

Galactagogues

(a.k.a. things that may help to induce or increase milk supply)



Keep in mind that what works for one person may not work for another. The best way to induce and increase milk supply is by emptying your breasts effectively and frequently. I always recommend starting with the least invasive option—nursing or pumping more often, skin to skin, breast compressions to maximize milk transfer, observing good swallows with latch., etc. It is important to make sure you actually have low supply before treating. Your breasts suddenly feeling soft or your baby cluster feeding is not a sign of low milk supply. After trying all of the above, we can move onto foods, and if that still isn't helping, try certain herbs. Finally, there are certain pharmaceuticals on the market that can potentially boost milk supply. Keep in mind that any herbs or medications always carry the potential of side effects.

Foods

1. Oatmeal
2. Brewers yeast
3. Ground flaxseed
4. Fennel
5. Electrolyte replacing drinks, such as Body Armor, Gatorade, Liquid IV, etc.
6. Garlic and ginger
7. High protein foods



High protein snacks that I love: handful of nuts, cottage cheese with fruit, peanut butter and an apple or carrot, boiled eggs, Spinach salad (spinach, goat cheese blueberries, and honey), and a no bake cookie in a bowl (oats, chocolate soy or almond milk, ground flaxseed, brewers yeast, and peanut butter). Mix together and warm in the microwave for 1 minute.

Ensuring that you are eating enough helps as well. You need about 500 extra calories from your baseline. I do not recommend cutting calories or macros for several months, until your supply is well established. This is especially critical for first time moms.

Herbs

1. **Fenugreek** – This used to be a first line recommendation for increasing milk supply. However, we have collectively seen that while about 1/3 of mothers see improvement, 1/3 notice no change, and the other 1/3 actually will see a decrease in supply.

Fenugreek can upset tummies (mom and baby!), and is also contraindicated in moms with thyroid or blood sugar disorders, and those who have soybean or peanut allergies. Therefore, even though it is first on this list, it is not the first that I recommend.

2. **Blessed Thistle** – Typically works best when taken with Fenugreek.
3. **Goats Rue** – One of my favorites because studies show it increasing your milk making tissues.
4. **Alfalfa** – Again, speak with your IBCLC first to discuss potential allergens.
5. **Moringa** – This can also affect your blood sugar.
6. **Shatavari**

Pharmaceuticals

1. **Reglan** – I almost never recommend this because of the side effects. It can cause depressive symptoms which no new parent needs! However, it is easily accessible and often a first line when requesting a galactagogue from a physician.
2. **Domperidone** – While it is not marketed in the United States for breastmilk production, I have seen amazing results with this drug. Domperidone increases breastmilk production by increasing prolactin secretion from the pituitary gland. Most moms typically will do a virtual consult with a provider in Canada and then will be prescribed this medication. The downside is that it can take quite some time to arrive, so make sure you are working closely with an IBCLC during that time.

