medical and lactation providers.