



PROLACTIA

NPN	80042232	FORMAT	90 softgels
INDICATIONS	Supplement for breastfeeding women: Promotes the production of nutritious milk satisfying the requirements of an infant. Micronutrient source for the health of women and children.	DOSAGE	1 softgel daily
CAUTION	Consult a health care practitioner prior to use if you are taking blood thinners, Hydroxymethylglutaryl (HMG) CoA reductase ("statins") lipid lowering medications or cyclosporine, if you have diabetes, are pregnant, suffer from liver or kidney disease or have received an organ transplant. Discontinue use and consult a health care practitioner if you experience muscle pain, tenderness and/or weakness. Some people may experience gastrointestinal upset, nausea or diarrhoea. Red yeast rice may cause allergic reactions in some individuals.		

COMPOSITION

Iodine (potassium iodide)	270 mcg	Vitamin D3	(600 UI) 15 mcg
Fenugreek (125 mg 4:1 extract).....	500 mg	Fatty acids (from fish oil)	
Maltose (48 mg 10:1 extract)	480 mg	<i>DHA (Docosahexaenoic acid)</i>	200 mg
Red Yeast Rice, (Lovastatin free)	20 mg	<i>EPA (Eicosapentaenoic acid)</i>	50 mg

DOCUMENTATION

PROLACTIA has been specially formulated to help nursing mothers to produce nutritious milk. PROLACTIA contains galactogenic, fenugreek and malt extract which promote the production of milk. Additionally, the formula is enriched with minerals, antioxidants, vitamins and essential fatty acids which will go into the composition of milk and thus promote infant development and maintain good health in general.

IODINE (POTASSIUM IODIDE) 270 MCG

Every breastfeeding women should consume iodine in supplement form, for several reasons¹. First, the foods we eat are not sufficiently rich in iodine. In addition, iodine deficiency is detrimental to brain development of the baby, and renders the mother and the baby vulnerable to environmental pollutants. Furthermore the risk of iodine deficiency during lactation is increased by the fact that breast milk contains large amounts of iodine in order to transmit to the infant.². Finally iodine is essential for the functioning of the thyroid gland, which produces hormones that are involved in brain development of the baby. The American Thyroid Association and the National Academy of Sciences recommended a minimum intake of 150 mcg of iodine per day for breastfeeding women.

FENUGREEK (125 MG 4:1 EXTRACT) 500 MG

Since biblical times, the seeds of fenugreek are used to stimulate lactation. Ingestion of fenugreek extract allows to increase the volume of the mammary glands, and be a source of essential fatty acids³. Clinical observations, which studied the effects of Fenugreek galactagogue, showed an increase in milk production within 24 to 72 hours. However, since the quantities of Fenugreek seeds required its use in the form of softgels is recommended⁴⁻⁶.

MALTOSE (48 MG 10:1 EXTRACT) 480 MG

The belief that one must drink beer to get more milk is wrong and dangerous for infant development, because among other things, alcohol passes to the baby through breast milk⁷. It's barley and malt⁸, the basis of beer, which can promote lactation via increased prolactin due to sugar contained therein. Maltose is the sugar from the malt. These sugars stimulate the synthesis of prolactin, increasing milk production without altering it with alcohol, or affect the taste properties.

RED YEAST RICE (LOVASTATIN FREE) 20 MG

During lactation, women need a suitable nutritional intake. The red yeast rice is a probiotic with antioxidant and nutritional properties containing sterols, statins, isoflavones and essential fatty acids⁹. Moreover, according to traditional Chinese medicine, it improves blood circulation, helps reduce the bad fats in the blood and prevent osteoporosis^{10,11}.

VITAMIN D3 (600 UI) 15 MCG

Vitamin D is important at all ages, among others, to promote growth and health of bones. Infants need a sufficient intake of vitamin D to support their growth. As the concentration of vitamin D in breast milk corresponds to the consumption of Vitamin D by the mother, it is important to ensure supplement their diet with Vitamin D¹².

FATTY ACIDS (FROM FISH OIL)

- DHA (Docosahexaenoic acid)..... 200 mg
- EPA (Eicosapentaenoic acid)..... 50 mg

Omega-3 and omega-6 are classified as essential fatty acids because the human body absolutely needs them but cannot produce them itself, so it must find them in the diet or as supplements. EPA and DHA are important, but DHA is especially important during pregnancy and the early stages of a child's life¹³. After delivery, the level of DHA could remain low since lactation transfers DHA reserves to the maternal milk in order to contribute to the infant's brain development^{13,14}. Moreover, according to US dietary guidelines, it is recommended that breastfeeding women consume fatty acids to promote infant development.

RÉFÉRENCES

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