

## Supplement Facts

Serving Size: 1 Packet (2.5g)  
Servings Per Container: 28

Amount Per Serving		% Daily Value for Pregnant & Lactating Women
<b>Calories</b>	<b>5</b>	
Total Carbohydrate	1g	<1%**
Vitamin D3 (as cholecalciferol USP-FCC)	20mcg (800 IU)	133%
Folate (USP)	1143 mcg DFE (800mcg Folic Acid)	190%
Calcium (as calcium lactate, FCC)	100mg	8%
<b>Proprietary Blend</b>	<b>245mg</b>	†
Blessed Thistle (aerial parts) (Extract 4:1)		†
Fennel (seed) (Foeniculum Vulgare)		†
Fenugreek (seed)		†
Raspberry (leaf) Powder		†

\*\*Percent Daily Values are based on a 2,000 calorie diet  
† Daily Value Not Established

**Other Ingredients:** Natural Flavors, Stevia (Leaf) Extract

**CONTAINS TRACES OF SOY**

Manufactured for Luna Pharmaceuticals, Inc., Providence, RI 02903 USA

Fenugreek may cause upset stomach or excessive gas in mother or baby, may lower blood sugar, may cause breakthrough menstrual bleeding, may lower the thyroid hormone T3, and should be avoided by women with hypothyroidism.

As with any supplement, if you are pregnant, breastfeeding or taking medication, consult your doctor before use.

Store at room temperature. Avoid excessive heat.

**KEEP OUT OF REACH OF CHILDREN.**

Do not use this product if safety seal on flap is torn or missing.

Manufactured and packaged in the USA from domestic and imported ingredients.

## ONCE DAILY

**DIRECTIONS:** Mix one packet per day with at least 12oz of water, with or between meals. Stir or blend well to completely dissolve.



## OTHER WAYS TO ENJOY PREMAMA LACTATION:



Mix with any non-carbonated beverage or blend into your favorite smoothie.

Premama Lactation should be taken every day while breastfeeding. We do not recommend taking Premama Lactation while pregnant or trying to conceive.

[drinkpremama.com](http://drinkpremama.com)

Questions or Comments? Call 1(401) 383-0299

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## LACTATION SUPPLEMENT DRINK MIX

*premama*®

## LACTATION\*

Supports Breast Milk Production\*  
Fenugreek, Fennel Seed  
and Blessed Thistle

Fortifies Breast Milk  
with Added Nutrition  
Folic Acid and Vitamin D3



**28 PACKETS**

Mixed Berry Flavor

**DIETARY SUPPLEMENT**

GLUTEN-FREE / VEGETARIAN / NON-GMO / ALL-NATURAL

28 - 0.09 oz Packets - (NET WT 2.5 oz) (70 g)

## TUMMY SAFE



Essential vitamins to boost breast milk nutrition.\*



Fennel Seed and Fenugreek to support breast milk production.\*



Blessed Thistle for added lactation support.\*

## SATISFACTION GUARANTEE:

Unsatisfied? Please contact us at [hello@drinkpremama.com](mailto:hello@drinkpremama.com) and we will make it right.

\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.