

# Boosting Milk Supply

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## Signs of low milk supply:

- **Poor infant weight gain**  
(less than 5 oz./week for a baby younger than 4 months, less than 4 oz./week for a baby 4+ months)
- **Poor infant output** (fewer than 5 wet diapers in 24 hours)
- **Significant change in pumping output** (2+ oz. drop per session)
- **Infant fussiness at the breast, refusing to breastfeed, or needing to be given a bottle after or in place of breastfeeding**

Once you begin trying to boost your milk supply, it typically takes 3–5 days before you will start to see results. **Don't be discouraged** if your supply is not increasing at first.

## Stimulation:

The **most effective way** to boost your milk supply is through more frequent milk removal from the breast. The more often you remove milk from your breasts, the more milk you are asking your body to make.

Aim to stimulate (remove milk from) your breasts 10–12+ times in each 24-hour period.

You can do this in a variety of ways:

- **Breastfeed more frequently.** Breastfeed every 2 hours during the day and feed from both breasts at every feeding.
- **Pump after breastfeeding.** Pump after most daytime feedings. Pump both breasts for about 10–15 minutes and do this within 10–15 minutes of when you finish breastfeeding.
- **Avoid long stretches at night.** Go no longer than one stretch of 4–5 hours overnight without breastfeeding or pumping.
- **Pump more frequently.** If you have been pumping regularly, increase your pumping **SESSIONS**. For example: if you had been pumping 2 times in a workday (about every 3 hours), start pumping 3 times in a workday (about every 2 hours).

## Supplements:

Most herbal supplements that **could** help boost supply include: Fenugreek, Goat's Rue, Blessed Thistle, Shatavari, Milk Thistle, and/or Moringa.

\*Fenugreek is NOT recommended for those with a peanut or legume allergy.

## Recommended Supplements:

- **Motherlove More Milk Plus OR Special Blend**  
1 capsule 4–6 times per day (or 2 capsules 2–3 times per day)  
Available at Amazon, Walgreens, Target
- **UpSpring Milkflow capsules or drink mix**  
1 capsule or drink mix 3–4 times per day  
Available at Buy Buy Baby, Target, Amazon
- **Fenugreek 610 mg capsules**  
3 capsules 3–4 times per day (9–12 total capsules per day)  
Available at Walgreens, Target, Amazon
- **Legendary Milk Blends**  
Fenugreek-free, variety of blends  
Available at [legendairymilk.com](http://legendairymilk.com) and Amazon, Target, Whole Foods, Prices Corner Pharmacy
- **Mother's Milk Tea (3–5 cups per day) or MilkMaid Tea (1–3 cups per day)**  
Available at Target, Amazon, grocery stores, drugstores

## Nutrition:

Drink to thirst. Don't force fluids but be sure you are well hydrated.

Eat 500 extra calories per day. Aim for 3 meals and 3 snacks per day.

\*There is no need to purchase any special lactation cookies or bars.

\*Oatmeal, flax seeds, brewer's yeast, etc. could help, so eat those things if you like them.

## Follow up:

If you do NOT notice improvement after 3–5 days, contact us for an appointment.